

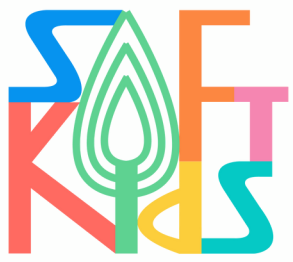


**GAIN SELF-CONFIDENCE
AND DEVELOP
YOUR SUPERPOWERS!**

THE CHALLENGE OF THE WEEK

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My Self-Confidence Challenge

[Download for free here](#)

Monday :

Saying out loud what I like about myself

☐

Tuesday : Describe my talents and qualities

☐

Wednesday : Doing an activity that I thought was too complicated before

☐

Thursday : Ask others to tell me what they like about me

☐

Friday :

Starting a diary

☐

Saturday :

Do a relaxation exercise (meditation, yoga)

☐

Sunday :

Doing a sport I like with my family

☐



GAIN SELF-CONFIDENCE AND DEVELOP YOUR SUPERPOWERS!

THE LIST OF THE WEEK

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NAME :

DATE :

READING LIST ON SELF-CONFIDENCE

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READINGS FOR PARENTS

Kid Confidence
by E. Kennedy-Moore

**Positive Parenting: Raising Children
with Self-esteem**
by E. Hartley-Brewer

**Helping Children to
Build Self-Esteem**
by A. Harper

ENTERTAINING READINGS AND EXERCISES

Self-Esteem Games
by B. Sher

Self Esteem
by T. Dalglish

**Self-Esteem Starters for Kids:
Stretch Your Confidence!**
by N. Costa and B. Cox

READING FOR KIDS

**Way of the Warrior Kid: From
Wimpy to Warrior the Navy**
by J. Willinck

I am enough by G. Byers

Remarkably You
by P. Zietlow Miller

Your Child's Self Esteem
by D. Briggs

**Helping Children with
Low Self-Esteem : A Guidebook**
by M. Sunderland

The Happy Child
by L. Blair

**Ready-to-Use Self Esteem
Activities for Young Children**
by J. R. Feldman, Ph.D

**Gilly the Giraffe Self-Esteem
Activity Book**
by K. Treisman

**You're a Star: A Child's Guide
to Self-Esteem**
by P. O'Neill

You're Perfect the Way You Are!
by R. Nelson

The Butterfly Inside
by S. Lane Ferrari

Dare to Be You
by M. Syed



GIVE CHILDREN EVERY CHANCE TO SUCCEED!



GAIN SELF-CONFIDENCE AND DEVELOP YOUR SUPERPOWERS!

THE WEEK'S ACTIVITY

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My inner stars



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GIVE CHILDREN EVERY CHANCE TO SUCCEED!