



## February Social Work Snippet

February is International Boost Self Esteem Month and with all these cold, snowy days I'm sure we could all use a little selfcare! Having a positive and realistic self-esteem can help children and adults flourish at school, work, and in the community! In order to help each student feel confident in their ability to succeed, it is important to provide praise and positive feedback. This simple task can help children to feel more comfortable trying new tasks and challenges.

Another important and simple way to help students feel positively about themselves is to teach them the importance of selfcare. Selfcare is any positive activity to help a person reduce stress and increase calmness and stability in their lives. There are a number of different ways to promote healthy selfcare in your home. Here are a few to help your family get started:

- Take an evening stroll
- Play a board game or complete a puzzle
- Encourage your child to read or read a book as a family
- Have a Family Fun night, watching movies or making dinner!
- Coloring or Drawing
- Listening to music and dancing

The best way to promote healthy self-esteem and selfcare is to encourage students to think positively and do something every day that helps them feel good!

HAVE A SAFE AND WARM WINTER

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