

Self-Esteem: Words have Power

Your words have the power to build up or tear down. Think about what you would say to a child in each of the below situations that would build up instead of tear down.

1. Susie was trying to pour herself a glass of chocolate milk and spilled it all over the floor.
2. Sara made a drawing but it doesn't look like anything you can recognize.
3. Harry and Joe were running a race on the playground and Joe won. Harry is about to cry.
4. Alex is hurriedly painting a model and being very messy. You think he could be doing it neater.
5. Violet set the table for you but has the silverware upside down and not on the correct sides. You think she could do her job better.
6. Josh was supposed to feed his pet rabbit but forgot and now it's his bedtime and it was discovered the rabbit had not been fed.
7. Helena said, "My daddy doesn't love me anymore because he moved out of the house". You know her parents are separating and talking divorce.
8. Sam made his bed this morning but the sheet is hanging on the floor to one side.