

Sports & Self-esteem

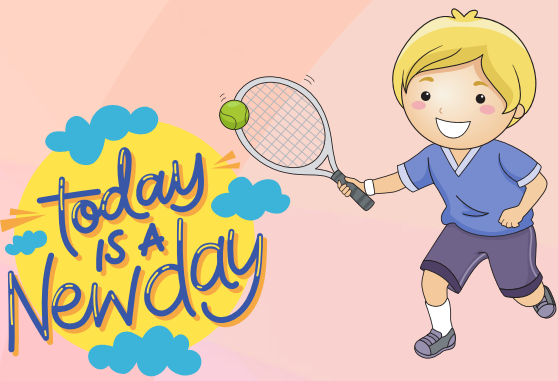
Healthy Self-esteem

I love myself.
I am aware of what I am good at.
I am also aware about my limitations.



Importance of sports

Build positive thoughts



Build resilience

Build positive self-image



Build self-confidence

Role of Parents/Teachers/Coaches

Give Choices & responsibilities

Give Sincere praise

Focus on the process, not the outcome

Avoid harsh criticism & sarcasm



Learn more about children's mental health at
www.mygoodbrain.org

