Sports & Self-esteem

Healthy
Self-esteem

I love myself.

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

Feel secure

Feel Confident

Open to learning

Assertive
(Comfortable in expressing needs & opinions)

Resilient
(better able to
overcome stress and

setbacks)

Positive Relations

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