



Self Esteem Enhancement

A Community Service Program

Designed For Elementary Age Children



Your child will achieve impressive results in only five weeks with your support and that of the internationally certified instructor. Each week your child will learn a new self-esteem building behavior that will be positively reinforced in the following week's class and you will see a difference at home.

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Now you can support your child's healthy growth and development at no cost by pre-enrolling them in this exciting and valuable **five-week program** made possible by your local sponsors.

Pre-enrollment is limited and closes when available class spaces are filled.

Self-Esteem, The Key To Life From "Tribes" by Jeanne Gibbs

The primary resource predicting the success or failure of each person as a human being is a precious energy known as "self-esteem".

The adolescents who still demonstrate stages of social development appropriate for very young children are arrested in their growth. Indeed they are stuck at earlier infantile stage and become problems for parents, teachers, peers, society . . . and themselves. Sensing their inadequacy, they live self-confirming prophecies that "I am not capable. . . I cannot learn . . . "I am no good at anything." They lack positive self-esteem.

One educator sums it up this way. "deep inside is a longing . . . a sense of hollowness wanting to be filled. It is a need to connect with a positive sense of self and with others. The more positive the self-image, the less painful the longing . . . the less positive the self-image the more painful the longing. Too often we use temporary "fillers" such as drugs, alcohol, compulsive anti-social activities to blot out the hunger and give a temporary sense of self. It is only as we find positive self respect and "connectedness to others" that we can sense our true value. The painful longing diminishes and the hollowness is filled with self-worth. It is then that we even self-confirm positive images of ourselves."

Studies have shown that self-esteem is not related to family, education, wealth, social class, geographical living area, father's occupation or having mother at home. It comes from the quality of relationships that exist between the child and those who play a significant role in his life. It is a person's assessment of "the self-pictures" reflected back to him from others daily. Self-esteem is "a quiet inner knowing saying I'm glad to be me." It is a sense of self-respect, a feeling of self-worth.

Three main areas convey loveability and worth to children:

- 1) affirmation of their positive qualities from parents, teachers and other significant caretakers;
- 2) affirmation from peers and siblings
- 3) affirmation to themselves based on their own experiences of competency & success ("I did that well" "I am good at reading" "Arithmetic is easy for me")

Children value themselves to the extent they have been valued.

This Class Sponsored By

Local Business Name Here

**Your Donation Pays For
Costs To Promote
Enrollment And
Provide This Class**

*Is this something you can
support with a donation of \$XXX?*

Application To Pre-enroll for class on date: _____

Class Location: *Your School Name and Address Goes Here*

Child's Name: _____ **Birthdate:** _____

Parent or Legal Guardian's Name: _____

Mobile: _____ **Email address:** _____

I prefer to receive confirmation of my child's enrollment via text phone email

**Or use your
school url**

Apply for pre-enrollment using this form or online: www.kidsneedselfesteem.com