

## Self-Esteem

Self-esteem is how you feel about yourself, and we can have high self-esteem, meaning we feel mostly good about ourselves, or low self-esteem means we don't feel great about ourselves.

When kids have self-esteem, they feel like they are accepted, believe in themselves, see the good things they bring to the world and feel proud about what they can do.

It's possible to build self-esteem and 5 ideas are:

### List what you are good at

Making a list of the things you are good at can help remind you of what you should be proud of and help you feel good about you.

### Practice the things you do well

Incorporate some of things you do well daily, like play an instrument, be a good friend, sing, read, and play sports—just to name a few.

### Turn "I can't" to "I can"

Changing your mindset and attitude can help how you view yourself. If we tell ourselves we can't do something, or we're bad at it—that's going to make us not feel good about what we can do.

### Try your best

When you try hard, your self-esteem will grow because you're feeling good about your efforts and what you can do.

### Spend time with people who love you

Being with people that love you helps to give you a sense of belonging and purpose—and that helps to build/keep self-esteem.

Source:

KidsHealth: Self-Esteem  
<https://kidshealth.org/en/kids/self-esteem.html?WT.ac=ctg#catemotion>

## Allergies

Spring means sunshine, flowers, green grass and...ACHOO!--Spring allergies.

An allergy is your body's reaction to certain plants, animals or food, and it's a way to protect the body. This time of year there's pollen (little dust particles) in the air from grass, flowers and trees that can cause your body to want to "fight". Because of this, you may have a sniffly nose, sneeze a lot and have watery eyes.

Allergies can be diagnosed by your child's Primary Care Provider or a special allergy doctor called an "Allergist". If diagnosed, medication may be available to help or you may have to try and stay away from what is causing the allergy.

## Spring Exercise

*Spring is here, which means it is a great time to spend time outside and play!*

*Kids should aim for 60 minutes of exercise every day, and here are a few ideas for how to get that amount:*

### Spring Exercise Ideas

- Bicycling
- Playing catch/frisbee
- Going to the park
- Hide-and-seek
- Hopscotch
- Hiking
- Yard work
- Playing tag
- Basketball
- Chasing bugs
- Jump rope

## 5 Ways to Foster Social-Emotional Skills

Adults can help kids and young adults develop social-emotional skills, which include cooperation, responsible decision-making and self-awareness.

### Be a role model

Adults and teens can help to influence children by exhibiting positive social behaviors themselves, such as acknowledging feelings and emotions, working together to work through a problem, and being a good listener.

### Involve children in decision-making

Involving the family with decision-making, such as family agreements and identifying consequences, can help everyone develop leadership skills and improve overall well-being.

### Read together

Reading books, especially age-appropriate fiction books, can help children develop skills such as empathy, and learning outside of the classroom. This is also a great opportunity to talk about the character's feelings and what they are experiencing.

### Help others

Service-learning programs and volunteering can help develop self-confidence and is a great way to give back to the community.

### Physical Activity

Exercise is great for our overall health and engaging in games and free play can help children to develop self-regulation and learn lifelong healthy habits.

Source: Kohl's Healthy at Home: 5 Ways to Foster Social-Emotional Skills  
<https://api.healthiergeneration.org/resource/714>