

# PROMOTING SELF ESTEEM

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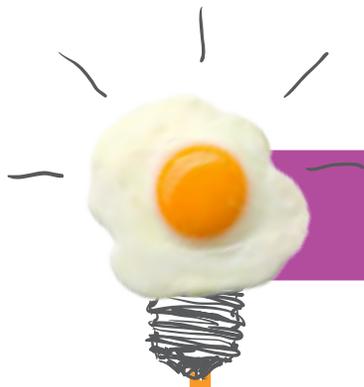


Breakfast club volunteers can have a positive influence in students' lives through simple day-to-day interactions. As the first point of contact each morning, volunteers become a friendly face, and a caring role model that students can turn to. Volunteers have the ability to encourage students' self-esteem and help them realize their value.

## PROMOTING SELF-ESTEEM INCLUDES:

- Active listening;
- Clear communication;
- Statements using "I feel..." rather than "you";
- Welcoming attitude and friendly SMILE!
- Calm and cooperative conflict resolution;
- Showing an interest in students;
- Keeping promises;
- Calling children by their first names or making a clear effort to learn everyone's names;
- Using humour and positive reinforcement;
- Focusing on strengths and positive attributes;
- Rewarding effort instead of outcome;
- Providing students with opportunities to get involved;
- Encouraging children's goals and dreams!





## BRIGHT IDEAS

Host a Rise and Shine breakfast! Try implementing these fun and simple activities at the breakfast club:

- Too often students are subject to "put downs" at school. Set up a "put up" box at the breakfast club where students can leave positive and encouraging notes for their peers.
- Place sticks in a cup in the middle of each breakfast table. Each stick should have a question or conversation starter written on it. Invite students to take turns picking one stick and reading the question. The rest of the students at the table can respond to the question. For example, "If you could travel anywhere where would you go?", "What is your dream?," etc.
- Offer notes with encouraging messages that students can grab and take with their breakfast.
- Set up activities that encourage cooperation instead of competition. For example, invite older students to support younger students as reading or homework buddies.

For more Rise and Shine breakfast ideas visit the school section on [www.breakfastclubcanada.org](http://www.breakfastclubcanada.org)

“After family nurturing, school connectedness is the most important protective factor there is in a young person’s life.”

*The Psychology Foundation of Canada*

