

SUPPORTING PUPILS WITH SELF-ESTEEM AND SELF-WORTH



Low self-esteem can affect behaviour, learning, relationships and emotional wellbeing.

With the right support, pupils can build a more positive self-view.

Every interaction is an opportunity to help pupils believe in themselves.



REMEMBER

Self-worth grows through positive experiences, encouraging relationships and believing in their own abilities.



SIGNS A PUPIL MAY HAVE LOW SELF-ESTEEM

- ★ Self-criticism or negative self-talk
- 💬 Avoiding challenges or new tasks
- 👤 Fear of making mistakes
- 😞 Seeking constant reassurance
- 👥 Comparing themselves to others
- ✗ Difficulty accepting praise
- 🏠 Feeling like they don't belong
- ☔ Giving up easily
- 💬 Sensitivity to feedback or criticism



WHY SELF-ESTEEM MATTERS

- 🧠 Impacts motivation and achievement
- 👥 Affects relationships and belonging
- 🛡️ Influences resilience and ability to cope
- 👤 Supports mental health and wellbeing
- 🎯 Helps pupils believe in their potential and future



HOW YOU CAN make A DIFFERENCE

- ✓ Notice their strengths and potential
- ✓ Offer encouragement and belief
- ✓ Create a positive, inclusive environment
- ✓ Praise effort, not just achievement
- ✓ Give opportunities to succeed
- ✓ Provide choices and voice
- ✓ Build trusting relationships
- ✓ Help them set realistic goals
- ✓ Be patient and consistent

PRACTICAL STRATEGIES THAT HELP



FOCUS ON STRENGTHS

Identify and celebrate their unique strengths and interests regularly.



USE POSITIVE LANGUAGE

Use kind, supportive and respectful language in every interaction.



CELEBRATE EFFORT

Praise hard work, improvement and perseverance, not just outcomes.



SET ACHIEVABLE GOALS

Break tasks into small steps and celebrate small wins along the way.



OFFER ROLES AND RESPONSIBILITIES

Give meaningful opportunities to contribute and take part.



CREATE SAFE SPACES

Ensure they feel safe, accepted and valued exactly as they are.



NORMALISE MISTAKES

Help them see mistakes as part of learning and a chance to grow.



LISTEN AND VALIDATE

Listen to their feelings and let them know their thoughts matter.



MODEL SELF-ESTEEM AND SELF-CARE

Show them how to speak positively about themselves and look after wellbeing.



BUILD RESILIENCE SKILLS

Teach coping strategies and help them bounce back from setbacks.



WHAT TO AVOID

- ✗ Criticising or putting them down
- ✗ Comparing them to others
- ✗ Focusing only on weaknesses
- ✗ Sarcasm or negative comments
- ✗ Ignoring their feelings
- ✗ Overpraising or insincere praise
- ✗ Setting unrealistic expectations



Avoiding these helps pupils feel valued and believed in.

QUICK CLASSROOM CHECKLIST

- ☐ Do I notice and celebrate strengths?
- ☐ Do I praise effort and improvement?
- ☐ Do I create opportunities for success?
- ☐ Do I use positive and respectful language?
- ☐ Do I listen to and value their feelings?
- ☐ Do I help them set achievable goals?
- ☐ Do I encourage them to try new things?
- ☐ Do I help them learn from mistakes?

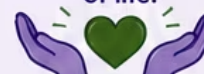


Small, consistent actions build lasting self-esteem.



KEY TAKEAWAY

When pupils feel valued, accepted and capable, they build self-belief that helps them thrive in all areas of life.



Believe in them.
They can believe in themselves.



Every child has worth.
Every child can grow.



hhtrainingnetwork.com

Stronger minds.
Stronger futures.

