Self-esteem & resilience recipe

Ingredients:

- 1 cup of my strengths
- 2 Tbsp of positive affirmations
- 200g of problem-solving
- 200g collaboration projects
- 1/2 cup of trying new things
- 200ml gratitude practice:
- A pinch of peer feedback
- 1/3 cup growth mindset discussions
- 50ml goal setting & reflection
- 2 tsp of kindness

Method:

Promoting healthy self-esteem & resilience among students involves first & foremost creating an inclusive & supportive classroom environment & providing opportunities for personal growth & success. Simply mix a selection of the ingredients into your classroom activities & you'll make a delicious mix of self-esteem & resilience!

