Steps to: Resilience and Self Esteem

Steps to emotional wellbeing success

Self-esteem and resilience are essential ingredients for students' personal growth and success. These two attributes are interconnected, with self-esteem serving as the foundation for resilience, enabling students to face obstacles head-on with unwavering confidence. In turn, resilience strengthens self-esteem by fostering a sense of capability and accomplishment. Both self-esteem and resilience play vital roles in how students navigate failures and setbacks. While self-esteem shields against stress and criticism, resilience empowers students to bounce back and maintain a positive self-image.

It's important to recognize that self-esteem and resilience go hand in hand, complementing each other in a dynamic synergy. By nurturing both self-esteem and resilience, we initiate a positive cycle where elevated self-esteem fuels resilience, and resilience, in turn, bolsters self-esteem. This holistic approach fosters students' overall wellbeing and in essence unlocks a students full potential.

What is self-esteem?

Self-esteem reflects how students perceive their own worth and importance as individuals. It encompasses their beliefs about their unique qualities, talents, and strengths, as well as their ability to contribute meaningfully to their classroom and community. It is a vital aspect of a student's psychological and emotional wellbeing, and influences their attitudes, behaviors, and ultimately academic performance. As teachers, understanding and promoting healthy self-esteem among students is crucial for fostering a positive learning environment and supporting their holistic development.

Research shows that high self-esteem in students is associated with numerous benefits. Students with high self-esteem tend to perform better academically, set higher goals, and demonstrate greater motivation and effort in their studies. They also experience better emotional wellbeing, exhibiting lower levels of anxiety and depression. High self-esteem promotes resilience, enabling students to bounce back from setbacks and maintain a positive outlook. In terms of social relationships, students with high self-esteem have more positive interactions, establish healthier friendships, and demonstrate better social skills. Moreover, high self-esteem is linked to positive decision-making, healthy risk-taking, and better overall physical health.

What do we mean by resilience?
Resilience, refers to the ability to adapt, bounce back, and thrive in the face of adversity, challenges, and setbacks. It is a crucial skill that empowers students to navigate difficult situations, cope with stress, and persevere in their academic, social, and personal endeavors. It includes being open to new ideas, problem-solving creatively, and embracing challenges as opportunities for growth and learning. As teachers, understanding and fostering resilience among students is essential for their growth, wellbeing, and long-term success.

Resilient students tend to achieve better academically, demonstrating motivation, problem-solving skills, and strategic goal achievement. They exhibit higher levels of emotional wellbeing, coping effectively with stress and adversity. Resilience also contributes to positive social relationships, adaptability to change, and strong problem-solving abilities.

So how do we foster and build self-esteem and resilience?
Promoting healthy self-esteem and resilience among students involves first and foremost creating an inclusive and supportive classroom environment and providing opportunities for personal growth and success. As teachers, it is important to recognize and celebrate each student's unique qualities and strengths, foster a growth mindset, and promote self-acceptance and self-reflection. By nurturing students' self-esteem and resilience teachers contribute to students' overall development and lay the foundation for lifelong confidence and success.

Here are some classroom activities for building self-esteem and resilience in students:

Strengths inventory:
Have students identify and share their personal strengths and talents with the class, emphasizing their unique qualities and abilities. You can make use of our Komodo Strengths Shield (for Junior classes) or Komodo Self-Esteem Target (for Senior classes).

Positive affirmations:
Encourage students to create and repeat positive affirmations about themselves regularly, promoting self-belief and a positive self-image.

Problem-solving and collaboration projects:
Present students with scenarios that interest them or are relevant in their lives and engage them in problem-solving discussions. Encourage students to work together, navigate challenges, and support each other, fostering resilience through teamwork.

Encouraging failure:
Create a safe space for students to discuss their past failures and what they have learned from them. Emphasize that failure is a natural part of learning and growth, and encourage students to embrace it as an opportunity for resilience.

Gratitude practice:
Start each class with a gratitude activity, where students express gratitude for things they appreciate in their lives, promoting a positive mindset and resilience.

Peer feedback:
Encourage students to give specific compliments and supportive feedback to their classmates, fostering a positive classroom culture and boosting self-esteem. This helps students recognise strengths in others as well as themselves.

Growth mindset discussions:
Engage students in discussions about the power of a growth mindset, emphasizing the idea that abilities can be developed through effort and perseverance.

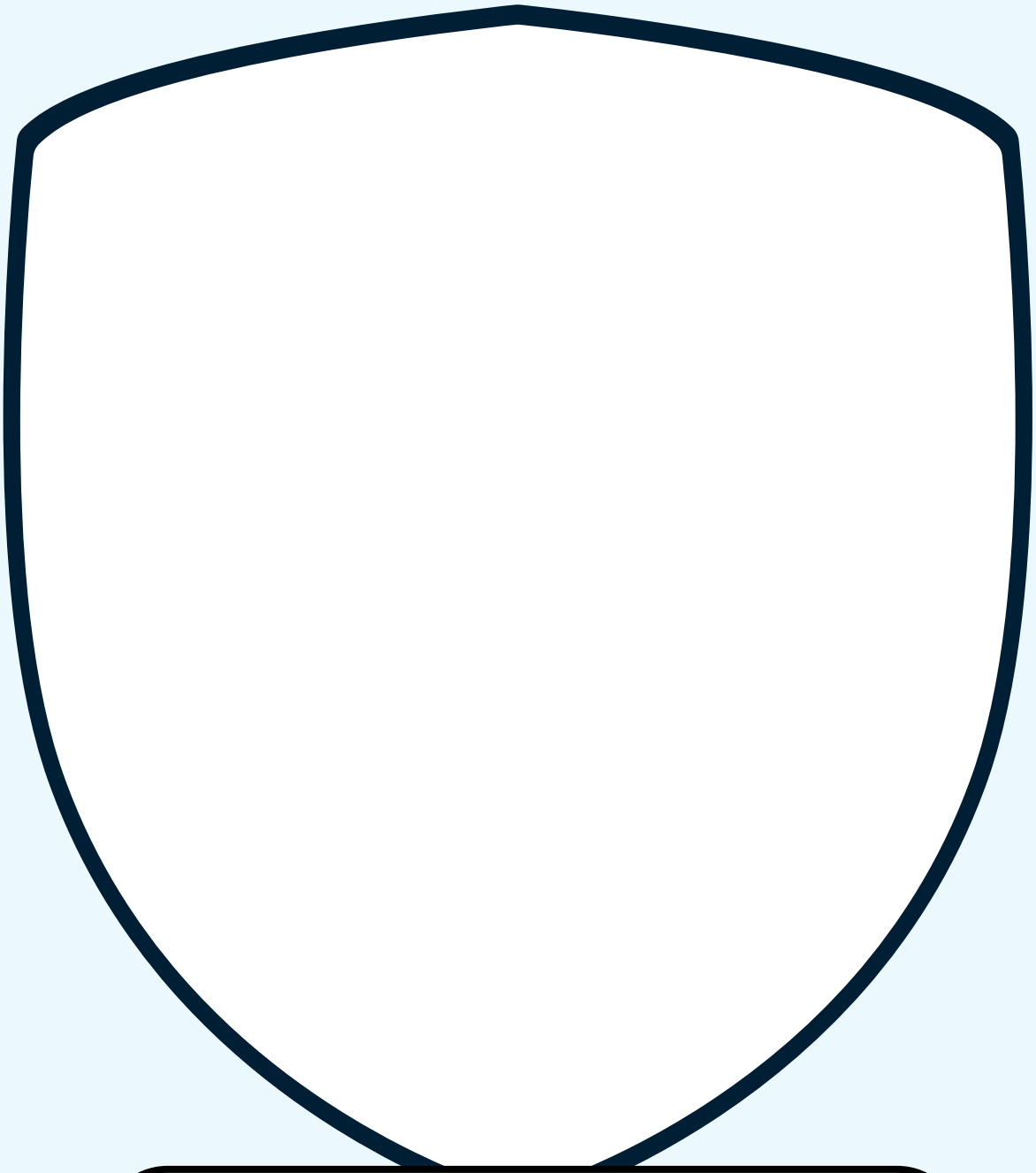
Goal setting and progress monitoring:
Guide students in setting and tracking achievable goals, celebrating milestones and accomplishments along the way. This facilitates strength and resilience reflections. Making use of the SMART goals framework is one way to do this.

By incorporating these activities consistently, you can promote self-esteem and resilience in your students. Building self-esteem and resilience in students is a powerful investment in their overall wellbeing and future success. By nurturing their self-esteem, we provide them with a solid foundation of confidence and self-worth, enabling them to face challenges with resilience.

As students develop resilience, they learn to embrace setbacks as opportunities for growth, build inner strength, and maintain a positive sense of self. Ultimately, this holistic approach equips them with the necessary skills and mindset to navigate the complexities of life, overcome obstacles, and thrive in their personal and academic endeavors.

Strengths shield

What are some of your strengths?
What are some things people like about you?
Write them down in your strength shield!

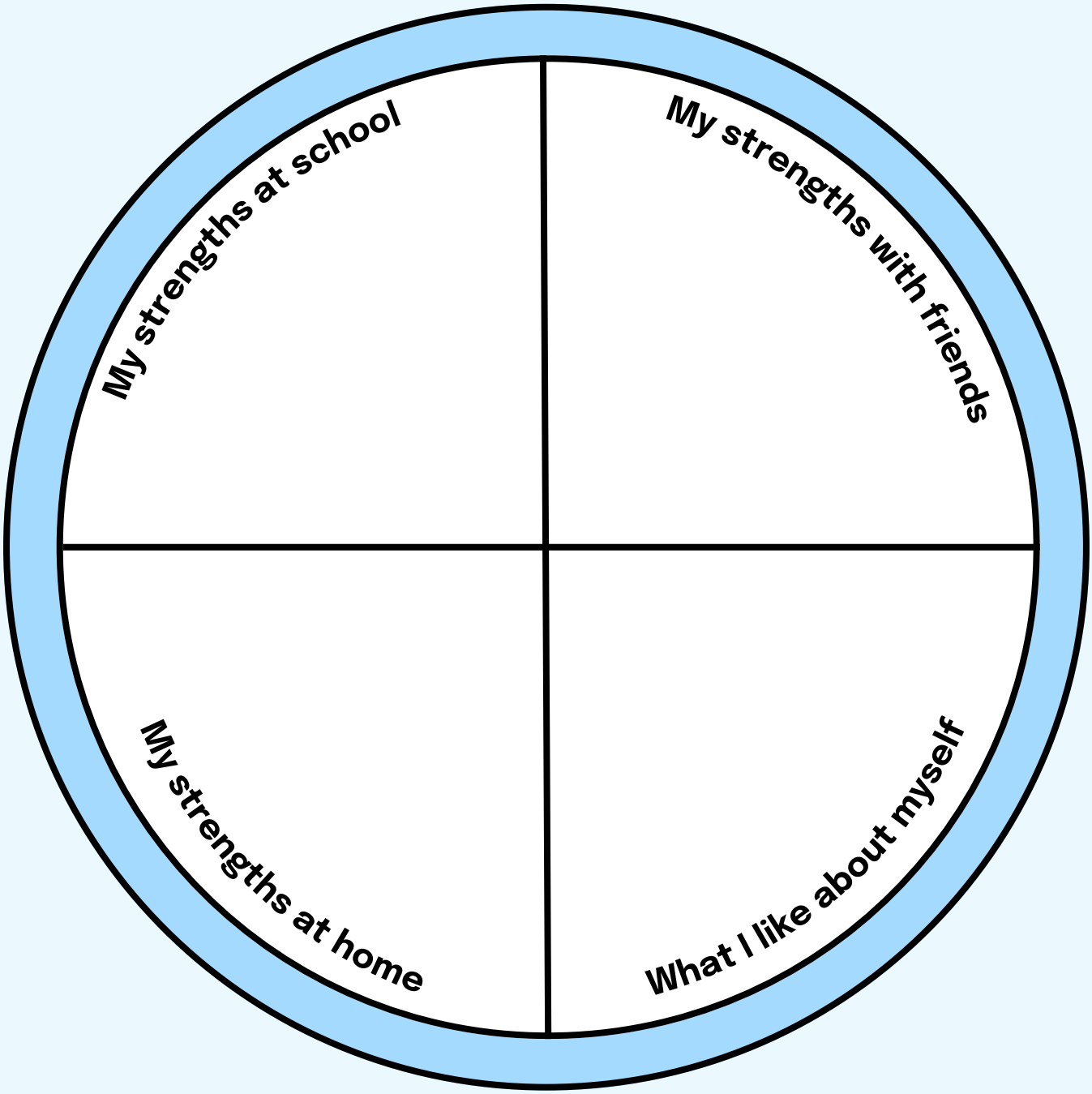


_____'s strengths shield

Self-esteem target

What do you excel at in the different areas of your life?

This activity is all about recognising & appreciating your abilities. Let's take a moment to find something to highlight & celebrate about you.



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!

