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# SELF ESTEEM ACTIVITIES TO BOOST CONFIDENCE IN ANXIOUS CHILDREN

Let your child know that they are not alone in their journey- talk about your fears and anxieties

Start small and build on success- Create a Calm Down Jar

Capitalize on your child's strengths-create a list of their strengths and display it on the fridge

Encourage effort rather than results- offer surprises when effort is being shown

Allow your child to lead the way- create a list of activities and chores your child can do successfully

Let them know they are loved- leave notes in random places and show love on their worst days- even when your patience is low