



Activities to boost self-esteem

Below are some activities that could be done in order to raise children's self-esteem and willingness to have a go at activities.

15-attempts activities

Tell the children they have 15 attempts to do something. This takes the fear of failure out of the activity.

- Build a tower of playing cards.
 - What was the greatest number of cards they used?
- Balance cotton wool balls on top of each other.
 - How high did you get it before it fell down?
- Highest tower using rolls of newspaper and tape.
 - How high did it measure?
- How many kicks of the ball in the air in a minute without it bouncing?
- How many bean bags into the bucket in a minute?
- How quick can you roll a ball up your side and back down again?
- How many play dough sausages can you make using just one hand in 2 minutes?
- What's the greatest number of pegs that you can clip together to make a tower before it falls over?

Growth mindset activities

Pick one of the following affirmations and ask the children what activity they could do to develop that mindset.

'You will learn how to do this'

- Children pick something they would like to learn how to do e.g. make a sandwich, make a snowflake, a dance routine.
- Break down with them what the steps are in order to do this.
- Learn together.



'Learn from your friends'

- Make a list of everyone's skills e.g. dancing, playing an instrument, drawing etc.
- Each person teaches the rest of the group including the teacher their skill.

'Challenge yourself'

- Children pick a new challenge such as learning the next times table, a number of rallies to get to when playing tennis, learning the countries in Europe etc.
- Help each other create a daily plan in order to get to the goal showing it doesn't happen immediately.
- How can we support each other?