



ACTIVITIES & ENTERTAINMENT



To Boost

SELF-ESTEEM & CONFIDENCE



12 Confidence-Boosting Family Movies

-  **1** Naked Mole Rat Gets Dressed - Age 3+
-  **2** Finding Nemo - Age 5+
-  **3** The Adventures of Milo and Otis - Age 6+
-  **4** Trolls - Age 6+
-  **5** The Good Dinosaur - Age 7+
-  **6** How to Train Your Dragon - Age 7 +
-  **7** The Eagle Huntress - Age 8+
-  **8** Hugo - Age 8+
-  **9** Brave - Age 8+
-  **10** Wonder - Age 10+
-  **11** Whale Rider - Age 11+
-  **12** Lord Of The Rings: Fellowship Of The Ring - Age 12+

*Age recommendations provided by Common Sense Media

Top 15 Activities To Boost Confidence

Simple Ways to Let Them Lead

- 1 Take a walk and let them be the guide
- 2 Let them pack their own healthy lunch
- 3 Let them plan and cook a meal for the family
- 4 At the store, give them the shopping list and let them find items
- 5 On your next trip, let them pack their own bag
- 6 Give them full responsibility for a low-maintenance pet (like a fish or a snail)
- 7 Give them leadership roles around the house
- 8 Ask them to help you fix something
- 9 Give them open-ended problem-solving challenges
- 10 Teach them to use real hand tools and (when ready) power tools
- 11 Help them start their own creative business
- 12 Give them a budget and let them plan a family day trip
- 13 Help them get their own library card and let them manage it
- 14 Take them camping and let them set up the site
- 15 Help them get their own checking account and let them manage it

*Abilities vary depending on age and individual. Modify and offer help as needed.

TOP 26 Confidence-Boosting BOOKS For Children & Teens

Children

- 1 Tomorrow I'll Be Brave by Jessica Hische
- 2 Giraffes Can't Dance by Giles Andrae
- 3 Amazing Grace by Mary Hoffman
- 4 The Dot by Peter H. Reynolds
- 5 Elephants Cannot Dance by Mo Willems
- 6 The Invisible Boy by Trudy Ludwig
- 7 The Girl Who Thought In Pictures by Temple Grandin
- 8 Maybe by Kobi Yamada
- 9 I Am Me: A Book Of Authenticity by Susan Verde
- 10 Giraffe Problems by John Jory
- 11 I Am Enough by Grace Byers
- 12 After the Fall (How Humpty Dumpty Got Back Up Again) by Dan Santat
- 13 Chrysanthemum by Kevin Henkes
- 14 All The Ways To Be Smart by Davina Bell
- 15 Where Oliver Fits by Cale Atkinson

Teens & Tweens

- 16 Smile by Raina Telgemeier
- 17 Wonder by RJ Palacio
- 18 Starfish by Lisa Fipps
- 19 All Of Me by Chris Baron
- 20 Holes by Louis Sachar
- 21 Hatchet by Gary Paulsen
- 22 The Truth As Told by Mason Buttle
- 23 Stand Up, Yumi Chung! by Jessica Kim
- 24 Smile by Raina Telgemeier
- 25 Brave by Svetlana Chmakova
- 26 Fish In A Tree by Lynda Hunt

Confidence and Self-Esteem

Ages 5-12

A collection of printable worksheets and activities for children to help develop high self-esteem and confidence. Children will learn how to overcome their negative self-talk and start believing in themselves and their abilities.

My daughter and I had a great experience using the self-esteem and confidence kit. We both have struggled with self-esteem and when feelings of inadequacy and low self-esteem are addressed and discussed it makes a huge difference! The Big Life Journal products have given us an interactive and creative way to do this!"

- Mallorie M."

★★★★★



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