**URBANDALE ELEMENTARY COUNSELING PROGRAM**



**2nd Grade Expectations for Intrapersonal Skills Development**

**Students will know how to protect their self-esteem (Doing, Thinking, Talking, Feeling tools).**

**What you can do at home to help your child**

**Self-Esteem Tools**

**Doing** **Tools** - actions you take, things you do (walking away, hitting someone)

**Thinking** **Tools** - what you say in your head (turn negative self-talk to positive self-talk)

**Talking** **Tools** - what you say to others (letting others know how you feel)

**Feeling** **Tools** - expressing feelings honestly, when you understand your feelings you can choose more effective doing, thinking and talking tools

• Have your child list five personal strengths.

• Having responsibilities increases a sense of self-worth. Give your child opportunities to show responsibility.

• Encourage positive self-talk (I can do hard work, I have friends who care about me, I am kind, I am special).

• Ask your child, “Which self-esteem tool are you good at using?”

• Ask your child, “Which tool is difficult for you to use?”

• Ask children to give examples of a situation in which they chose actions that: a.) got them in trouble or b.) caused them to feel bad about themselves. Which self-esteem tool could you have used differently to have a better outcome?

**Contact your Elementary School Counselor for more ideas**