



S-ES GUIDEBOOK SELF-ESTEEM SKILLS

The following strategies and suggestions have been specifically created to assist you in utilizing the songs and videos while working with your child.

Inside (Animation)

- Is it more fun to look at your birthday present all wrapped up, or to open it up to see what's inside?
- Do you have a good friend? What do you like most about her/him?
- What do you like most about yourself?