



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.

The Excellent Song

- What is your favorite food/toy?
- How do you feel when you are doing something you love?
- Tell me about something that is hard for you to do?
- How do you feel when you know you've done your very best?