

# Self Esteem and Character Building Activities for Kids

Self Esteem by definition is a realistic respect for or favorable impression of oneself.

It's very important for a child to feel good about themselves. Statistics show that children with low self esteem tend to perform below their potential in school and



make poor decisions in social situations.

Make a difference!

There are many things that can be done to help improve a child's self esteem:

**Be Attentive**-When your child speaks to you give them eye contact and listen make them feel what they are saying is important to you.

**Make a child feel special**-Praise children when they do a good job and also for trying hard. Tell children your proud of them when they put a lot of effort in something. Give complements and tell them that they are special.

**See the learning in mistakes**- When a child makes a mistake turn the negative into a positive. Focus on what he/she learned from the mistake.

**Be a positive role model**- If you are constantly hard on your-self, putting your self down or pessimistic your children will see that and may eventually copy those same feelings. This may lead to them to feel that way about themselves.

**Tune in to their feelings**- Sometimes this can be hard especially when a child has done something wrong and you yourself get angry and when to yell and scream.

Sometimes a child doesn't understand what they have done. I remember I was sitting on the couch and my 6 year-old niece came running through the room with both her middle fingers up yelling middle finger, middle finger I almost lost it but I asked her if you knew what it meant and she said no and said her friend at school was doing it. I explained what it was and she was surprised she said she didn't know and never did it again.

## **All About Me Collage for Kids Self-Esteem/Character Building Activity for Kids**

**This All About Me Collage is a great activity to do with a group of children or for an individual child. A collage is a form of art where various pictures are arranged and glued to paper. In this activity children make a collage that represents the things they like. Ask kids what makes you, you? Let them tell you through art. Follow the simple directions below to make an All About Me Collage.**

*Materials: paper cut in half, Magazines, scissors, glue and markers*

1. Give each child a piece of paper.
2. Have each child write his/her name in the middle of the paper.
3. Have the children go through magazines and cut out pictures that represent them (i.e favorite color, food, style, sports, music what they want to be when they grow up and other things they like).
4. When they have all their pictures cut out have them glue them to the paper around their name. They can also draw pictures if like. Make sure that the children are glueing their pictures so they almost overlap leaving not blank spots on their paper.
5. If doing this activity with a group of children have each child explain their collage to the group.

This activity is always a big hit with kids. They have fun going through the magazines finding pictures. This is a great get to you know you activity. Sometimes kids are shy at first but once one stands up and explains what they made all the others will want to do they same. You'll learn a lot about the child and the child will feel good about themselves.

## **50 Creative Writing Topics for kids**

By [kidsplayandcreate](http://kidsplayandcreate)

Enter into Kidsplayandcreate's monthly cute baby contest: [Click Here](#)

**Materials:** Paper, pens/pencils, markers/crayons

Creative writing is a great way for children to express themselves. How do you get kids to want to write without complaining? Give them fun topics which they will learn about themselves while writing. Have them draw a picture or collage to go with their essay.

Creative writing is not just for older children. I've done this many times with children as young as 1st grade. I have them concentrate less on the writing and more on drawing a picture that goes with the topic. Children are great with expressing themselves through art.

### **Topics**

1. Have the children write on top of the page: I Am Special Because....
2. If I was a super hero what kind of super hero would I be and what powers would I have (This can also be done using villains)?
3. What do I want to be when I grow up and why?
4. If you were given 3 wishes what would they be and why?
5. If I could invent a new animal what kind of animal would I make (i.e sounds, diet, where the animal lives etc...)?
6. If I could invent a new toy what kind of toy would I create and why?
7. If I could make something disappear in my life what would it be and why?
8. All About me essay. Have children write about all their likes and dislikes.
9. What ways do I help my family. Have children write about the ways they help their families (i.e chores, help mommy cook etc...).
10. How can I be a better friend? Have children write about things they can do to be a nicer, kinder friend.
11. If you could be invisible what would you do and why?
12. What do you think about bullies and why?
13. Why is it important to be honest and not lie?
14. What would do if you won a million dollars?
15. If you could change the world what would you do and why?
16. If you were a king/queen what would you do and why?
17. If you could invent a video game what kind of game would you create and why?
18. Write about a time when you had to be brave, what did you do, how did it feel?

19. Write about a trip to the moon, how did you get there, what did you see, was it fun or scary?
20. Write about something you are really good at?
21. Write about 1 thing you want to learn about?
22. Write about a time when you worked really hard to get something.
23. Write about 5 things you could do better if you worked really hard and gave more effort.
24. If you had to give away \$1,000 what would you do with it, who would you give it to?
25. What is the best thing someone has ever given to you?
26. What is the nicest thing someone has ever done for you?
27. Write about what you can teach others.
28. Did ever get into an argument with a friend for family member? How did that make you feel?
29. Did you ever hurt someone's feelings? Explain what happened, how it made you feel
30. Did someone ever hurt your feelings? How did it made you feel? Did you talk to that person about it?
31. Is there anyone you would like to switch places with? who and why
32. What does it mean to be loyal?
33. When was a time you were loyal to a friend or a friend was loyal to you?
34. Has a friend ever betrayed you? How did it make you feel? What do you think your friend should have done differently.
35. Have you ever been friends with someone who was unpopular or not part of the group?
36. When was a time you felt you were treated unfairly? How did it make you feel?
37. Is it fair to give someone a head start in a race? When is it fair? When is it not fair?
38. Write about a time when you had a strong opinion about something? Why did you feel so strongly about it?
39. Write about a time you made a big mistake. How did you fix it?
40. Write about a time when you were very angry. What happened?
41. If you heard a rumor about a friend that you new wasn't true what would you do? How would it make you feel?
42. Write about a time when you cheered someone up. What did you do, how did if make you feel, how did it make that person feel?

43. Write about a time that you used your inner strength to get through a tough situation.
44. Write about 3 things that are hard for you and why.
45. When was the last time you were afraid. What scared you, how did you react.
46. What is the bravest thing you have ever done?
47. Who is your hero and why?
48. What do you think risk taking is? Have you ever took a risk?
49. Write about your best friend. Who are they, how long have you known them, why are they your best friend?
50. What does it mean to have good character? Do you think you have good character, why?

## Being Thankful Activities for Kids, Thanksgiving Activities for Kids

By [kidsplayandcreate](#)

Thanksgiving is a time of year where we reflect on all the wonderful things we have in our lives and give thanks. We shouldn't just remember to be thankful around Thanksgiving but all year round. Check out these activities below that can be done year round to teach kids and reflect on being thankful for what we have and build character.

- 1. Give daily thanks:** Once a day either At breakfast, dinner or any mealtime when the family is together at the table go around table and everyone name one thing they are thankful for and why.
- 2. Remember a loved one:** Make a card with your child to send to a family member, friend or loved one giving thanks for something they have done for you or just to say thank you for being someone special in your life. Take a trip to the post office with your child to send it out. You can do this weekly or monthly.
- 3. Thankful Collage:** Take poster board or large piece of construction paper and have your child fill it with pictures of things they are thankful for. Have them write in the middle I Am Thankful For...
- 4. Donate Food:** Go through your kitchen cabinets with your child. Talk to your child about how some people do not have enough food to eat and how they should be thankful that they do. Take canned food that you will not use and go with your child to a local food pantry or church to donate it.
- 5. Donate Toys/Clothing:** Have your child go through their toys and clothes. Talk to your child about how some kids do not have toys to play with or nice

clothes to wear. Have them pick some toys out that they are not going to play with and clothes/ shoes that are in good condition that they are not going to wear. Donate the toys and clothes a local homeless shelter, church, or Department of Social Services.

**6. Random Acts of Kindness:** Do random acts of kindness in your neighborhood or for friends or family. Some examples or random acts of kindness are help a neighbor bring in groceries, make cupcakes or cookies and bring them to a neighbor or friend/family, have your child make color pictures and put them in neighbors mailboxes etc...

**7. I'm Thankful Book:** Take a photo album or scrap book and have your child put pictures of people, places they've been, things they have that they are thankful for. Under each picture have your child write about why they are thankful for the person, place or thing in the picture. You can take a bunch of pictures and make the book at one time or add one picture at a time adding new pictures as your child experiences new things they are thankful for.

**8. Helping others:** Contact a local children's hospital and find out what the kids need or would like. Make a gift basket (crayons and coloring books are always good) of some items to donate to the children's hospital. Take a trip with your child to drop off the basket. Talk to your child about how some children are sick and to be thankful to be healthy.

## Feel Good Notebook Self-Esteem Character Building Activity for Kids

By [kidsplayandcreate](#)

**A feel good notebook is a great thing a child can have to help them focus on positive experiences they have each day. Often times we focus too much on the negative that we forget about the simple good things that happen throughout the day such as making someone laugh, having fun or even finding a good luck penny.**

***Materials: notebook, pen or pencil***

**Optional:** Have your child decorate their notebook. Try using stickers, crayons, markers, glitter etc... to make their notebook a reflection of them and what makes them happy.

Each night have child sit at the table and write 5-10 good things that happen that day. It can be as simple as I had fun at recess or I made Sammy laugh in class today. If the child likes to draw encourage them to draw a picture of one of the things they listed.

If a child is too young to write you have them tell you what good things happened to them that day or have them just draw a picture and tell you about it.

When they are done writing in their notebook have them share what they wrote with you.

The key to this activity is consistency. This is a daily writing exercise.

## Me Tree Self-Esteem Character Building Arts and Crafts Project for Kids

By [kidsplayandcreate](#)

**This is a fun activity to do with kids. In this activity children will create a tree that represents positive things about themselves. This is a great project that can be displayed in a classroom or on the wall of the child's room to remind them about how special they are.**

**Materials:** 11×14 white paper, construction paper, crayons, markers, glue

1. Have each child draw a tree trunk with branches on the white paper.
2. Have each child cut out leaves from the construction paper.
3. On the leaves have each child write something they like about themselves.
4. Glue the leaves to the tree.
5. Have the children color the paper

**Try this:**

**Instead of drawing a tree, draw a flower. On each petal have the children write something positive about themselves.**



# Positive Message Game Self-Esteem Character Building Activity for Kids

By [kidsplayandcreate](#)

This is a great game to play with a group of kids. This game makes children smile because at the end of they game they get to read all the positive things their peers thinks about them. It's easy to play and is a great game for children 2nd grade and up.

Materials: index card, pens/pencils, box/bowl

1. Have all the children sit in a circle.
2. Have all the children write their name at the top of the index card, fold and put into the box/bowl.
3. When all the cards have been put in the box/bowl shake them up to mix them around.
4. Have each child pick out a card from the bowl. After picking a card, the child writes 1 positive quality about the person who's name is on the card. Don't write your name on the card. Then fold it back up.
5. When everyone in the circle is finished writing, pass the cards to the right. The cards are passed around the circle until everyone have written on all the cards.
6. Collect the cards and return to the child who's name is on top.
7. Let the child read all the positive messages other children has written about them.

## 8. Self Esteem and Character Building Activities for Kids

9. By [kidsplayandcreate](#)

10. Self Esteem by definition is a realistic respect for or favorable impression of oneself.

11. It's very important for a child to feel good about themselves. Statistics show that children with low self esteem tend to perform below their potential in



school and make poor decisions in social situations.

12. Make a difference!

13. There are many things that can be done to help improve a child's self esteem:

14. **Be Attentive**-When your child speaks to you give them eye contact and listen make them feel what they are saying is important to you.

- 15.

16. **Make a child feel special**-Praise children when they do a good job and also for trying hard. Tell children your proud of them when they put a lot of effort in something. Give complements and tell them that they are special.

- 17.

18. **See the learning in mistakes**- When a child makes a mistake turn the negative into a positive. Focus on what he/she learned from the mistake.

- 19.

20. **Be a positive role model**- If you are constantly hard on your-self, putting your self down or pessimistic your children will see that and may eventually copy those same feelings. This may lead to them to feel that way about themselves.

- 21.

22. **Tune in to their feelings**- Sometimes this can be hard especially when a child has done something wrong and you yourself get angry and when to yell and scream. Sometimes a child doesn't understand what they have done. I remember I was sitting on the couch and my 6 year-old niece came running through the room with both her middle fingers up yelling middle finger, middle finger I almost lost it but I asked her if you knew what it meant and she said no and said her friend at school was doing it. I explained what it was and she was surprised she said she didn't know and never did it again.

## 23. How to get kids to work together, Games for Kids

24. By [kidsplayandcreate](#)

**25. *It's important that kids learn to work together. Working together helps kids develop and improve important skills such cooperation, communication and teamwork. Try some of these team builder games below.***

### **26. *Partner Sit and Stand***

27. *Materials: None optional blind folds, scarfs*

28. Put all the players in groups of two.

29. Have each pair stand back to back and lock arms.

30. Each pair must sit down then stand up again without unlocking their arms.

31. To make it harder and funnier add props to the game. Blindfold the pairs or using scarfs to tie their legs together on one side.

### **32. *One Handed Shoe Tie***

33. *Materials: Shoes with laces*

34. Put players in groups of two.

35. Have the players untie their shoe laces.

36. Working together have player re-tie their shoe laces only using 1 hand. See what kind of creative ideas they can come up with to tie their shoes!

### **37. *Dance Teacher***

38. *Materials: Music*

39. Put the players into groups of 2-3 depending on amount of kids.

40. Explain to the group that they are going to work together to create a new dance step. Give them a time period in which they must complete this task.

41. Once time is up have the kids teach their dance step to the kids in the other groups.

42. Optional: Take it up a notch

43. Once all the groups had a chance to teach their dance step put all the steps together to create one dance. Put some music on and have a dance party!

#### **44. Pass the Can**

45. **Materials:** empty coffee can

46. Ask all the players to sit in a circle with their legs straight out.

47. Put the coffee can on one of the children's foot.

48. Tell the kids that they must pass the coffee can around the circle only using their feet. If the can falls, they have to start from the beginning.

#### **49. Air Guitar Competition**

50. *Materials: None, optional music*

51. Put the players in groups on 2-3 depending on how many kids.

52. Explain that they have just entered an air guitar competition and need to create an air guitar routine. Tell them that their routine must be original, fun, and energizing. Each group member must have an active role in the performance.

53. Give the kids around 5-10 minutes to come up with and practice a routine.

54. Have the kids perform their routine to the rest of the groups. They can perform with music or without.

55. Optional: Recruit some volunteers to be judges.

#### **56. Bouncing High**

57. Put all the players in groups of two.

58. Ask each player in the group to choose a number 1-9.

59. Ask the pairs to put the number together. If one picked 3 and the other picked 5 their number could be 35 or 53.

60. Once they decided on the final number have the partners stand back to back with their arms locked and jump up and down the number of times they picked.

**61. Create a Fairy Tale**

**62. Materials: paper, pencils, crayons or markers**

63. Put the players in groups of 2-3 depending on the amount of children.

64. Tell the children that they must create a fairy tale. All members of the group must be a character in the story.

65. There are two variations of this activity. The children can either write their story together and draw a picture or they can act out their story.

66. If Writing: Have the children work together to create a fairy tale. All members must write a portion of the story. When they are done writing have the children draw a picture to go with their story.

67. When the groups of children are finished writing and drawing have them share their story with the other groups.

68. If Acting: Have children create their story together when it's their turn to share have them act out their fairy tale.

**69. Elbow Tag**

70. *Materials: open play area*

71. Break the group up into pairs.

72. The pairs must lock elbows.

73. Choose one pair to be "it".

74. The "it" pair runs around and tries to catch another pair. If a pair is caught they must remain frozen until another pair tags them. Once they are tagged they must lock elbows with a player from that pair to become a four person chain.

75. The game continues until all the children (except the "it" team) are connected in one long chain.

