

## Your Child's Self-Esteem is in The Cards

by: Susan Howson Research has shown that the present generation of children worldwide is demonstrating more social-emotional challenges (from low self-esteem to depression) than ever before. Families, schools, recreation programs etc. are recognizing that it is critical our children be taught positive values like caring about others and oneself, behaving responsibly, recognizing and managing emotions and developing positive relationships. Parents can use a variety of tools, such as affirmation cards, to encourage their children to believe in themselves, in their dreams and in their own personal power while also promoting positive values such as honesty, responsibility, compassion and respect. This results in the children, as well as parents, connecting to their true being - their Magnificence within, and the feeling of empowerment to bring about positive changes in themselves, the community and the world. Research indicates that children who have more positive values, self-esteem, do better in the classroom and are more successful academically. That is why affirmation cards are being used more and more in classrooms around the world. Teachers are using the cards to teach positive values and virtues throughout the curriculum. When children feel good and secure in themselves, they are more willing to work towards reaching their fullest potential. Teachers are also finding that using these in their classrooms has made a positive difference in the relationships amongst peers. Children who use positive self-talk messages develop respect and confidence for themselves. These positive values help the child faced with a Bully situation. Armed with a positive sense of self, the child is more likely to see the reason for the bullying as outside themselves rather than their fault. The child realizes that the problem is with the bully and so is able to maintain their self worth. They are also more likely to support others that are bullied and not just stand by and watch it happen. Manifest your Magnificence, a set of 64 affirmation cards, was specifically designed to teach positive values and nurture a child's self-esteem. The cards are focused on bringing together the child's mind and heart for in doing so we arm children with the values and virtues that will guide them to becoming more productive, fulfilled and successful adults. Manifest Your Magnificence cards can be used in many ways to motivate and remind children that they are Magnificent Creations. A card can be pulled in the morning to set an intention for the day and also facilitate discussion at dinner or before bed. Parents and children can also go through the deck and pick out those they know they are, one's they think they are and one's they aren't quite sure they are. This provides great insight into how a child/parent feels about themselves as well as how they feel about their parent/child. Teachers can use the cards to teach a particular value, e.g. I AM Conscientious; I always do what I know is right. For instance, one class, after discussing how children could be more conscientious during environmental week, decided to go around the school periodically and clean the playground. There are many ideas and examples of how you can use the "Manifest Your Magnificence" cards in schools, recreation programs etc. to explore, unfold, teach and reinforce positive values. For example: I SET MY INTENTION Have students pick a card

Have student read what is on card loud and clearly to class

Have student state one way they will demonstrate what is on card today

Give student applause (we all like to be acknowledged)

Before students leave, have them share an example of how they demonstrated value on card.

Give student applause DO YOU KNOW WHO I AM? Have students pick 5 values (can be any number of values)

Have students write, draw about what they do to show that value. Make sure no one else sees their sheet and that they put their names on the sheet.

Teacher collects the sheets

Teacher picks a sheet and reads what is on it

Students guess who wrote, drew what was on the page I AM VALUE CHART Pick a value you want the class to work on for the day/week

Make a chart that graphs the number of times each student demonstrates the value.

Encourage students to be "Value Beacons", identifying other students who ARE demonstrating the value I AM THE WORLD! Pick a value card

Take a walk with students

Explore environment of class, school, home, community, and world

Discuss what students see, experience in the class, their environment, world that demonstrates or doesn't demonstrate the value chosen

Discuss what values, other than the one chosen, do they see or not see

Have students write a positive I AM statement for themselves, the class, their environment, the world

Post values around room. Opening words of the United Nations' Declaration of the Rights of the Child: "Mankind owes to the Child the Best that it has to give..." So take a positive step forward to helping children connect with their true being and Manifest their Magnificence in the world!

## About the Author

Susan Howson is the creator of Manifest Your Magnificence™, a unique gift set of 64 affirmation cards designed specifically to nurture a child's self-esteem at home or in the classroom. Beautifully illustrated and written, each affirmation card carries a powerful message that when read repeatedly, connects each child to their true being. An early childhood expert, university professor and certified co-active life coach, she received in 2000 the "Award of Excellence for Humanitarian Effort" for her work in Bosnia. Her website is [www.magnificentcreations.com](http://www.magnificentcreations.com). Copyright © September 2004, Magnificent Creations. All Rights Reserved. [susan@magnificentcreations.com](mailto:susan@magnificentcreations.com)