

# THE COUNSELOR'S CORNER

THE MONTHLY NEWSLETTER OF THE MADRID ELEMENTARY SCHOOL COUNSELING DEPARTMENT

Mrs. Tabitha Dudley, Principal

## Cupid's Arrow: Self Love What is Self-Esteem?

Reviewed by: D'Arcy Lyness, PhD  
Date reviewed: June 2018

Self-esteem means you mostly feel good about yourself.

Kids with self-esteem:

feel proud of what they can do  
see the good things about themselves  
believe in themselves, even when they don't do well at first  
feel liked and accepted  
accept themselves, even when they make mistakes

Low self-esteem means you don't feel very good about yourself.

Kids with low self-esteem:

don't think they are as good as others  
don't feel liked or accepted  
think more about the times they fail, than the times they do well  
don't notice the good things about themselves  
are hard on themselves and give up easily

Which one seems more like you?

Self-Esteem Matters

Here are three things to know about self-esteem:  
Self-esteem helps you. It gives you the courage to try new things. Or make new friends. With self-esteem, you believe in yourself. You know that good things can happen when you try. Self-esteem helps you when things don't go your way. It helps you accept mistakes. If you miss the soccer goal or lose a library book, you don't get too mad at yourself. You just try again. You find a way to do better.  
Low self-esteem can hurt you. It makes kids feel unsure. They don't think they can do things well. With low self-esteem, kids might not try. They might not go after their goals. They might be afraid to fail. Low self-esteem makes losing seem worse than it is. It makes mistakes seem bigger than they are. It makes it hard to get over things that don't go well. Instead of trying again, kids with low self-esteem might give up. You can build your self-esteem. Self-esteem can start with things parents say when a kid is very young. A parent might tell a baby, "Look what you can do – you're walking all by yourself!" Being told good things makes the baby feel proud and feel good. As you get older, self-esteem can grow. Parents and teachers can let you know they see good things in you. Friends can help you feel liked. You can build your own self-esteem too. Notice when you try new things. Notice when you learn to do something. Did you try a new sport? Did you learn to ride a bike, play a song, or do a math problem? Be happy and proud. You don't have to brag out loud, but you can give yourself a quiet little high-five. Yay, you!

## Community Resource Center

**Campus Wraparound  
Specialist:**

Rodrick Pierson

**Email Address:**

rodrick.pierson@houstonisd.org

**Fill out a Student Assistance Form  
(SAF) today, using the QR code to  
the right!**

The first 20 completed SAFs will  
receive membership into the  
Backpack Buddy program, hosted by  
the Houston Food Bank



**CAN YOU GUESS THE  
CHARACTER TRAIT  
OF THE MONTH?**

**S\_\_F-ES\_\_EM**

a person's overall sense of self-worth or  
personal value

A: SELF-ESTEEM



**ROADRUNNER OF THE  
MONTH**

Naomi Acosta

