



Circles of Learning

Education

Health

Environment

Community

Creativity

Self Esteem Ideas for the Family

Always praise yourself...just do it!....whenever possible.

Give a Gift to Yourself...Do something every-day that you enjoy.

Pat yourself on the back when you've mastered a new way of doing things.

NEVER put yourself down, you are only learning to be the best that you are!

Create a 'I am going to' list and display in your room – a daily visual of what your dreams are. e.g. 'I am going to write a book'.

Write little positive messages to each other and place under their pillow or in a place that is evident – even the bathroom mirror...this brings a real smile to someone's heart!

Create a 'family suggestion box' for ideas from members about positive changes or just changes that need to be looked at...open once a week as a family.

Go for family walks!

At dinner time have a 'positive remarks moment' - each member to say something positive about another member.

Don't compare yourself with others... remember 'I am unique' – say it often, remember you are a wise and beautiful person – say it too!

Lunch-box/bag notes put a smile on their face. Try a riddle, see how clever they are!

Create a special family space in your home. Each member places something special on it. Light a candle often and rejoice in all that each offers.

Let anger flow, it's natural – disperse by going outside and jumping up and down – breathe 3 great big breaths – feel it leave your body.

Place these words around your home....
'I am in control and I choose to....'

Book a date with a family member, sometimes individual quality time helps you grow!

When someone is telling you something, just hold their hand while they are talking to you – it doesn't have to be an important issue – it could be anything!

Create a family photo collage of memories. Work with the whole family one evening – it's fun! Hang it in an obvious place for all to see.

Keep a journal, everyday write '5 little things to be grateful for' in your life.

Light candles, it creates an atmosphere of peace.

Run someone in your family a bubble bath, throw some flowers in there – a treat of love.

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