



# FEB. 2019

African American History Month

Career and Technical Education Month

International Boost Self-Esteem Month

National Children's Dental Health Month

1 National Freedom Day

2 National Groundhog Job Shadow Day

4-8 National School Counseling Week

17-23 Random Acts of Kindness Week

22 World Thinking Day

26-March 4 National Eating Disorders Awareness Week



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

## How to Build Your Self-Esteem

Try these steps:

- **Make a list of the stuff you're good at**
- **Practice the things you do well.**
- **Turn "I can't" into "I can!"**
- **Try your best**
- **Spend time with people who love you.**
- **Pitch in.**

