

THRIVE

newsletter

April 2026

SELF-CONFIDENCE AND SELF-ESTEEM

Building self-confidence and self-esteem is a cornerstone of the Thrive Approach. When children develop a positive self-image and trust in their abilities, they feel empowered to take on new challenges, form healthy relationships, and express themselves authentically.

Self-esteem grows through connection, encouragement, and celebrating effort—not just achievement. When adults notice and acknowledge a child’s unique strengths and progress, children begin to see their own value and potential. This belief becomes a powerful motivator for learning and personal growth.

The Thrive Approach also teaches the importance of helping children manage negative self-talk and setbacks with kindness. When children learn to speak to themselves with the same compassion they receive from others, their resilience and emotional wellbeing deepen.

THRIVE IN ACTION

Thrive Tip: Try simple daily affirmations or reflective questions like, “What’s something you’re proud of today?” or “What makes you feel strong?” These small moments build a lasting foundation of confidence and self-worth.

FOCUS

Self-Confidence and Self-Esteem: Building a positive self-image and belief in abilities