



Wellbeing profile: Amazing me

Self-esteem is how we value ourselves and how we have belief in our place in the world. Sometimes we feel proud about ourselves for what we have achieved and who we are because people we love and care about are proud of us.

But having self-esteem also allows us to feel proud inside ourselves and to know we are unique and special.

Having self-esteem allows us to enjoy life, to have a sense of worth and purpose and it is initially set by those around us who take care of us. If we feel loved and loveable, that we are capable and can achieve our goals, it is because others have reflected that back to us, have delighted in us and celebrated in our experiences and challenges. If we experience this consistently, we begin to internalise it and to believe it ourselves.

When our experiences have been less consistent or we struggle in our expectations, in our learning or begin to feel that we aren't loveable or able to achieve because of the feedback we get, we begin to internalise that we aren't capable or loveable. This can cause us to doubt ourselves and our 'sense of self' wobbles.

We know that children need adults around them who can celebrate them, recognise all they are achieving and help them to succeed and thrive.

Some of the presenting behaviours in children who lack self-esteem can be seen in the profile grid below and can be used to identify levels of need.

Child name			
Class		Age	
Child key information, context or background			

Pre-intervention
date

DD/MM/YY

Post-intervention
date

DD/MM/YY

Behaviours that can be observed	Always	Often	Sometimes	Rarely	Never
Is easily disheartened or defeated					
Avoids things perceived to be difficult					
Fears failure and being judged - can be defensive or self-critical					
Speaks negatively, putting themselves down or having negative scripts about themselves					
Lacks positive friendships, may seek friends but struggles to be included or is often involved in fall outs					
Is unable to accept compliments or to receive praise					
Lacks sense of capability and overly compares self to others					
Can appear over-confident as a mask for feeling insecure or anxious about being judged					
Can appear dismissive or defensive to any perceived negative feedback					
Needs things to be perfect					



Some of the protective factors and progress indicators are shown below

Protective factor and progress indicators	Always	Often	Sometimes	Rarely	Never
Has a sense of self-belief					
Has friends and is liked and respected by others					
Can be assertive and stand up for themselves					
Can describe themselves positively					
Can recognise their strengths, abilities and attributes					
Is able to give and receive compliments and to feel a sense of pride					

Observations and comments about the child prior to the start of the intervention programme

Observation and comments at the end of the intervention programme

Summary and recommendations

Pre-intervention date	DD/MM/YY	Completed by	
Post-intervention date	DD/MM/YY	Completed by	