

**Social Skills –Parent Note**

Your child just completed a social skills lesson. The topic was:

***I Can Feel Good About Myself.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

* The definition of “Self-Esteem” – how we think and feel about ourselves; how we value ourselves
* Healthy self-esteem is not bragging, thinking you’re perfect, or thinking you’re better than everyone else
* Why having a healthy self-esteem is so important
* Things that can affect our self-esteem
* Ways we can boost our self-esteem



**Your child received a Lesson Summary magnet:**

**If you have a moment, email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that might help your child for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. THANK YOU!!**

adapted from www. kidshealth.org