



Being Me (and Loving It): Stories and activities to help build self-esteem, confidence, positive body image and resilience in children

By Naomi Richards, Julia Hague

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With 29 real life and relatable stories at its heart, this practical resource is designed to help build self-esteem and body confidence in children aged 5-11. Each story is the focus of a ready-to-use lesson plan, covering common issues that affect children such as a lack of body confidence, feeling pressured by peers and worries about puberty. The stories are preceded by guidance on how to introduce the topic and the learning outcomes, and they are followed by a range of activities to reinforce the messages being taught. The stories can either be read aloud to a class or group or photocopied and shared for individual reading. Perfect for use in PSHE lessons with groups of children, or in one-to-one settings in the therapy room or at home, this book is a useful resource for PSHE co-ordinators, teachers, school counsellors, pastoral care teams, youth workers as well as parents.

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Editorial Review

Review

A treasure trove of stories for opening up discussions with 5 to 11 year olds about a wide range of issues which may be troubling them. These accessibly short stories about kids "just like me" are a great resource for teachers and parents alike and are enhanced by guidance notes and questions for exploration for supporting adults. I'll be keeping my copy close to hand and sharing it widely. -- Dr Pooky Knightsmith, Child & Adolescent Mental health Specialist and Advisor to the PSHE Association

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About the Author

Naomi Richards is known as The Kids Coach and was the first life coach for children in the UK. As well as coaching internationally, Naomi runs tailor-made workshops for children in schools, writes about the world of children and parenting in the press and is a motivational speaker for children. She has been recognised as a Remarkable Woman, a female entrepreneur who is leading the way in her chosen career path, an initiative backed by Nokia, and she has a range of products to help boost children's self-esteem. Naomi is also the author of *The Parent's Toolkit*, Random House, and lives in London, UK.

Julia Hague has a wealth of experience in the environment of Primary and Secondary education given her 16 years working within the administration of a private girls' school in London. A writer from a young age, Julia's passion is in showing parents and teachers how they can instil healthy self-esteem and body image in children and help them to understand friendship issues and bullying from the very start. Julia lives in Cornwall, UK.

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