

**Self esteem**  
—is what you  
feel about yourself—  
it can be positive  
or negative.

**Positive self-esteem**  
can make you feel good,  
helpful and loving.

**Negative self esteem**  
can make you feel bad, unhappy,  
sad, unhelpful, and unloved.



Every girl and boy is unique and different. You can improve your positive feelings. Here are some things to do to feel good in your everyday life. Do them yourself, with your friends, and family.



THE Children's  
Health FUND

## Healthy B.A.S.I.C.S. (Building Active Strategies to Inform Children in School)

is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

The English and Spanish brochures were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.

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## Healthy B.A.S.I.C.S.

Things to do to  
**feel good**  
at school, home,  
and in  
your community



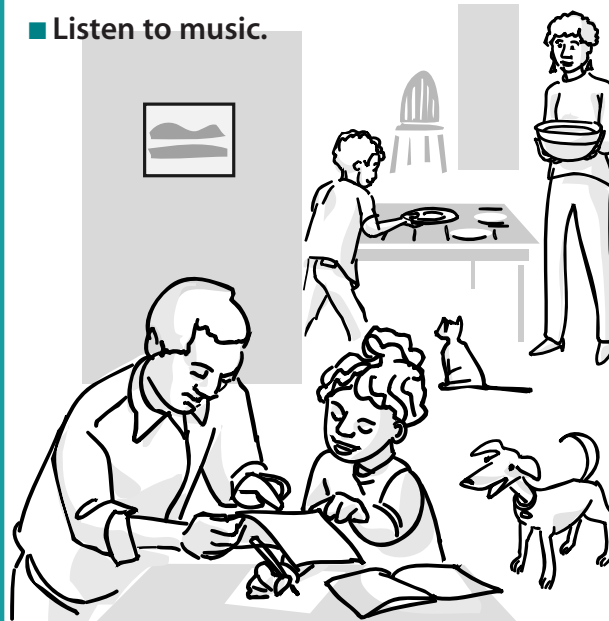
## School



- Go to school every day.
- Learn poems or songs.
- Listen in class.
- Study for tests.
- Ask questions.
- Answer questions.
- Help others.
- Learn music.
- Play sports.
- Think good things about yourself.
- Believe you can do anything.

## Home

- Have a regular study place.
- Have a regular study time.
- Turn off TV to study.
- Read and do all homework.
- Look up new words in a dictionary.
- Take a walk.
- Read every day.
- Write letters to family and friends.
- Keep a journal.
- Listen to music.



- Spend time with your family.
- Ask lots of questions.
- Ask for help when needed.
- Offer to help someone.
- Eat healthy foods.
- Sleep 8-10 hours.

## Community



- Go to the library.
- Get a library card if possible.
- Learn new things.
- Join a community group.
- Play games AND sports.



- Respect others.
- Exercise every day.
- Avoid fights.
- Do your best all the time.