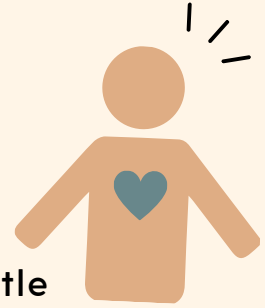


# A SELF-ESTEEM GUIDE FOR KIDS



**Directions:** Fill out this chart with your little one so they can see how special they are!

WHAT MY BODY  
DOES FOR ME:

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WHAT I LOVE  
ABOUT MY BODY:

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WHAT'S UNIQUE  
ABOUT ME:

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WHAT I CAN DO TO KEEP  
MY BODY HEALTHY:

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@bumoparent

Inspired By: [PlantLoveGrow.com](http://PlantLoveGrow.com)