

**KidsOnAlert**

Educate to Empower

# FREE Trace & Colour Book

## Building Self-esteem

- ✓ Learning Values
- ✓ Building confidence
- ✓ Practice writing





# Building self-esteem in kids helps prevent abuse.

1	Kids with high self-esteem are more likely to speak up in unsafe situations
2	Kids with high self-esteem are tough to manipulate as they know their self-worth.
3	Kids with high self-esteem have strong and trusted relationships.
4	Kids with high self-esteem expect their body boundaries to be respected.

This is a set of coloring and tracing pages with messages designed to create a feeling of self-worth and build a child's confidence. Colour the pages and trace the message provided below.

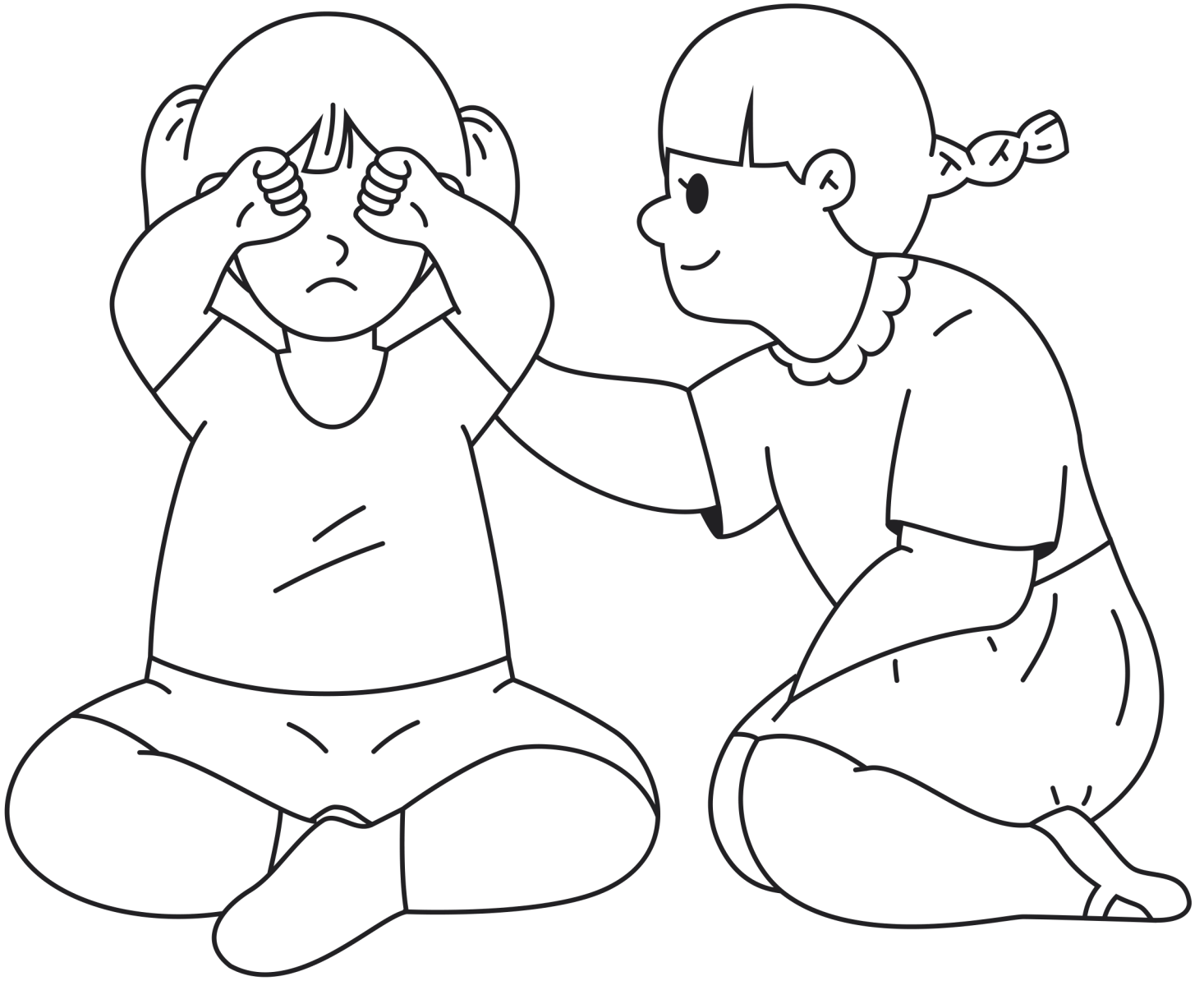


**KidsOnAlert**

Educate to Empower



Trace and colour

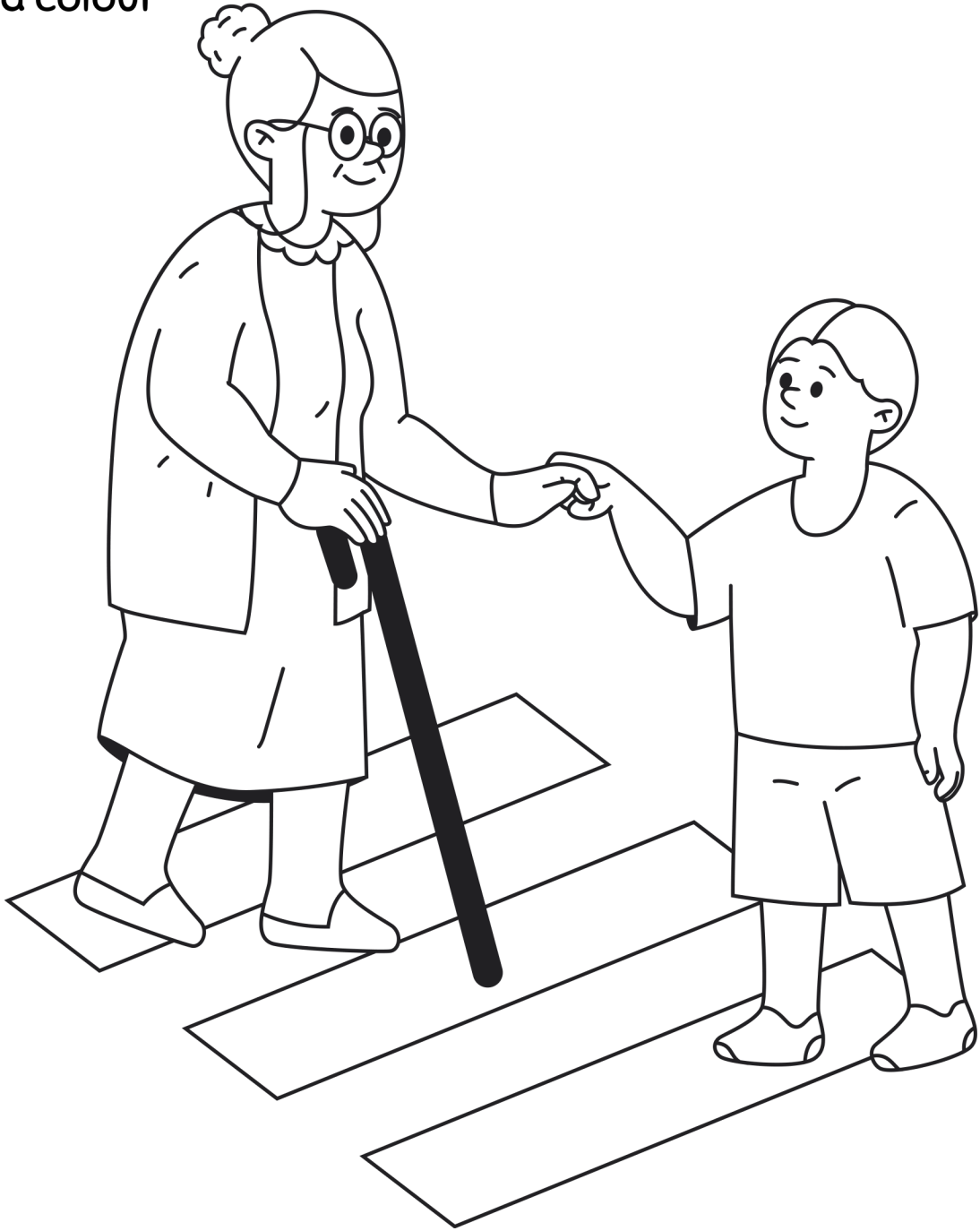


I am kind.

---

---

Trace and colour



I am helpful.

Trace and colour

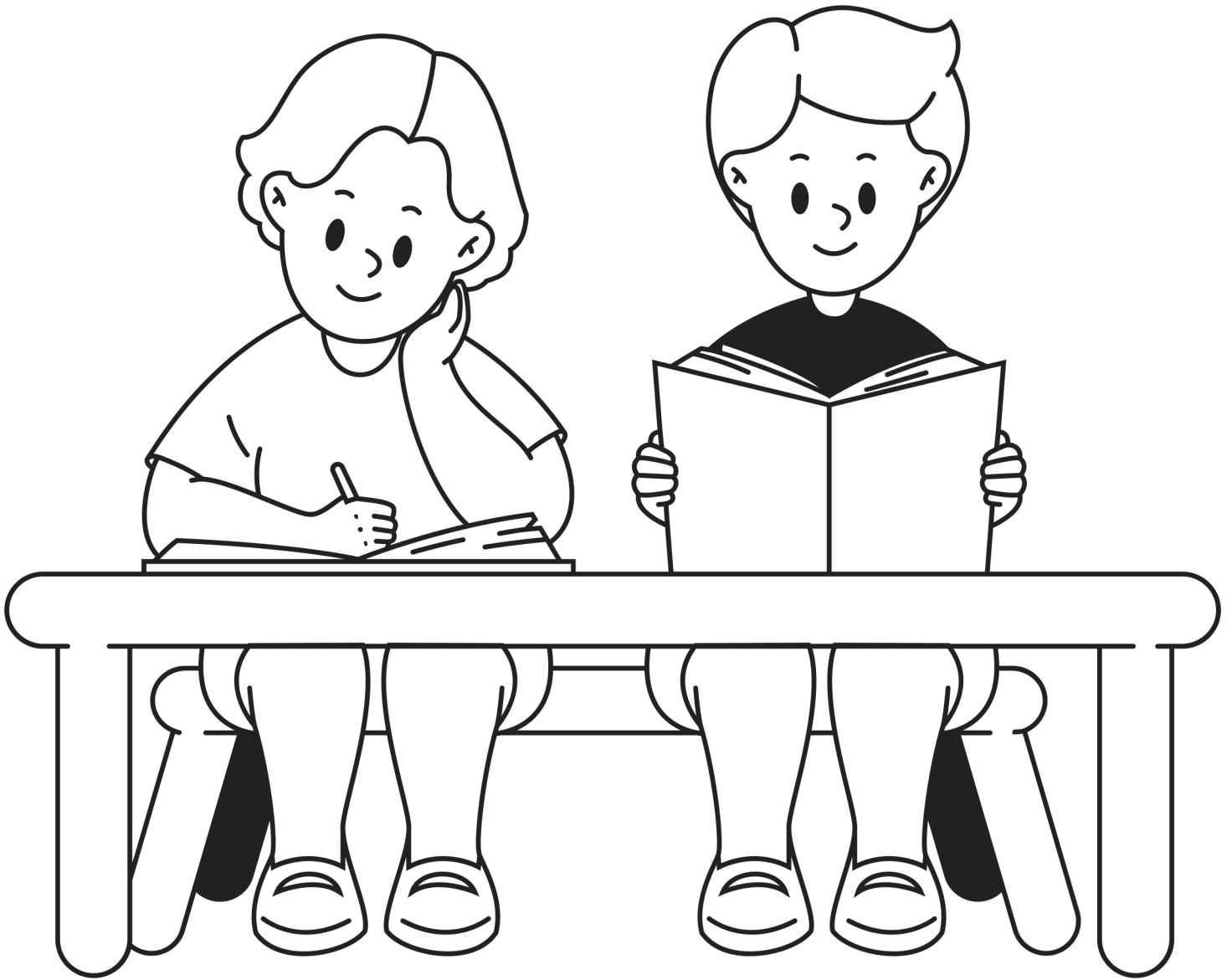


I am loved.

---

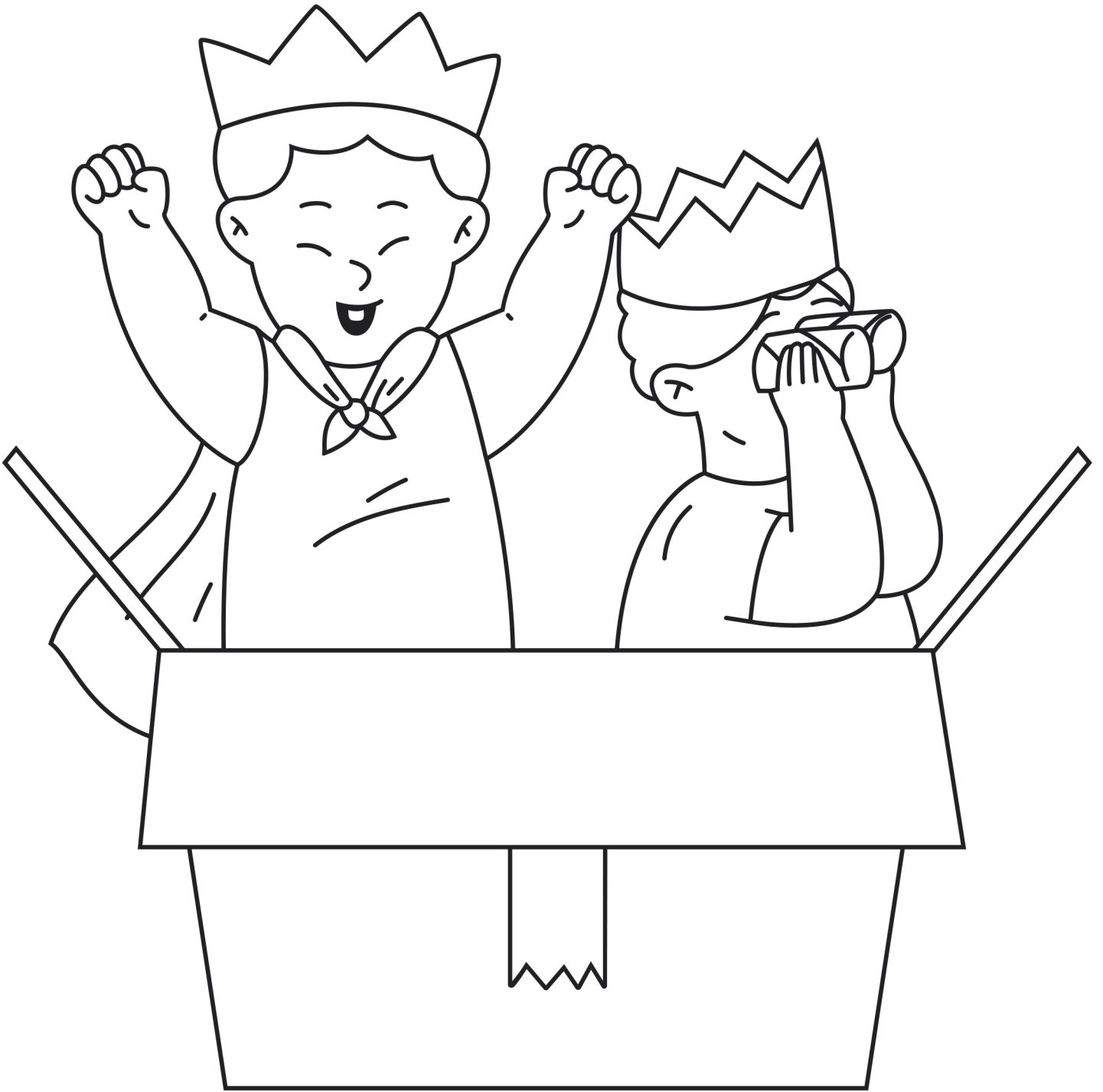
---

Trace and colour



I am smart.

Trace and colour



I am imaginative.

Trace and colour



I am curious.

---

---



Trace and colour

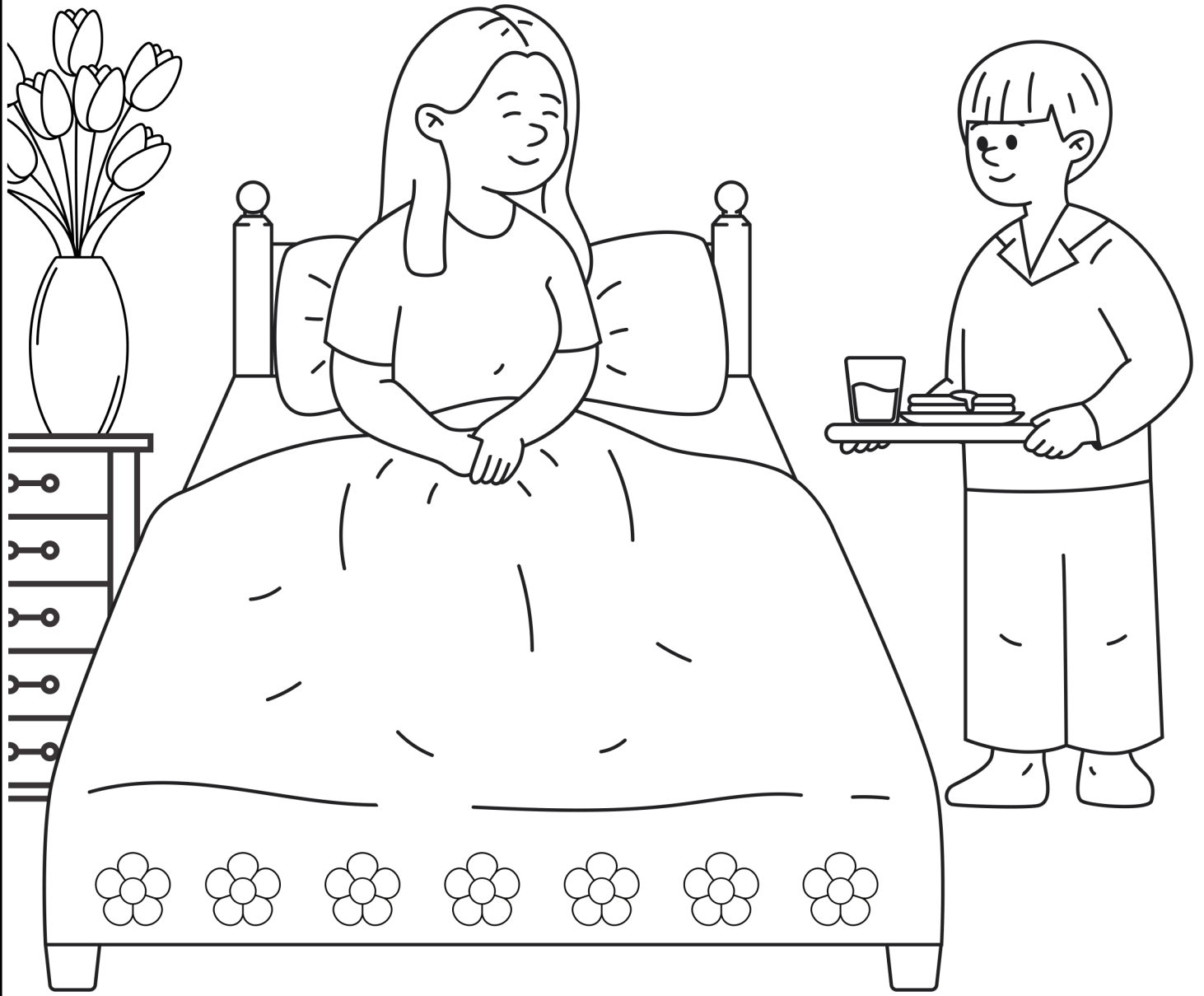


I am creative.

---

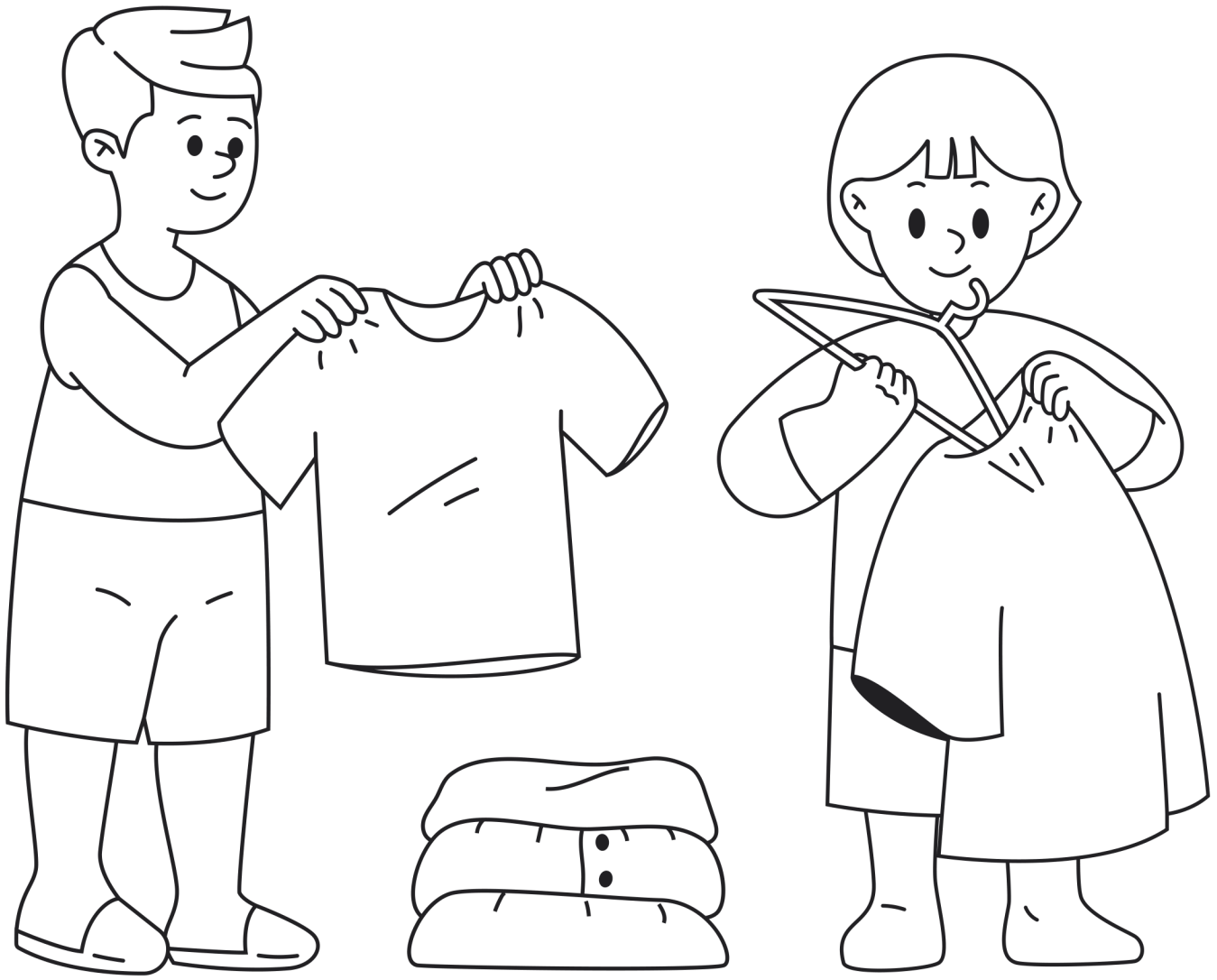
---

Trace and colour



I care about my family.

Trace and colour



I help around the house.

Trace and colour



I care for plants.

Trace and colour



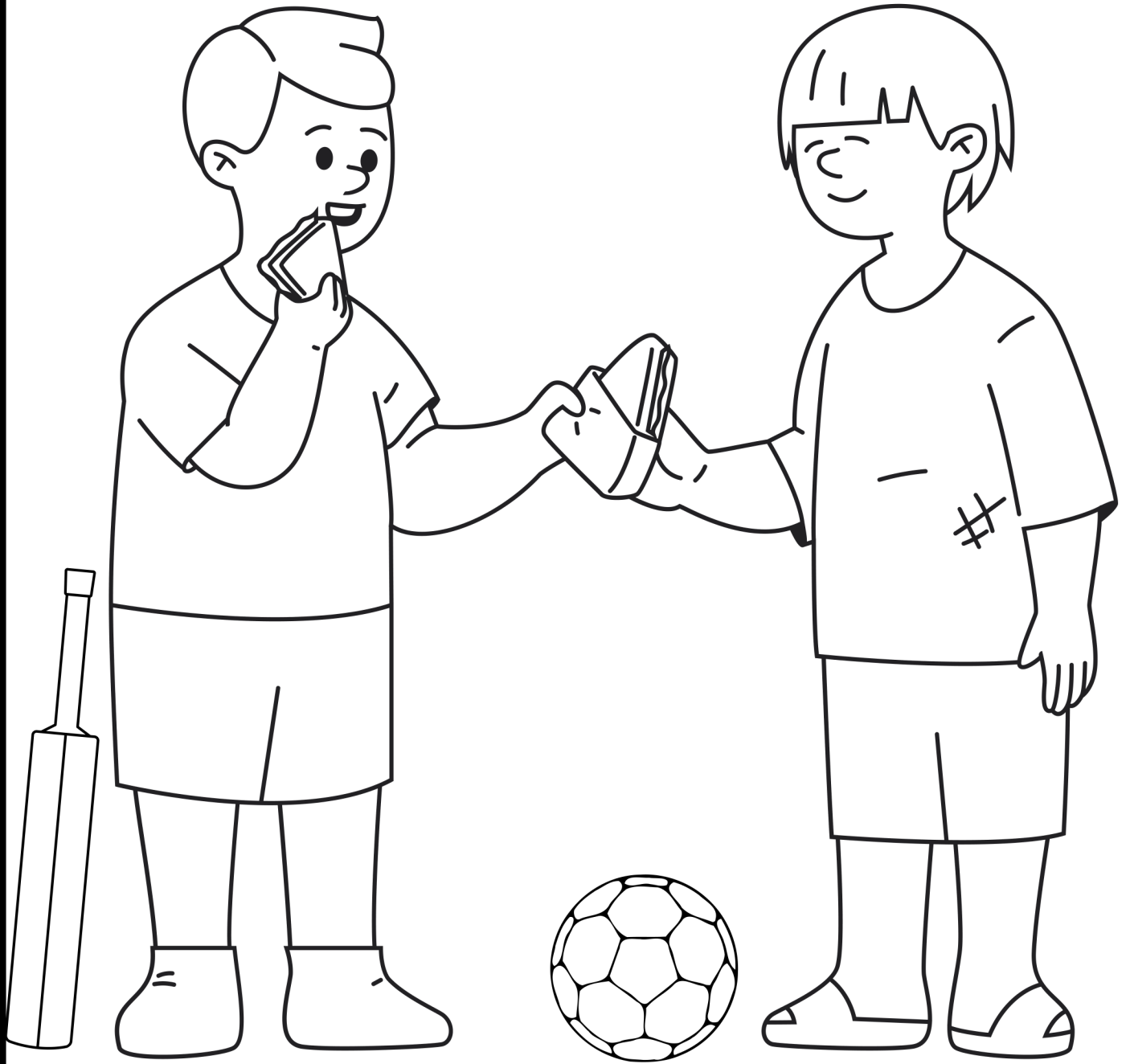
I care about animals.

Trace

**KidsOnAlert**

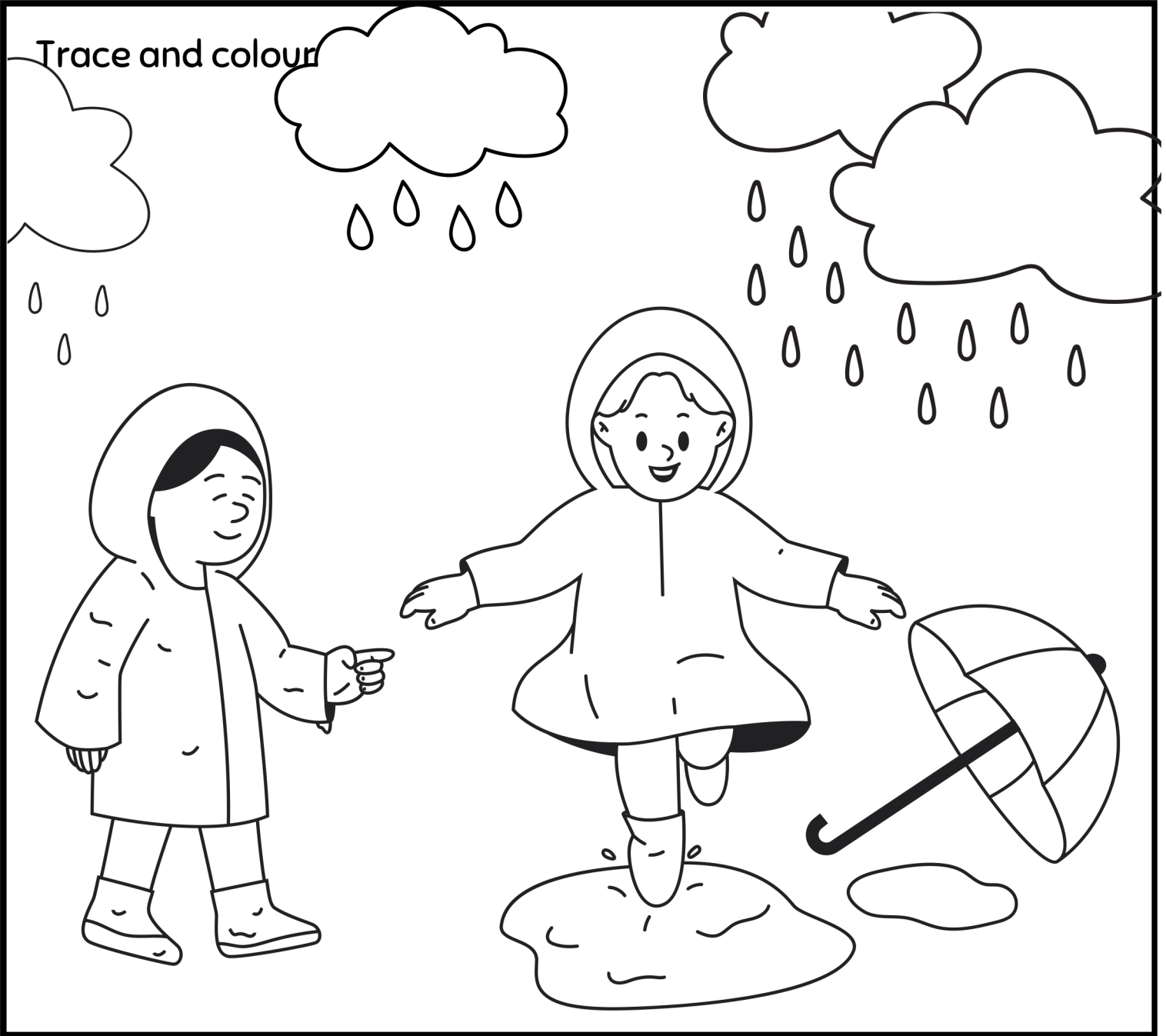
Educate to Empower

Trace and colour



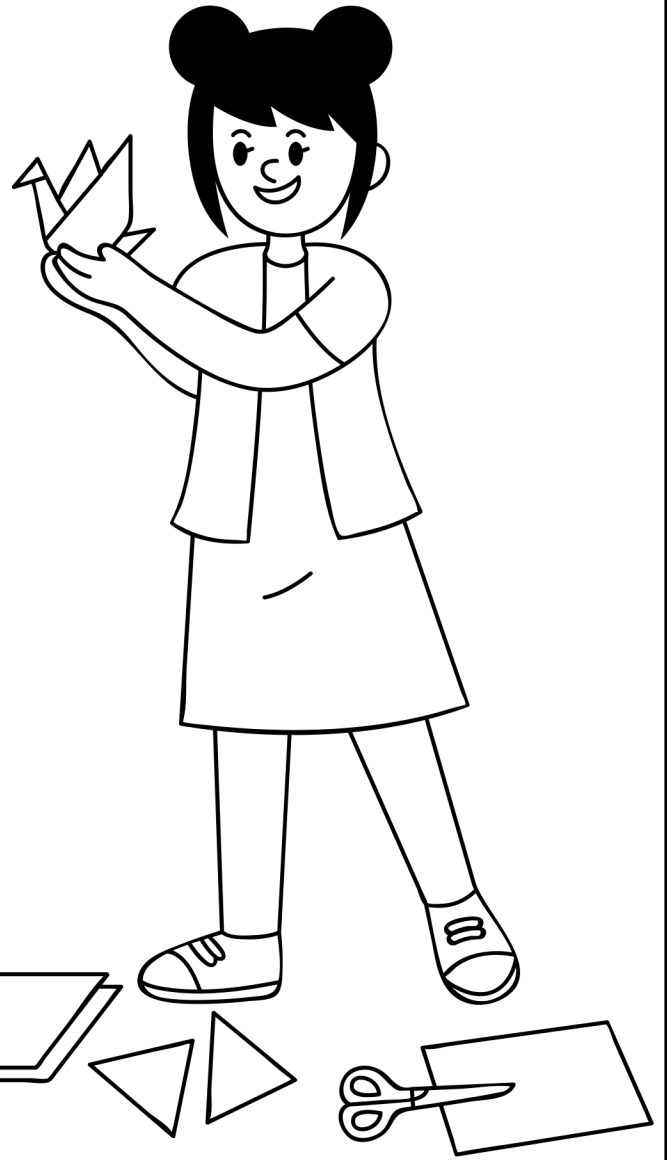
I share with others.

Trace and colour



I have fun.

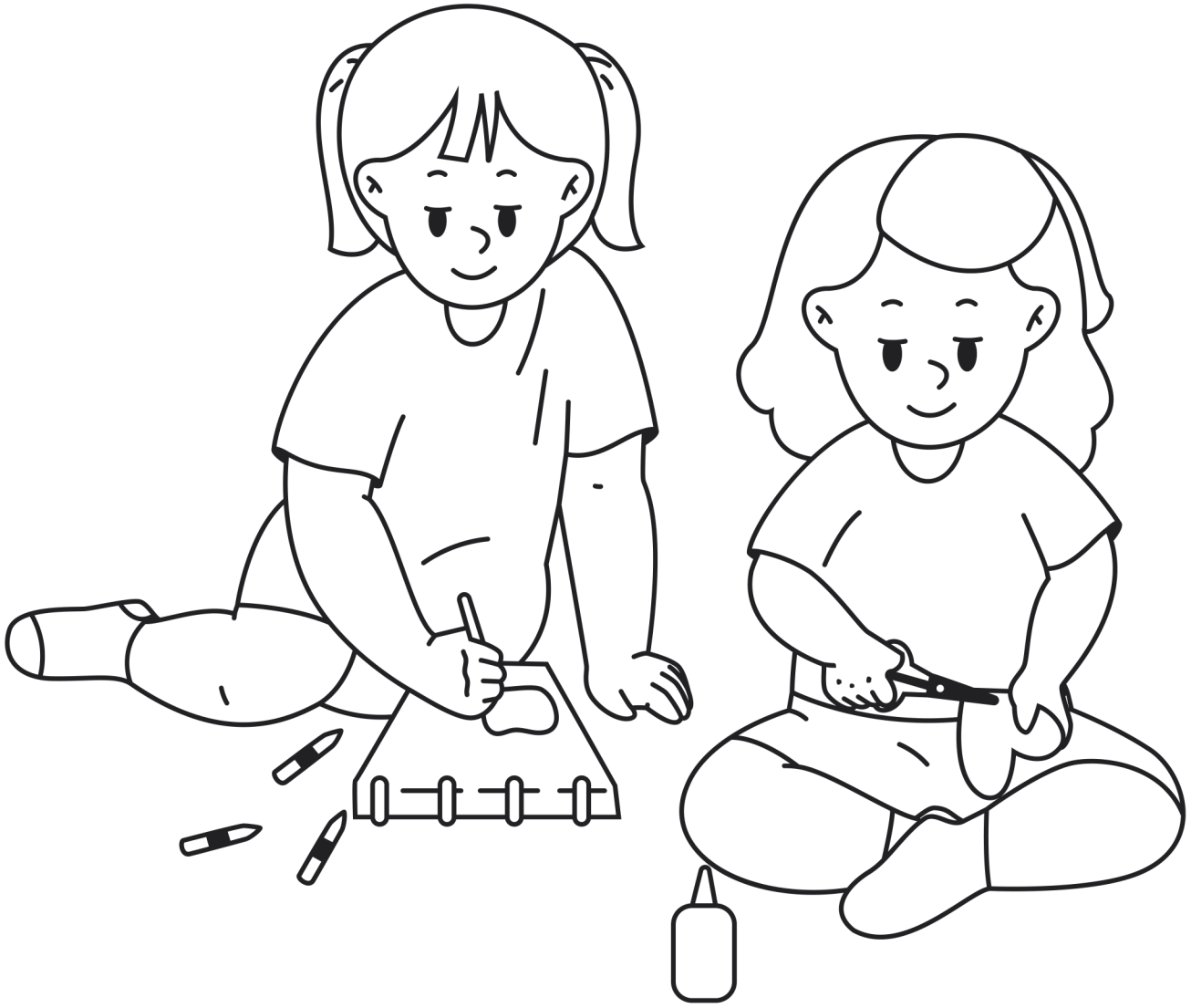
Trace and colour



I try new things.



Trace and colour



I can work with others.

---

---