



Self-Esteem Games for Children

Deborah Plummer

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In this practical handbook, self-esteem expert Deborah Plummer offers a wealth of familiar and easy-to-learn games carefully chosen to build and maintain self-esteem in children aged 5-11.

The selection of games reflects the seven key elements of healthy self-esteem - self-knowledge, self and others, self-acceptance, self-reliance, self-expression, self-confidence and self-awareness - and includes opportunities for thinking and discussion. The book combines physically active and passive games, verbal and non-verbal games and games for pairs or groups, which makes them equally accessible for children with speech/language difficulties or those with physical disabilities. Deborah Plummer shows that the games can be easily adapted and she encourages readers to be creative in inventing their own alternative versions.

This is an ideal resource for teachers, parents, carers and all those working to nurture self-esteem in children.

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