

Be a Youth First Family

*Resources from Youth First Social Workers and Programs
for parents and caregivers to use in the home.*

Practice Self-Care

I Like Myself

This is a great self-care exercise for adults and children to focus on their strengths and not their weaknesses!

We all know that who we are as individuals includes both our strengths and our weaknesses. Too often, adults and children can more easily identify their weaknesses than their strengths and may need help refocusing on the positive. We can focus on our strengths and gain self-confidence by identifying positive qualities about ourselves and encouraging our children to notice when they really shine.

Write the words "I AM" in large block print allowing room to write inside the letters. Then identify positive traits about yourself or help your children identify their strengths. Suggestions include words like creative, smart, athletic, outgoing, organized, funny, kind, good listener, helpful, silly, good decision maker, hard worker, etc. You can also draw pictures such as a rainbow, a beach, or any object of interest and write positive things on the picture. Use prompts like:

- **I feel good about myself when...**
- **I am proud of myself because...**
- **I am special because...**
- **I am good at...**
- **I am most happy when...**
- **I am a good friend when...**
- **I am kind when...**



About Youth First, Inc.:

Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit youthfirstinc.org or call 812-421-8336.