



# Self-Esteem Games: 300 Fun Activities That Make Children Feel Good about Themselves

*Barbara Sher*

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**Self-Esteem Games: 300 Fun Activities That Make Children Feel Good about Themselves** Barbara Sher  
**A delightful way to build children's self-esteem and self-confidence—from age three to twelve.**

The key ingredient in children's development, emotionally, socially, and intellectually, is a strong sense of their own self-worth. The 300 games and activities in this fun book will give them just that. These joyful activities help children learn how to make friends, express feelings, trust others, accept themselves, use their imaginations, and more. The book combines upbeat, positive advice—including tips for better parenting—with step-by-step directions for each activity.

**BARBARA SHER, MA, OTR** (Whitehorn, California) has 30 years' experience as a teacher and occupational therapist, specializing in pediatrics. Under the sponsorship of the Center for Intercultural Education of Georgetown University, she conducts self-esteem workshops for parents, teachers and children around the world.

**A delightful way to build children's self-esteem and self-confidence—from ages three to twelve.**

The key to children's development—emotionally, socially, and intellectually—is a strong sense of their own self-worth. The 300 games and activities in this fun book will give them just that. Developed by author Barbara Sher over the course of thirty years as a parent, teacher, and play specialist, these joyful activities require no special preparation or equipment. Families can play a game virtually anywhere, with any number of participants.

Combines upbeat, positive advice—including tips for better parenting— with easy directions for positive play.

- Helps children learn how to make friends, express feelings, trust others, accept themselves, use their imaginations, and more.

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