



High School

Home Connection

Self-Confidence and Self-Esteem

Dear _____,

Today in class, we learned about self-confidence and self-esteem. Self-confidence is how you feel about yourself in a specific situation or task. Self-esteem is the overall feeling you have about yourself. In class, students discussed areas where they may lack self-confidence and how to use positive self-talk to reframe how they feel about themselves.

Please encourage your student to share practice positive self-talk!

Please do not hesitate to reach out with any questions or concerns.

Best,
