

## IMPROVING PUPILS SELF-IMAGE

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### **Abstract:**

At the present time it is noticeable that children hold a misconception about who they are and what are they capable of. So called low self-image is a result of body deviations from their peer norms, weak social contact, unpopularity in the class and low learning achievements.

School helps to improve pupils self-image with various activities. It is important to know, that a child has a shaped self-concept by the age of five, before he enters the school. School is only a further factor that can improve the concept with the help of diligent teachers.

It is important that a teacher with a positive and real self-image works with those children. The teacher can do the most with his attitude towards them, if he treats them with respect and acceptance, even when their ideas are less appropriate. At the same time the teacher has to set clear demands and boundaries.

For many years I have been searching for ways to influence the self-image of my pupils. I run workshops about self-respect and setting their own goals and ways to achieve them. Children search and make friends, solve problems through games, learn how to cope with stress and think positive... But above all, I encourage them to become accustomed to healthy food and lots of outdoor activities. Of course, the transformation of the self-image is a long-lasting process, but worthy of every child.

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