

Bigfoot

Resource Guide

Bigfoot's stories of acceptance and strength boosts readers' self-esteem. Through interactive affirmations, children learn how to say positive things about themselves, providing an early foundation of confidence and self-worth.

Key Themes

Self-Esteem

Feeling good about ourselves and being proud of what we can do

Emotional Wellness

Being aware of, understanding, and accepting your emotions

Coping Skills

We can learn ways to get through hard times and big feelings

Confidence

Belief in yourself

Positive Relationships

Being connected to people who make us feel safe and loved

Discussion Questions

What is something you like about yourself or something you're proud of?

I like that I am kind, I am a good friend, I can run fast, etc.

Who makes you feel safe and loved at school, at home, and in your community?

Parents, siblings, teachers, friends, etc.

Activity

Ask your child what they would do if someone hurt their feelings. Would they have to believe what that person said? Who could they talk to? What could they say to themselves to feel better?

Examples: Walk away, talk to an adult, tell a friend, etc. I could use positive self-talk, say the things I like about myself, and believe in myself.

Affirmation

The world is better because I am here.