Build self-esteem.

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/> Lots of easy to do activities here.

<https://plprimarystars.com/resources/self-esteem> here are some useful activities too.

Also worth a look…

<https://kidshealth.org/en/kids/self-esteem.html>