



Self-Esteem
for
Secondary
Life Skills
Students



Name _____

Date _____

What do you like about yourself?



Do you like your:

Eyes?
Hair?
Nails?
Nose?
Hands?
Height?



Do you like that you're:

Friendly?
Honest?
Always on time?
Funny?
Understanding?
A good friend?
Hard working?
Strong?
Loving?
A lot of fun?
Smart?



Do you like that you have:

Lots of friends?
Lots of people that love you?
A good heart?



Do you like that you:

Run fast?
Draw?
Dance?
Exercise?
Eat healthy?
Sing?
Are independent?
Write neatly?
Help people?
Listen well to people?
Find things quickly at the store?
Save money?
Cook?
Bake?
Tell good jokes?
Take good care of a pet?
Do things for people?



Name _____

Date _____



SELF-ESTEEM



Write down 5 things you like about yourself. You may find this difficult and that's OK. Give it a try!

1. _____

2. _____

3. _____

4. _____



Name _____

Date _____

Saying nice things about others makes them feel good and makes you feel good! Write one nice thing about each person in your class or in your group. What do you like about him or her?



_____ - _____

_____ - _____



_____ - _____

_____ - _____



_____ - _____

_____ - _____



Use the space below to write a nice thing about any teacher or teacher assistant.

Name _____

Date _____

Self-Esteem



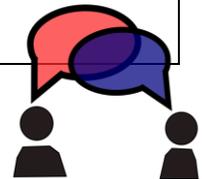
Interview someone of your choosing about what high and low self-esteem look like.

Name of person being interviewed: _____



What does someone with <u>high</u> self-esteem look like?	How does someone with <u>high</u> self-esteem act?
What does someone with <u>low</u> self-esteem look like?	How does someone with <u>low</u> self-esteem act?

Do you agree with their answers? YES NO



Why or why not? _____

Name _____

Date _____

What have you learned about self-esteem?





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