



**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



1. What do you think self-esteem is? \_\_\_\_\_

\_\_\_\_\_

2. What is self-esteem *really*? \_\_\_\_\_

\_\_\_\_\_

3. What are some characteristics of:



### High Self-Esteem



### Low Self-Esteem





Name \_\_\_\_\_

Date \_\_\_\_\_

## Self-Esteem



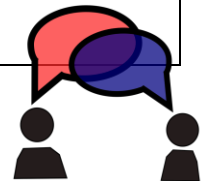
*Interview someone of your choosing about what high and low self-esteem look like.*

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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