

THEME: SELF ESTEEM



Student's Name: _____

Belt Color/Rank: _____

Today's Date: _____

How many times have you practiced your Songahm #5 form this session?

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40+

What is SELF ESTEEM?

- Self esteem is knowing that you are a unique and special person.
- It is also important to believe that the person next to you is unique and special.

What are some examples of good SELF ESTEEM?

- At home: Being happy for my brother or sister when they do something well too.
- At school: Still believing in myself even if someone is mean to me on the playground.
- At Tae Kwon Do: Knowing I can do my whole form by myself at testing.

I am going to show good SELF ESTEEM this session in these areas:

At home:

Week 1 ✓	Week 2 ✓	Week 3 ✓	Week 4 ✓	Week 5 ✓	Week 6 ✓

At school:

Week 1 ✓	Week 2 ✓	Week 3 ✓	Week 4 ✓	Week 5 ✓	Week 6 ✓

At Tae Kwon Do:

Week 1 ✓	Week 2 ✓	Week 3 ✓	Week 4 ✓	Week 5 ✓	Week 6 ✓

I understand having good self esteem and have demonstrated it in my actions this session.

Student: _____ Parent: _____