



VALUE WORKSHEET #5

Self-Esteem



SELF-ESTEEM is what you think about yourself.

_____ What are three things that you like about yourself?

- 1.
- 2.
- 3.

***We can help others increase their SELF-ESTEEM by being positive and pointing out things that we like about them.**

_____ Tell someone in class three things that you like about them today.

_____ Remind a sibling or friend that their self-esteem shouldn't be based on how smart or athletic they are.

_____ Write four things you value about a family member. Show it to them and have them do the same for you. Remember to list things that you value about them like 'how kind they are' or how they make you feel – avoid writing about their talents like 'how fast they can run' or 'how good they are at math.'

<u>Your Family Member</u>	<u>You</u>
1.	1.
2.	2.
3.	3.
4.	4.