

Skills Worksheet

Directed Reading

Lesson: Self-Esteem and You

1. Feeling good about yourself even when you may not be the best player at a particular sport or other activity is a sign of a healthy

_____.

HOW YOU FEEL ABOUT YOURSELF

2. What is self-esteem?

- _____ 3. A person with healthy self-esteem
- a. generally feels good about himself or herself.
 - b. experiences some low levels of self-esteem.
 - c. is more likely to be successful.
 - d. All of the above

HIGH SELF-ESTEEM

4. What are some characteristics of a person with high self-esteem?

5. People with _____ self-esteem usually do not depend on the opinions of others to determine how they feel about themselves.

6. Knowing your weaknesses, and accepting them, is a characteristic of someone with _____ self-esteem.

- _____ 7. People with high self-esteem
- a. feel poorly about themselves.
 - b. do not have weaknesses.
 - c. are uncomfortable with their personalities.
 - d. None of the above

Directed Reading *continued*

LOW SELF-ESTEEM

8. Someone who has _____ would be unhappy with his or her physical appearance.

- _____ 9. People with low self-esteem
- a. do not share certain traits.
 - b. are not affected deeply by what others say.
 - c. typically practice some unhealthy behaviors.
 - d. feel good about themselves.

10. As you grow as a person, your _____ changes.

HOW PEOPLE AFFECT YOUR SELF-ESTEEM

11. As your self-esteem develops it is influenced by many factors. List three factors that would impact your self-esteem.

12. The amount of _____ you get from your family can affect your self-esteem.

13. Encouragement helps build a _____ level of self-esteem.

14. Peers can negatively impact your self-esteem by _____ or _____ you at school.

- _____ 15. The person who influences your self-esteem the most is
- a. your family.
 - b. yourself.
 - c. your friends.
 - d. your teachers.

THE MEDIA AND YOUR SELF-ESTEEM

16. Describe how the media can affect your self-esteem.

Directed Reading *continued*

_____ **17.** Which of the following would be included in the media?

- a.** television
- b.** music videos
- c.** movies
- d.** All of the above

18. The way you see and imagine your body is called _____.

Lesson: Your Self-Concept

19. The way you see yourself as a person is called your _____.

WHAT IS SELF-CONCEPT

20. Self-concept is a part of self-esteem. Explain how self-concept is different from self-esteem.

21. If you see yourself as a writer for the local newspaper, this would be an example of your _____.

22. If you feel good about being a writer for the newspaper this would be an example of _____.

23. Your self-concept can affect your self-esteem. A _____ self-concept will help you will keep a healthy level of self-esteem.

HOW SELF-CONCEPT DEVELOPS

_____ **24.** Self-concept develops from which different areas of your personality?

- a.** academic self-concept
- b.** physical self-concept
- c.** social self-concept
- d.** All of the above

25. How you see yourself in relationships, as a friend, for example, is your _____ self-concept.

Directed Reading *continued*

Match each area of your personality with the appropriate choice: write A for academic self-concept, P for physical self-concept, and S for social self-concept.

- _____ **26.** How you see yourself as a brother or sister
- _____ **27.** How you see yourself as a student
- _____ **28.** How you see yourself as a athlete
- _____ **29.** How you see yourself as a daughter or son
- _____ **30.** How you see yourself as a classmate
- 31.** As you grow emotionally, your overall _____ will change.
- 32.** A positive self-concept will help you have a healthy _____.

Lesson: Building Self-Esteem

- 33.** When we do something that makes us feel bad about ourselves, we need to know how to make ourselves feel better and build healthier _____.

THREE KEYS TO HEALTHY SELF-ESTEEM

- 34.** What are three ways to build character and healthy self-esteem?

- _____ **35.** What is a positive way to build healthy self-esteem?

- a.** respecting yourself
- b.** being hard on yourself
- c.** being aggressive
- d.** being feared by others

- 36.** Your ability to take responsibility for your actions is your _____.

- 37.** Knowing what is _____ for you and what is

_____ for you is called respecting yourself.

- 38.** When you act on your thoughts and values in an honest and respectful way you are being _____.

Directed Reading *continued*

SEVEN WAYS TO HEALTHY SELF-ESTEEM

- 39.** Asking questions to get to _____ can make developing integrity and respecting yourself easier.
- 40.** When you don't want to change your personality too much, you've made the step to _____.

Match one of the following seven ways to build healthy self-esteem below with statements 41–44

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| _____ 41. Deciding what kind of things you like | a. getting to know yourself |
| _____ 42. Volunteering at a local charity | b. accepting yourself |
| _____ 43. Spending time at a hobby you enjoy | c. being good at something |
| _____ 44. Following a plan to its end | d. setting a goal |
| | e. being positive |
| | f. turning problems into challenges |
| | g. doing something for others |