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Cursive Script Alphabet

The quick brown fox jumped over the lazy dogs.

The quick brown fox jumped over the lazy dogs.

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The quick brown fox jumped over the lazy dogs.



Name: _____ Per: _____ Date: _____

Building Your Self-Esteem

Self-_____: a measure of how you value _____, and feel confident about yourself.

Self-_____: is a measure of how you view _____.

High Self-Esteem

Speaks up for self
Respects self and others

Tries new things
Feels valuable to society
Adjusts to change

Makes decisions based on values

Low Self-Esteem

disrespects self and others
vulnerable to peer-pressure
doesn't feel valuable

fears failure
uses drugs and alcohol
feels pessimistic
behaves destructively

4 Benefits of Self-esteem

- ⊕ **Increased _____** – taking care of yourself, not harming yourself by smoking, or abusing drugs or alcohol.
- ⊕ **Increased _____ to reach goals** – with confidence you can reach your goals and set new ones and accomplish more.
- ⊕ **Increased _____ to try** – don't get discouraged easily.
- ⊕ **Increased feelings of _____** – you feel a _____ part of family, school, and community. Ask for help when you need it and help others.

Low Self-Esteem is _____. People with this succumb to pressure and make poor decisions. They put themselves down and are critical of others.

EVERYONE HAS THE _____ TO CHOOSE HEALTHY _____ THAT SHOW RESPECT FOR OTHERS AND THEMSELVES!!!

13 Strategies for Building Self-Esteem

1. _____ at a soup kitchen or other community service
2. Make a list of your _____
3. Speak _____ about yourself and others
4. Take care of your _____
5. Reward yourself when you _____
6. Try _____ new
7. Choose _____ who support you and your positive choices & maintain these relationships
8. Set a goal to _____ a weakness

It's Good To Be Me Because...



What I Like About Me

Example: I am a caring person

I am good at _____

I am a good _____

I am a _____ person

I am happy that _____

I like that my body can _____

I love that I am _____

I can _____

I like that I can _____

I am special because _____

I like to _____



How I Know This is True

Example: Today my friend said I was caring because I remembered it was her birthday and told her happy birthday when she got to school

I know I am good at this because _____

I know I am a good _____ because _____

I know I am a _____ person because _____

This makes me happy because _____

I like that my body does this because _____

I love that I am _____ because _____

I know I can _____ because _____

I know I can _____ because _____

I know that I am special because _____

I like to _____ because _____



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