

Name \_\_\_\_\_

## What is Self-Esteem?

Self-esteem is what you think of yourself. It is important because it can affect your physical and emotional health. Good self-esteem can make you happy and healthy. Low self-esteem can make you unhappy and unwell.

People with good self-esteem...

- like focusing on their good qualities.
- like thinking positively about themselves.
- like having balanced opinions of themselves.

People with low self-esteem...

- like focusing on their bad qualities.
- can think negatively about themselves.
- can feel very bad about their mistakes.

Here are things you can do to improve your self-esteem: be aware of your thoughts. Are they always negative? Don't think, 'I'm terrible at this.' Think, 'I need more time to understand this,' or 'I need some help with this.' Remember that everyone can make mistakes and everyone has got good qualities... and you too!



### 1 Read and complete the sentences.

good health help low self-esteem unhappy

1. What you think of yourself is self-esteem.
2. People with a healthy self-esteem can focus on their \_\_\_\_\_ qualities.
3. People who like focusing on their mistakes have got \_\_\_\_\_ self-esteem.
4. Self-esteem can affect your physical and emotional \_\_\_\_\_.
5. Low self-esteem can make you \_\_\_\_\_.
6. People with good self-esteem can ask for \_\_\_\_\_.

### 2 Read and match the opposites.

- |               |            |
|---------------|------------|
| 1. good       | unwell     |
| 2. happy      | negatively |
| 3. healthy    | bad        |
| 4. positively | unhappy    |



### Glossary

**yourself:** you; your body and mind

**qualities:** characteristics

**themselves:** them; their bodies and minds

**mistakes:** errors

**aware:** conscious



**Stop and Think!** What do you like about yourself?