

Class 7



1. Look at the glass...



Is it half empty or half full?

.....

Do you generally think positively or not?

I think positively.

**2. Read the article below. Does it say that these things are good or bad?
Write good / bad next to each.**

1. Liking yourself

Good	Bad
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2. Making mistakes

Good	Bad
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3. Celebrating when you do things well

Good	Bad
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4. Trying to be perfect

Good	Bad
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5. Making slow progress

Good	Bad
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WHAT IS SELF-ESTEEM?

Self-esteem means you really like yourself, both inside and out. It's important because positive self-esteem gives you the courage to be confident, to be yourself, and not just do what others do, or tell you to do. Believing in yourself means you will have the freedom to be the person that you want to be and make decisions that are right for you.



How can you improve your self-esteem?

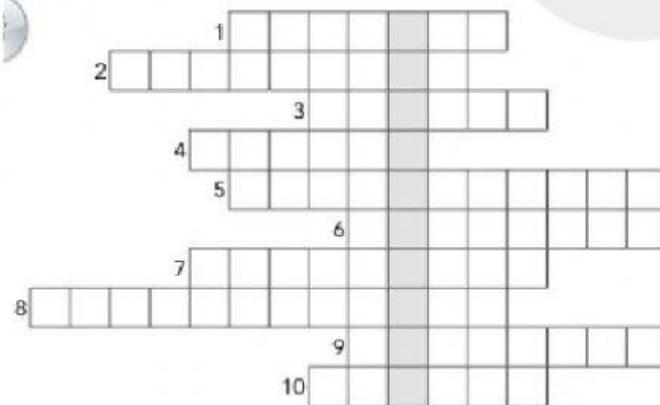
- 1 Think positively.** Think about all the great things about being you. Concentrate on how you feel when you pass an exam at school, or make your friends laugh. Focus on the positive aspects and see the glass as half full, not half empty.
- 2 Remember that perfect doesn't exist.** Everyone has things they would like to improve, even people who seem 'perfect'. The most important things to focus on are what you're good at and what you enjoy ... and go for it!
- 3 Try new things.** Experiment with different activities, for example sports, crafts, or music that will help you to discover your talents.
- 4 Take exercise.** It helps to reduce stress and to be healthier and happier.
- 5 Have realistic goals.** If there's something about yourself that you want to improve, go step by step and do it gradually. Be patient. And keep thinking of the progress that you're making, even if it's small.
- 6 Celebrate your achievements.** Be proud of the things that you are good at and allow family and friends to celebrate the things you are good at, too.
- 7 Relax.** Enjoy spending time with the people you care about and doing things that make you feel good.
- 8 Be confident in your own opinions, ideas and feelings.** Don't be afraid to express them. Your friends may put pressure on you to agree with their ideas, but you can make your own decisions.
- 9 Make mistakes.** Everyone makes mistakes. You might feel bad if you miss a goal or get an answer wrong, but making mistakes is part of being human. The good news is that mistakes are a valuable part of learning.
- 10 Make a contribution.** Help a classmate who is having trouble. Give your parents a hand at home. Making a difference to others is great for your self-esteem.

10

Zoom out

Workbook

- 1 Complete the crossword with an adjective from sentences 1–10. Then use the word in the shaded column to complete 11.



- 1 He doesn't laugh very much. He's ...
- 2 He talks a lot. He's ...
- 3 She's sweet and attractive. She's ...
- 4 She's bright and intelligent. She's ...
- 5 He's not lazy. He's ...
- 6 She's someone you can count on. She's ...
- 7 She hates waiting. She's ...
- 8 He's not tall or short. He's ...
- 9 He's happy and funny. He's ...
- 10 She makes a mess. She's ...
- 11 He's not thin. He's _____

3 Complete the sentences with one of these adjectives.

arrogant • bald • bossy • funny
selfish • thin • well-built

- 1 Guy's not tall but he's He works out in the gym every day.
- 2 His new girlfriend is tall and, like a model.
- 3 My father hasn't got much hair but he's not completely yet.
- 4 Don't just think of yourself, that's so!
- 5 Josh thinks he's better than everyone else. He's very
- 6 My sister's really – her stories always make us laugh.
- 7 Have you noticed that people are always telling other people what to do?