



# IDENTITY, SELF ESTEEM AND BODY CARE



1. What is Personal Identity?

- a) It is caring of your body.
- b) It is the personal value you have about yourself.
- c) It is the concept you develop about yourself.

2. What is Self-Esteem?

- a) It is caring of your body.
- b) It is the personal value you have about yourself.
- c) It is the concept you develop about yourself.



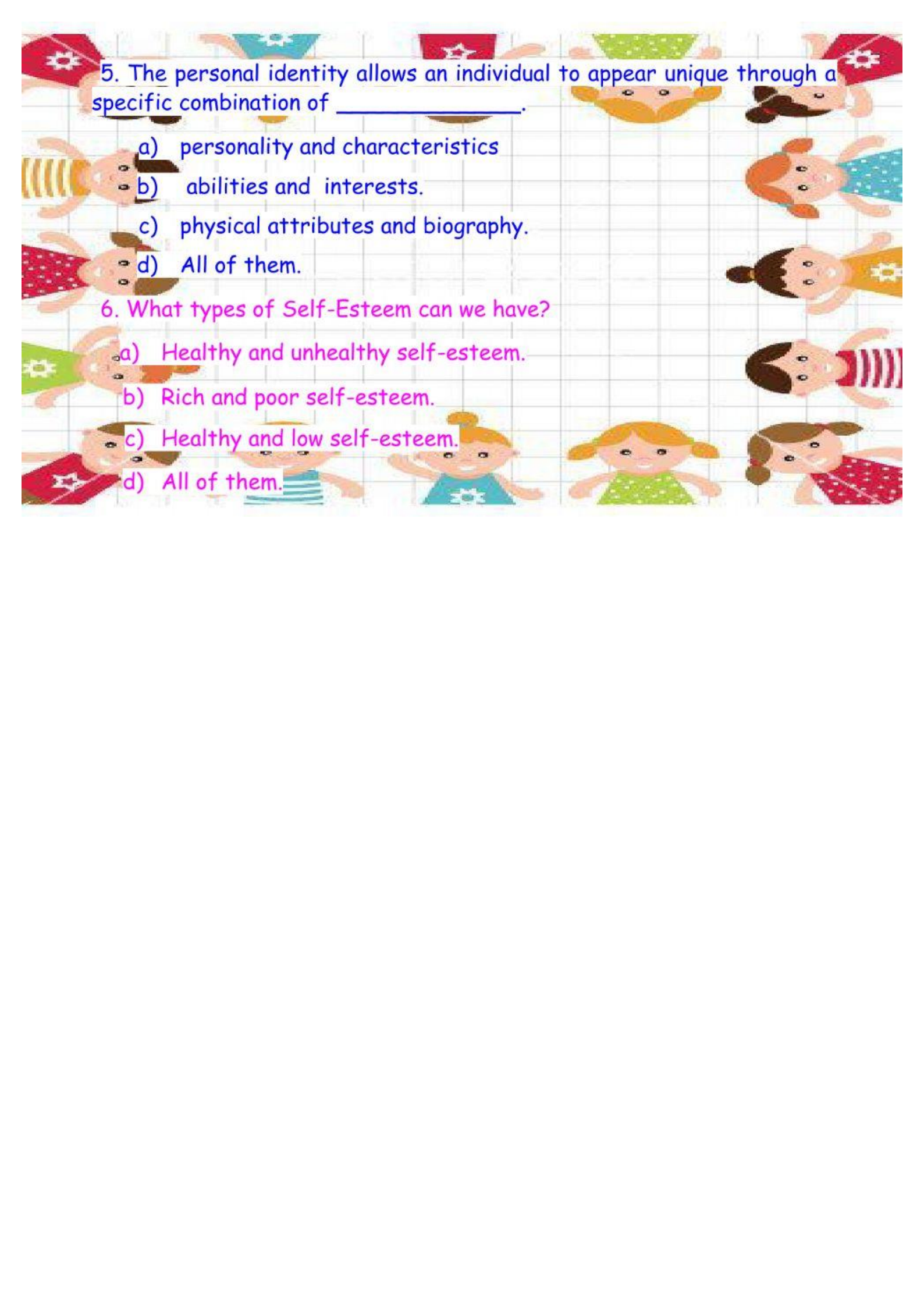
A decorative border surrounds the text, featuring various cartoon children of different ethnicities and ages. Some are wearing hats or special clothing, like a boy with a red star hat and a girl with a green polka-dot dress. They are arranged in a grid-like pattern around the central text.

### 3. What is Body Care?

- a) It is caring of your body.
- b) It is the personal value you have about yourself.
- c) It is the concept you develop about yourself.

### 4. Personal Identity includes:

- a) Aspects of your life that you have no control over.
- b) Where you grew up.
- c) How you spend your time.
- d) All of them.

A decorative border surrounds the text, featuring various cartoon children with different hairstyles, clothing, and colors. The children are arranged in a grid-like pattern, with some facing forward and others facing backward.

5. The personal identity allows an individual to appear unique through a specific combination of \_\_\_\_\_.

- a) personality and characteristics
- b) abilities and interests.
- c) physical attributes and biography.
- d) All of them.

6. What types of Self-Esteem can we have?

- a) Healthy and unhealthy self-esteem.
- b) Rich and poor self-esteem.
- c) Healthy and low self-esteem.
- d) All of them.





7. What are signs of Healthy Self-Esteem? (more than 1 option).

- a) Able to say "no".
- b) Be able to accept strengths and weaknesses.
- c) Trouble accepting positive feedback.
- d) Able to express your needs.

8. What are signs of Low Self-Esteem? (more than 1 option).

- a) Able to say "no".
- b) Fear of failure.
- c) Trouble accepting positive feedback.
- d) Unable to express your needs.

A decorative border surrounds the text, featuring various cartoon children. Some are wearing red capes with white stars, others are in green or blue dresses, and some are in striped shirts. They are all smiling and appear to be part of a group.

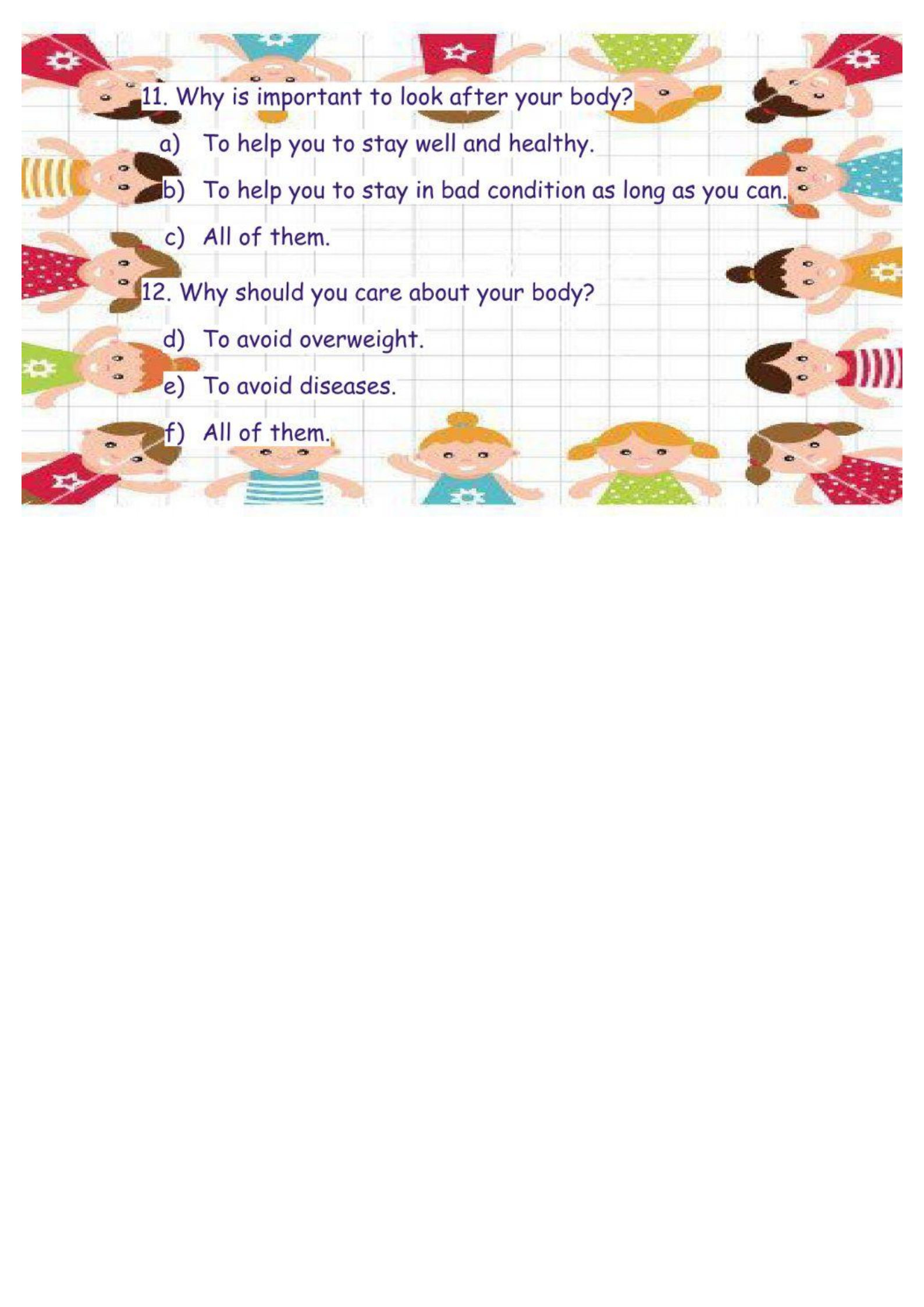
9. What is Self-Esteem?

- a) How much you appreciate yourself.
- b) Person's overall sense of self-worth.
- c) Personal value.
- d) All of them.

10. Why is Self-Esteem important?

- a) It helps you navigate life with a positive and assertive attitude.
- b) It plays a significant role in your motivation and success throughout your life.
- c) It helps you to accomplish your goals.
- d) All of them.



A decorative border surrounds the text, featuring various cartoon children. Some are upside down, some are right side up, and they are wearing different colored clothing with patterns like stars and stripes.

11. Why is important to look after your body?

- a) To help you to stay well and healthy.
- b) To help you to stay in bad condition as long as you can.
- c) All of them.

12. Why should you care about your body?

- d) To avoid overweight.
- e) To avoid diseases.
- f) All of them.