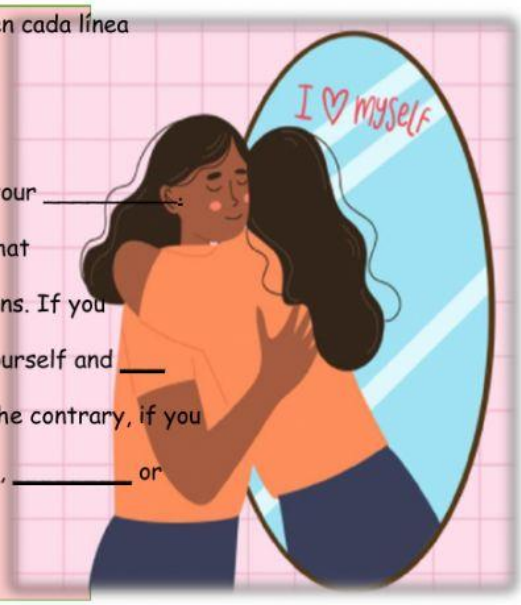
Self-esteem

1. Drag (arrastra) las palabras correctas en cada línea



1.1 Why is self-esteem important?

The _____ you attribute to _____ is your _____.

It is _____ because it is something that influences your personality and your emotions. If you have high self-esteem, you will believe in yourself and ___ _____ in all areas of your _____. On the contrary, if you have low self-esteem, you may be _____, _____ or extremely _____.

nervous	self-assured	depressed	self-esteem	life
value	yourself	meaningful	be	self-conscious

2. Look (Mira) at the feelings in the box. Then use them to complete (completa) the sentences.

Feelings

Self-Conscious

Confident

frustrated

happy

1. If you have a positive body image, you are probably a person _____

2. If you always worry about what you look like, you become _____

3. If you have high self-esteem, you are a person _____

4. If you think you should be perfect in everything, you will get _____

3. Identifica en el recuadro de positive o negative cada comportamiento

Behaviour	Positive	negative
1. Analyse images critically.	X	
2. Ignore someone when they ask for help.		
3. Go on a diet to look like fashion models.		
4. Encourage someone to feel good about their body image.		
5. Laugh at someone's physical appearance.		
6. Express your emotions and feelings.		

LIVEWORKSHEETS