Loving myself

Read the text about Tom and then choose true or false.

Sometimes, when I don't get a good grade in a test, I feel really terrible and I think I'm a bad student. But my friends always tell me that it's OK not to get good grades all the times, and that this doesn't mean we're bad students. Sometimes we can get nervous and we forget things, this happens to me when we have very difficult exams, especially math exams! They're so difficult. My friends make me feel better when I'm sad about my grades.

1. When Tom gets a bad grade, he doesn't feel bad. TRUE / FALSE
2. Sometimes he thinks he's a bad student. TRUE / FALSE
3. His friends think it doesn't matter if you sometimes get bad grades. TRUE / FALSE
4. He thinks history exams are very difficult. TRUE / FALSE
5. His friends never make him feel better. TRUE / FALSE

Choose positive or negative.

1. I made a lot of mistakes... I'm so stupid! ✓ ✗
2. It's OK to make mistakes. Nobody is perfect. ✓ ✗
3. I didn't pass my exam. I'm going to study more next time! ✓ ✗
4. I don't like my hair. It's horrible. ✓ ✗
5. I am so slow! Everyone is faster than me. ✓ ✗
6. I didn't win this time, but I'm proud of myself. ✓ ✗

LIVEWORKSHEETS