

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.		