

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

# CHARACTER: Self Esteem Basics

## Review

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**Directions:** After watching “Character: Self Esteem Basics”, answer the questions below.

1. What are some factors that influence your perspective?

2. What is self-concept?



3. What is self-esteem?

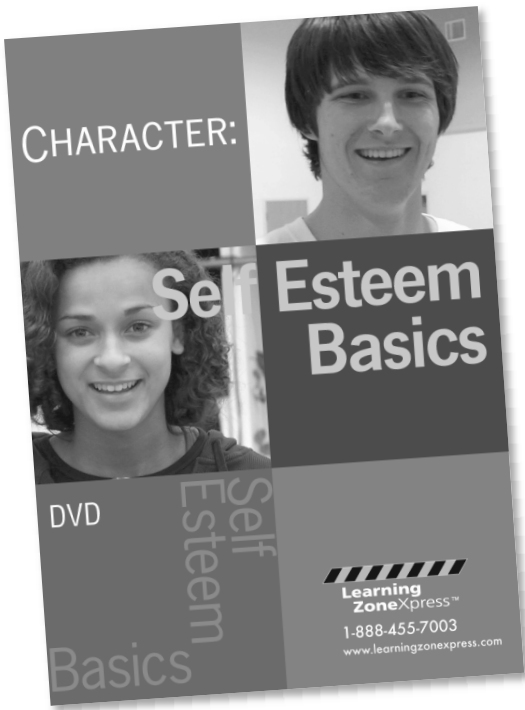
4. What are some ways having high self-esteem helps you?

5. How can you boost your self-esteem?

6. What is competence?

7. What is confidence? How does confidence help you?





Name: \_\_\_\_\_

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## TEACHER'S KEY

## CHARACTER: Self Esteem Basics

# Review

**Directions:** After watching “Character: Self Esteem Basics”, answer the questions below.

1. What are some factors that influence your perspective?

***Family – large family or only child***

***Cultural background***

***Religious views***

***Where you grew up***

***Your school***

***Family's income***

***Gender***

2. What is self-concept?

***Self-concept is how you see yourself. It includes your personality, your abilities, and your likes and dislikes. It changes as you get older.***



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3. What is self-esteem?

***Self-esteem is how much value you place on yourself.***

4. What are some ways having high self-esteem helps you?

***Have healthy relationships***

***Avoid harm***

***Share your talents***

5. How can you boost your self-esteem?

***Learn to accept praise***

***Focus on your strengths***

***Use your strengths to help others***

***Learn from your mistakes***

6. What is competence?

***Competence is the ability to do something well.***

7. What is confidence? How does confidence help you?

***Confidence is being comfortable with your skills. Confidence helps you take healthy risks and avoid harmful risks.***

