



Help The Gang figure it out!



What is self-esteem?

- a. A type of hamburger
- b. Pride in yourself
- c. Laundry soap

Does having good self-esteem affect your life?

- a. Yes
- b. No
- c. Maybe

Explain:

How does someone feel when they have low self-esteem?

- a. They don't like themselves
- b. They put themselves down a lot
- c. They feel they do everything wrong
- d. All of the answers are correct

You can build a stronger self-esteem by doing the following:

- Respecting yourself and others
- Being proud of your accomplishments
- Showing kindness to yourself and others
- Patting yourself on the back

How will doing these things help someone's self-esteem?
