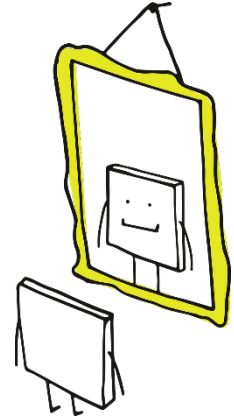


Self-Esteem

We experience many changes in our lives that influence how we see ourselves and others. Personal identities adapt and change in different settings and situations. Learning about similarities and difference in individuals and groups influences community.



In each box, sketch and/or write about a positive quality or talent you have.
(Some examples: “I care about cats,” “I am passionate about playing basketball,” “I make amazing samosas,” “I can always make my friends laugh,” etc).

Reflect on and respond to the following questions. Feel free to research to support your responses—talk to the people in your home, look online, and use your background knowledge and experiences.

What does self-esteem mean?

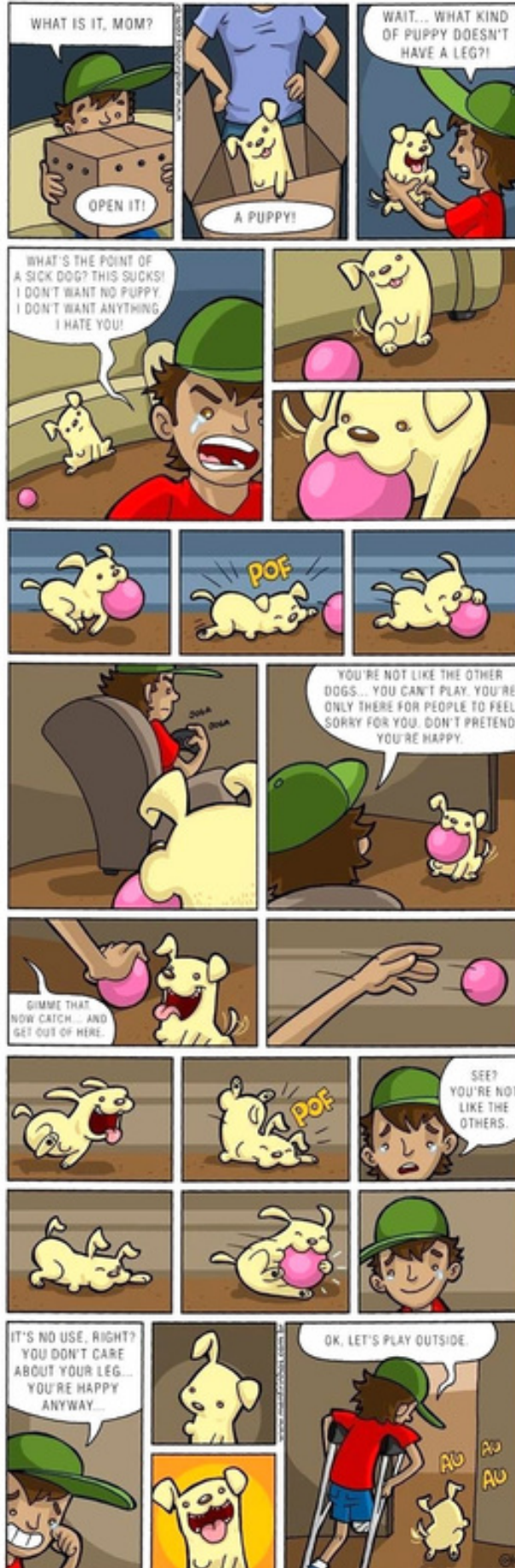
How can a healthy self-esteem help you?

How can you tell if you have a healthy or unhealthy self-esteem?

What influences your self-esteem?

How do you develop healthy self-esteem?

Read through this comic by Fabio Coala and respond to the questions on the next page.



Why do you think the boy feels the way he does about the dog?

Why do you think his mother may have chosen that particular dog?

What is the boy learning from the dog?

Write a diary/recount as the boy, detailing how he felt about the dog at first and how he feels now.



Check out this short film adaptation of the comic:

The Present <https://www.youtube.com/watch?v=WjqiU5FgsYc>