

## **Unit 2: Building Positive Self Esteem**

### **Chapter 3, Lesson 2**

#### **Independent Study (pages 68-72)**

**Health 6 – Mrs. Maus**

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

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

- 1. Define self-esteem. (pg 70)**
  
  
  
  
  
  
  
  
  
  
- 2. Explain how self-esteem impacts your overall health. (pg 71)**
  
  
  
  
  
  
  
  
  
  
- 3. Explain how the self-concept you have today develops. (pg 69)**
  
  
  
  
  
  
  
  
  
  
- 4. List four specific behaviors that indicate HIGH self-esteem. (pg 70)**
  
  
  
  
  
  
  
  
  
  
- 5. List four specific behaviors that indicate LOW self-esteem. (page 70)**
  
  
  
  
  
  
  
  
  
  
- 6. List five things that you can do to raise your self-esteem. (pg 72)**
  
  
  
  
  
  
  
  
  
  
- 7. Describe self-esteem during the team years. (pg 72)**
  
  
  
  
  
  
  
  
  
  
- 8. What are four specific benefits of having high self-esteem? (pg 71)**

**If more room is needed to complete the questions, use the back of this page.**