

Unit 2: Developing Healthy Self-Esteem

Activity: Personal BoosterGram Brochure

Health 6 Mrs. Maus

DATE DUE _____



Required information for Personal BosterGram Brochure

A. On the front side of the brochure include:

- Your name (first & last)
- Decorating around your name is optional but encouraged!

B. On the inside of the brochure include the following:

- Something you are proud of
- Five words/phrases that would describe you and your personality
- Your favorite class
- Three or more things you are good at
- Your life dreams/aspirations
- A short term goal (something you want to achieve in the next 6-10 months)
- A long term goal (something you want to achieve in the next 3-5 years)

C. On the back side of the brochure include the following:

List five “boosts” from five different people. These people should be the most important people in your life! A boost is something that someone likes or appreciates about you.

This assignment is worth 40 total points. 2 points in section A, 16 points in section B (2 points for each required element), 10 points in section C (2 points for each boost on the backside of your brochure) and 10 points for EFFORT (creativity, neat, eye catching, balanced, no spelling errors, clearly celebrates you!)

Up to 10 points of extra credit is available on this project for outstanding effort!

Have fun and celebrate YOU!