

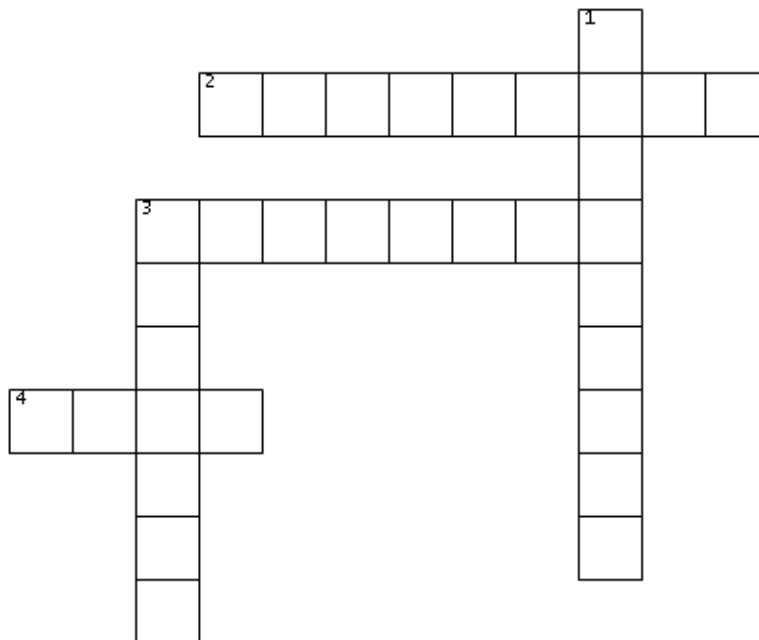


Module 1: Understanding Ourselves: Growth and Development

Lesson 2: Acceptance and Pride – Worksheet Activity

Part I: Cross Word Puzzle!

Instructions: Fill in the numbered blank squares with words that match the corresponding clues



ACROSS:

2. Your value comes from your _____, not your appearance, so always focus on your actions and kindness.
3. Practicing _____ self-talk involves saying kind and encouraging things to yourself.
4. Self-Esteem is about how you think and _____ about yourself.

DOWN:

1. It's important to focus on your _____, which are the things you are good at.
3. During _____, your body undergoes many changes that are unique to you.

Part II: Categorize!

Instructions: Read each action or description below and categorize it into one of the following columns.

Categories:

- A: Accepting Your Changing Body
- B: Understanding Self-Esteem
- C: Building High Self-Esteem
- D: Being Proud of Who You Are

Description:

- How you feel about yourself ____
- Focusing on what your body can DO ____
- Saying kind things to yourself, like "I will try my best" ____
- Believing in your abilities ____
- Not comparing your body to others ____
- Celebrating your talents and successes ____

Part III: Matching!

Instructions: Match each concept with its correct explanation.

- | | |
|---------------------------|---|
| 1. Self-Esteem | a) The process of not comparing your physical changes to others and focusing on your own abilities and growth. |
| 2. High Self-Esteem | b) Feeling positive about oneself; having confidence and pride in oneself. |
| 3. Low Self-Esteem | c) Believing in one's abilities and feeling proud of oneself. |
| 4. Building Self-Esteem | d) Feeling critical about oneself and doubting one's abilities. |
| 5. Accepting Body Changes | e) Focusing on strengths, setting realistic goals, practicing positive self-talk, and taking care of your body. |

Part IV: Reflect and Share!

Instructions: Answer the following question in your own words.

Question:

1. How can focusing on what your body "can DO" help you accept changes during puberty?
2. In what ways does having high self-esteem empower you to make good choices?
3. How might spending time with people who make you feel good contribute to your overall self-esteem?

Part V: Self-Esteem Scenario Solutions!

Instructions: Read the following scenarios. For each scenario, discuss as a group whether the person is showing signs of high or low self-esteem. Then, suggest at least **two specific strategies from the lesson** that could help them build higher self-esteem.

Scenario A: Alex tried out for the school play but didn't get the main role. He feels like he's not good enough and tells himself, "I'm a terrible actor, I should just give up."

- High or Low Self-Esteem? _____
- Strategies from the lesson to help Alex:
 1. _____
 2. _____

Scenario B: Maria just started noticing some new physical changes. She feels a little awkward but reminds herself that these changes are normal and everyone goes through them. She decides to focus on her passion for playing basketball.

- High or Low Self-Esteem? _____
- Strategies from the lesson Maria is already using or could use more of:
 1. _____
 2. _____