

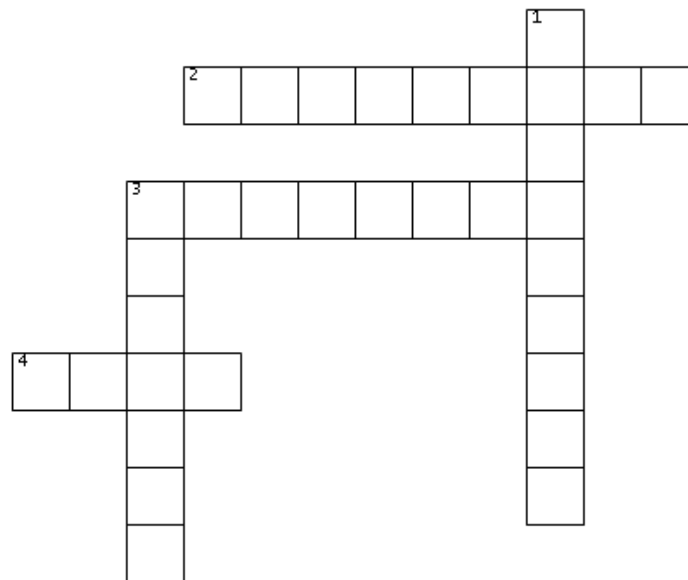


## Module 1: Understanding Ourselves: Growth and Development

### 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 **character**, not your appearance, so always focus on your actions and kindness.
3. Practicing **positive** self-talk involves saying kind and encouraging things to yourself.
4. Self-Esteem is about how you think and **feel** about yourself.

#### DOWN:

1. It's important to focus on your **strengths**, which are the things you are good at.
3. During **puberty**, 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 B
- Focusing on what your body can DO A
- Saying kind things to yourself, like "I will try my best" C
- Believing in your abilities B
- Not comparing your body to others A
- Celebrating your talents and successes D

## Part III: Matching!

**Instructions:** Match each concept with its correct explanation.

- |                                    |   |
|------------------------------------|---|
| 1. Self-Esteem <u>C</u>            | a) The process of not comparing your physical changes to others and focusing on your own abilities and growth.  |
| 2. High Self-Esteem <u>B</u>       | b) Feeling positive about oneself; having confidence and pride in oneself.                                      |
| 3. Low Self-Esteem <u>D</u>        | c) Believing in one's abilities and feeling proud of oneself.   |
| 4. Building Self-Esteem <u>E</u>   | d) Feeling critical about oneself and doubting one's abilities.   |
| 5. Accepting Body Changes <u>A</u> | 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.

(Answers should be similar below)

**Question:**

1. How can focusing on what your body can DO help you accept changes during puberty?
  - Focusing on what your body can DO can help you accept changes during puberty by shifting your attention away from how your body looks and towards its capabilities. This perspective encourages appreciation for your body's functions and abilities, fostering a more positive self-image during a time of significant physical transformation.
2. In what ways does having high self-esteem empower you to make good choices?
  - Having high self-esteem empowers you to make good choices because it means you feel good about yourself, are proud, and believe in your abilities. This internal confidence can guide you towards decisions that are beneficial for your well-being and align with your values.
3. How might spending time with people who make you feel good contribute to your overall self-esteem?
  - Spending time with people who make you feel good can contribute to your overall self-esteem because positive social interactions can reinforce your sense of worth and belonging. When others uplift you, it can strengthen your own positive feelings about yourself and your character.

## 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? Low Self-Esteem
- Strategies from the lesson to help Alex:  
(Answer should be similar below)
  1. Practice positive self-talk: Say kind things to himself. Instead of "I can't do it," say "I will try my best."
  2. Set realistic goals by achieving small things every day.

**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? High Self-Esteem
- Strategies from the lesson Maria is already using or could use more of:  
(Answer should be similar below)
  1. Focus on what your body can DO, not just how it looks.
  2. Not comparing your body to others.