

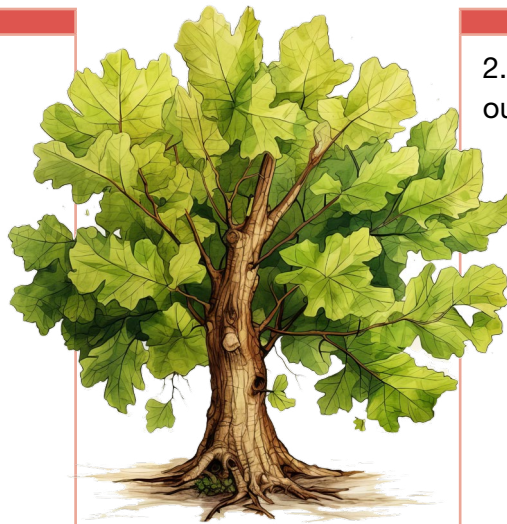
Worksheet – Activity 3 – Appreciating myself

Worksheet: What shapes self-esteem?

Instructions:

Work together in groups to read and discuss each prompt question (1, 2, 3). Think about the different things that influence self-esteem (positively and negatively). **Write or draw in response to each prompt.**

3. What can negatively influence our self-esteem?



2. What can positively influence our self-esteem?



1. What influences our self-esteem?

Think about thoughts, people, experiences, and external factors such as cultural and societal expectations (e.g. social media).

