

Reflection on Self-Esteem Story

Name _____ Teacher _____ Hour _____

Read the article about self-esteem on kidshealth.org and answer the following questions.

1. What does it mean to esteem something?
2. What is self-esteem?
3. What is the difference between self-esteem and bragging?
4. Why is self-esteem important (what does it do for you)?
5. How can self-esteem get you through hard times?

