Name :_____ Date:_____

EVERYDAY SPEECH

Having Positive Self Esteem

Self esteem is how we feel about ourselves. At times we feel good or bad. We can think positive thoughts to make ourselves feel better. You can tell yourself "I can do it" or "I'll get it next time".

How was Mike feeling at the beginning of the video?

Why was he feeling that way?

How did he keep positive self esteem?

Tell about a time you had negative self esteem

Tell about a time you had positive self esteem

What is a phrase you could tell yourself to feel better?