

## Introduction

*This worksheet is designed to evaluate students' understanding and expression of positive self-image characteristics, self-acceptance, and self-confidence. It is intended for students in the age range of 8-12 years old and aligns with the subject area of Health and Wellness.*

## Section 1: Multiple Choice Questions

*Choose the correct answer for each question:*

1. What is self-image?
  - a) The way others see us
  - b) The way we see ourselves
  - c) The way we want to be seen
  - d) The way we are seen on social media
2. How does self-image affect our behavior?
  - a) It has no effect on our behavior
  - b) It affects our behavior in a positive way
  - c) It affects our behavior in a negative way
  - d) It depends on the situation
3. What are the key characteristics of a positive self-image?
  - a) Confidence, self-acceptance, and resilience
  - b) Shyness, self-doubt, and fear
  - c) Aggression, competitiveness, and dominance
  - d) Indecisiveness, self-pity, and hopelessness
4. How can we develop a positive self-image?
  - a) By comparing ourselves to others
  - b) By focusing on our strengths and weaknesses
  - c) By trying to change who we are
  - d) By ignoring our flaws and mistakes
5. What are the benefits of having a positive self-image?
  - a) Better relationships, improved mental health, and increased confidence
  - b) Poor relationships, decreased mental health, and low confidence
  - c) Average relationships, stable mental health, and moderate confidence
  - d) Unpredictable relationships, fluctuating mental health, and variable confidence

## Section 2: Short Answer Questions

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Answer each question in 1-2 paragraphs:

1. Describe a situation where you demonstrated self-acceptance and self-confidence. What did you do, and how did you feel?

2. Provide an example of a time when you accepted yourself despite making a mistake. What did you learn from the experience, and how did you grow from it?

## Section 3: Role-Playing

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Participate in the following role-playing scenarios:

1. You are asked to present a project in front of the class. How will you show confidence and self-acceptance?

2. You made a mistake during a game. How will you accept yourself and show self-confidence despite the mistake?

## Section 4: Art Expression

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*Draw a picture that represents your self-image. Write a short paragraph describing your artwork and what it means to you.*

[Space for artwork]

## Section 5: Writing Reflection

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*Write a short reflection on what you have learned about self-image. What did you learn, and how can you apply it to your daily life?*

## Conclusion

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*Remember, self-image is the way we see ourselves, and it affects our behavior and relationships. By developing a positive self-image, we can improve our mental health, increase our confidence, and build stronger relationships with others. Keep practicing self-acceptance and self-confidence, and you will see positive changes in your life!*

