



Introduction

Developing self-concept and self-esteem is a crucial aspect of adolescence. This worksheet is designed to help 14-year-old students understand the importance of self-concept and self-esteem, and how these concepts impact their daily lives.

Through a series of engaging activities and discussions, students will gain a deeper understanding of their own self-concept and self-esteem, and develop strategies to improve their self-perception and confidence.

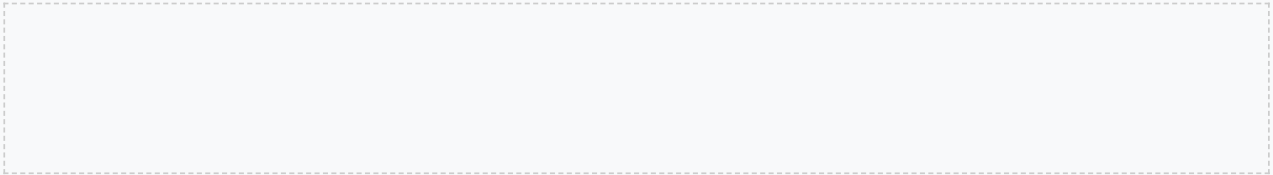
Understanding Self-Concept and Self-Esteem

Self-concept refers to the way we think and feel about ourselves, including our strengths, weaknesses, and abilities.

Self-esteem, on the other hand, refers to our evaluation of our own worth and value as a person.

Activity 1: Self-Concept Mapping

Create a self-concept map by drawing a picture that represents your strengths, weaknesses, and values. Write a short paragraph explaining your map.



Factors that Influence Self-Concept and Self-Esteem

What are some factors that can influence our self-concept and self-esteem?

- Family and friends
- Social media
- Personal experiences
- Cultural background

Activity 2: Identifying Influences

Write down three factors that you think influence your self-concept and self-esteem. Explain how each factor affects you.

Building Self-Awareness

Self-awareness is the ability to understand our own thoughts, feelings, and behaviors.

Activity 3: Self-Awareness Inventory

Complete the following inventory:

- What are my strengths?
- What are my weaknesses?
- What are my values?

Write a short reflection on what you learned about yourself.

Developing Self-Compassion

Self-compassion is the practice of treating ourselves with kindness and understanding.

Activity 4: Self-Compassion Exercise

Write a letter to yourself from the perspective of a compassionate friend. What would you say to encourage and support yourself?

Building Resilience

Resilience is the ability to bounce back from challenges and setbacks.

Activity 5: Resilience-Building

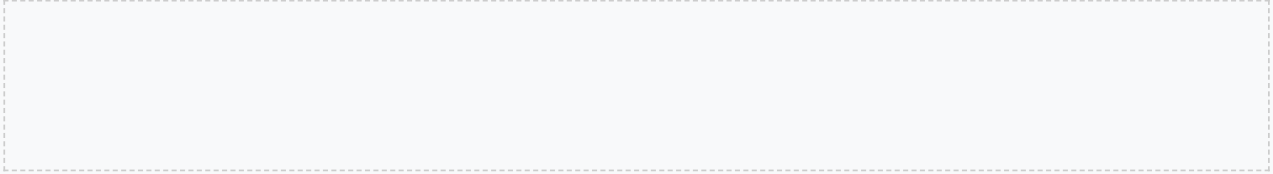
Write about a time when you faced a challenge or setback. How did you cope? What did you learn from the experience?

Self-Esteem and Relationships

How do our relationships with others impact our self-esteem?

Activity 6: Relationship Mapping

Create a map of your relationships, including family, friends, and peers. Write a short reflection on how each relationship affects your self-esteem.

A large, empty rectangular box with a dashed border, intended for a student to draw a relationship map and write a reflection.

Self-Care and Self-Kindness

What are some ways we can practice self-care and self-kindness?

- Exercise
- Meditation
- Spending time with loved ones
- Engaging in hobbies

Activity 7: Self-Care Plan

Create a self-care plan that includes three activities you will do each week to promote self-kindness and self-acceptance.

Overcoming Negative Self-Talk

How can we overcome negative self-talk and develop a more positive self-image?

Activity 8: Positive Affirmations

Write down three positive affirmations about yourself. Repeat them to yourself daily for a week and reflect on how they make you feel.

Conclusion

Congratulations on completing this worksheet! Remember that developing self-concept and self-esteem is a journey, and it's okay to take it one step at a time.

Keep practicing self-awareness, self-compassion, and self-care, and you will be on your way to building a positive and resilient self-image.