

TINY TIGER HOMEWORK

Name _____ Belt _____

Self-Esteem

Self-esteem means how we feel about ourselves, having good thoughts about ourselves.

List one way we can build our self-esteem:

List one way we can build the self-esteem of a friend:

Self-Perception

Self-perception is how we view our self. Circle 3 words out of the following list that describe what you think of your self:

Happy	Friendly	Grumpy
Smart	Quiet	Silly
Shy	Hard Worker	Forgetful
Lazy	Honest	Athletic

Pick one of the words you circled. Why do you think that word describes you?

Positive self-talk

Positive self-talk means saying good things to your self and about your self to other people. Put a check in front of each sentence that would be positive self-talk.

- _____ 1. I think I can break the green board doing a sidekick.
- _____ 2. I'm not going to try out for the talent show because I'm sure I won't get picked.
- _____ 3. I'm proud of myself for learning how to write my name.
- _____ 4. I told Amy I would help her with our spelling words because I've been studying and know all of them.
- _____ 5. I can't do anything right!

It is good to think well of our self, but what may happen if we constantly tell our friends how great we are?

Accomplishment

An accomplishment is an achievement we have completed. Name one accomplishment in school that you are proud of:

Name one accomplishment in Taekwondo that you are proud of:

What effect does reaching a goal have on our self-esteem? In other words, how does an accomplishment make us feel?
