

Social Skill Worksheet

Skill: Self-esteem

Student: _____ Grade: _____ Date: _____

List the three characteristics of each:

Positive Self-esteem

Negative self-esteem

Finish the following sentences:

I am _____

I am good at _____

I like learning about _____

My favorite thing about myself is _____

When I look in the mirror, I think _____

I feel positive about _____

I am not _____

I would like to try _____

I am someone who _____

The best thing about me is _____

I care about _____

