Name_____Hour_____

Self-Esteem Journal

Today we discussed the topic of Self-Esteem. This will be a (4) paragraph journal response.

Imagine that some day you will have a child of your own. Write a letter for that child to open when he/she reaches the age you are right now. Include the following:

• In general, how do people your age feel about themselves?

• How have these feelings changes from elementary school, middle school, and high school?

• Tell your child about the kinds of things you experienced that made you feel good, and also the challenges you face on a daily basis.

• Finally, give, as much advice as you can that will help your child develop positive self-esteem at this age and throughout life.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Name_____Hour_____