

# WORKSHEET 6

As a person, we see ourselves in a certain way. This may be a negative way or a positive way. We call this our **self-image**; the interesting part is that our self-image may cause us to behave in a certain way.

This is Pearl.

Pearl is not slim like the rest of the girls in her class. She likes to eat a little more than her friends as well, a group of mean girls teased Pearl about her weight in school but she did not allow the teasing to make her sad because her parents helped her realise that beauty comes in all shapes and sizes.



All of Pearl's friends love to play and be around her because she is kind and likes to help others.

## Lesson 1

Pearl knows that she is not slim, but that did not change how she saw herself as a person. Pearl has a positive self-image.

## Lesson 2

Pearl did not allow the teasing from those mean girls to change how she saw herself and that allowed her to remain kind and helpful.

**Activity:** Using the space provided on the next page write a short story about a person who is faced with a situation that could change their self-image. Your story can end negatively or positively, the most important thing is that you note the lessons as in the example.

Feel free to draw a picture of the main character of your short story.

Dotted lines for handwriting practice, consisting of 24 horizontal rows.

*Parent's/Guardian's signature*.....