

Understanding Self-Concept and Body Image

Name

Date

Draw or write responses to these questions:

Scenario	A kind response is:
What are three words you would use to describe yourself? (Try not to focus on the way your body looks.)	
What are three things that make you feel great? (events, activities, etc)	
What are three things you are proud of about yourself? (Think about things your body can do, things you are good at, etc.)	