

# The Butterfly Circus



Self Esteem and Self Perception

On your lesson guide, in a couple sentences, write an honest description of yourself. Add whatever you think you would share if you were describing yourself to someone who did not know you.



[illegible][illegible]

## AFFIRMATIONS

An affirmation is thoughts put into words that can affect our behavior and thinking patterns. Obviously we want positive affirmations. Watch how 4 year old Jessica does it ;-). I just adore her and I want to have her type of attitude to life.. You will have to look at this video on my webpage or go to <https://safeYouTube.net/w/HhA5> to view it.

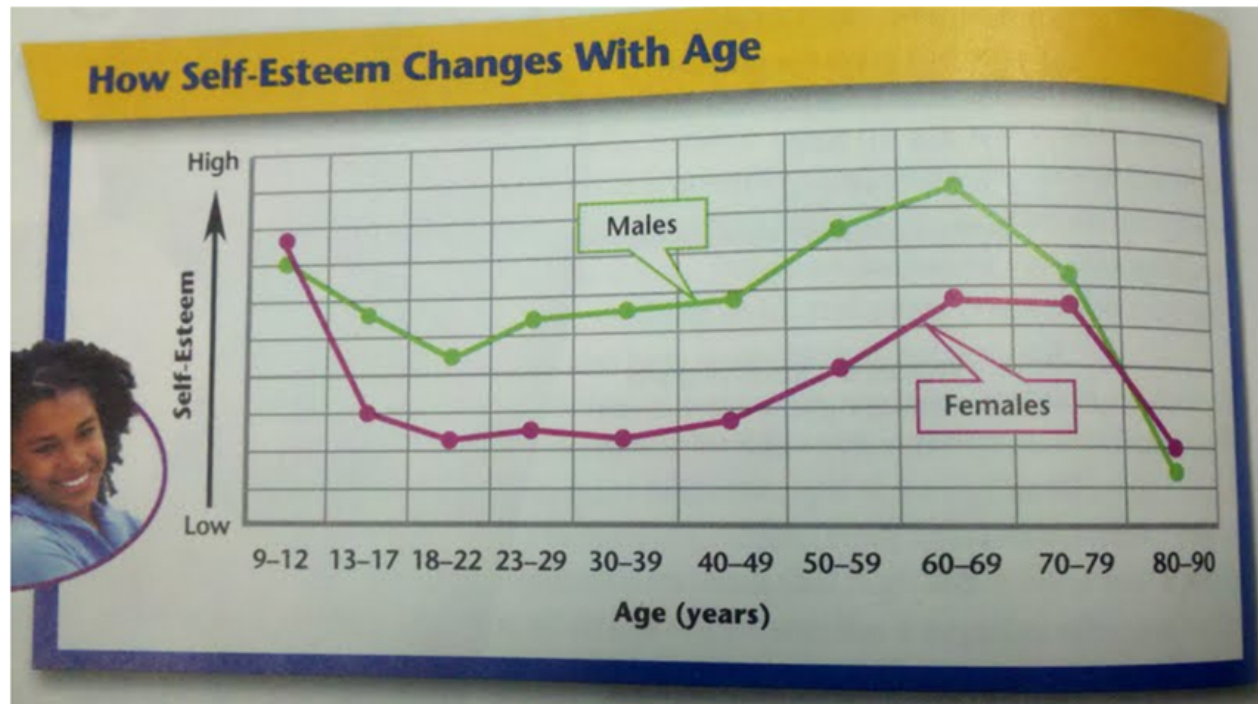


# Self Esteem refers to how much you respect yourself and like yourself.

Self esteem is a continuum ranging from high self esteem to low self esteem. Many psychologist think that high self esteem has a postive impact on health, while low self esteem has a negative effect on health.

# How Self Esteem Develops

On your lesson guide, why do you think this is?



On average, self-esteem drops in early adolescence, increases gradually during adulthood and decreases again towards the end of life.

Studies show that teens with low self esteem are more likely than their peers to use drugs, drop out of school, become pregnant, and suffer from eating disorders. They are more likely to engage in violent or self-destructive behaviors.

Finish the popular quote by  
Henry Ford:

"Whether you think you can or  
think you cant...."





On your lesson guide, write how  
can the way we think about  
ourselves affect how others see us  
and treat us.





<https://vimeo.com/17150524>

## Rock Thomas - Redefine Yourself



<https://safeYouTube.net/w/WvA5>