# “3-minute Concept” Animated Video Clips Series:

# “Self-esteem”

# Worksheet

1. **Fill-in-the-blank questions**

**Write the correct answers on the lines.**

American educator Michele Borba proposed the “Five Building Blocks of Self-esteem”, in which the key components include:

\_\_\_\_\_\_\_\_\_\_  
(Setting personal goals and working hard to accomplish them)

\_\_\_\_\_\_\_\_\_\_(feeling accepted, respected, appreciated and approved by others)

\_\_\_\_\_\_\_\_\_\_

(Feeling unique and being sure of one’s self-worth)

\_\_\_\_\_\_\_\_\_\_

(Believing in one’s ability to achieve goals and learn new things, equip oneself and face challenges)

\_\_\_\_\_\_\_\_\_\_

(Trusting others and feeling safe and protected)

Self-esteem

1. **Matching**

Decide which components of “Self-esteem” can be enhanced by the following behaviours.

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| 1. With a beautiful voice, Hiu Tong has won many prizes in inter-school singing contests, through which she has become certain about her unique qualities. |  |
| 1. Hiu Tong always practises singing and has participated in various contests, striving for prizes and is confident in her abilities. |  |
| 1. Every time Hiu Tong enters a singing contest, her teachers and classmates will cheer for her and send her their best wishes. This makes Hiu Tong feel accepted, appreciated and approved by others. |  |
| 1. Once Hiu Tong failed to give the best performance in a singing contest. Her parents stayed with her and encouraged her, which made her feel comforted. |  |
| 1. Hiu Tong set a higher goal of entering an international contest. With the help of her instructor, she improved her singing techniques and set clear goals for her upcoming competitions. |  |

**C. Short Question**

How would you strengthen the “Five Building Blocks of Self-esteem” to enhance your self-esteem?

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