

Workshop 5: Under Pressure**Reading 2 Project: Secrets of Self-Esteem**
Boosting Self-Esteem

What can teens do to feel better about themselves?

Project: List at least three ways kids can boost their self-esteem. Add your ideas to a classroom display.

Procedure**1. Brainstorm ideas.**

What suggestions can you give to help kids feel better about themselves?
List ideas. Use these questions to help you get started:

- Many kids worry about how they look or what others think of them.
What advice can you give them?
- Think about situations that have made you feel bad about yourself.
How did you make yourself feel better?
- How have your peers handled bad situations? What lessons have you learned by observing others?

2. List suggestions.

Write your ideas and advice. You can also use the tips from page 114 of your *rBook*. List your ideas in order starting with your best idea first.

3. Present your work.

Type your list and give it a title. Add it to a classroom display or bulletin board of self-esteem boosters.