

05

Cartoonversation™ Card Episode 5

Last One Picked



Five Cartoonversation™ Starters

1. Can you think of another way to pick sides for a game or competition -- a way that won't make someone feel badly about themselves if they are picked last?
2. What happens when you think good things about yourself?
3. What happens when you think good things about other people?
4. Name three things that you like about yourself.
5. Work with a friend or classmate and tell them three things you like about them.

Five Factoids

1. When people feel good about themselves, they are more likely to accept the mistakes they make and learn from them.
2. Seventy-five percent of adolescent girls with low self-esteem engage in negative activities such as bullying, smoking, and drinking.
3. High self-esteem helps with body image and with confidence. Low self-esteem can make people physically tired and depressed.
4. Self-esteem is developed over time, and it can be positively impacted by developing daily self-esteem exercises.
5. Having a healthy self-esteem leads to being more physically healthy by helping people deal with stress and anxiety.

Five Websites

For more information on building healthy self-esteem please visit these websites:

1. todaysparent.com
2. cyh.com
3. kidshealth.org
4. scholastic.com
5. more-selfesteem.com

