

# Story Card



## Episode 5: Last One Picked

### Stella:

Look for the good in others, and you will find it in yourself. Embrace the good in yourself, and you will find it in others. That is Stella in a nutshell – or in a pumpkin. She is confident, she is caring, and she is happy. If you are looking to pick a great friend, pick Stella!

### Charlie:

We all have those moments when we don't feel so good about who we are. Unfortunately for Charlie, he has those moments a little too often. Fortunately for Charlie, he also has Stella – the kind of friend who can make him realize the value of finding the positive and enjoying the moment.

## Episode 5

### **Last One Picked**

At some point or other, virtually all of us will have a moment when we are not the first one picked. Most of us will also know what it feels like to be the last one picked.

How we deal with that disappointment, and how we learn how to deal with it in the future, can have long-lasting consequences on our health and our happiness. The good news? A little effort can go a long way to building healthy self-esteem and to helping others.



# 05

## Cartoonversation™ Card Episode 5

### **Last One Picked**



### Five Websites

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

1. [todaysparent.com](http://todaysparent.com)
2. [cyh.com](http://cyh.com)
3. [kidshealth.org](http://kidshealth.org)
4. [scholastic.com](http://scholastic.com)
5. [more-selfesteem.com](http://more-selfesteem.com)

### 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.