Name/Title: **Self Esteem Inventory**

Purpose of Event: To get a better handle on how students feel about themselves.

Suggested Grade Level: 6-12

Materials Needed: Paper, writing utensil, and worksheet (provided below)

Description of Idea

This worksheet is best used at the beginning of a unit on Self Esteem. Give this out, let students work on in class or as homework and then take the unit from there.

Self Esteem Inventory Worksheet

Submitted by **Barry Trent** who teaches at William Byrd HS in Roanoke, VA. Thanks for contributing to PE Central! **Posted on PEC: 9/20/2001**.

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