

Grade 7 Life Orientation Worksheet

Healthy self-image

Read the following:

Self-image is all about how valuable people feel and the pride they feel in themselves. Self-image is important, because feeling good about yourself can affect how you behave and what you do.

If you have a healthy self-image, you will accept and like yourself the way you are and will be able to live your life to the fullest. You will accept that you are unique. A healthy self-image allows you to enjoy growing up and to develop good friendships. It also makes it easier to grow more independent from your parents, and challenge yourself physically and mentally.

How we feel about ourselves can influence how we live our lives. People with good self-esteem and a positive self-image have better relationships. They can accomplish goals and solve problems and are more likely to do well in school. People who believe in themselves feel comfortable asking for help and support from friends and family when they need it.

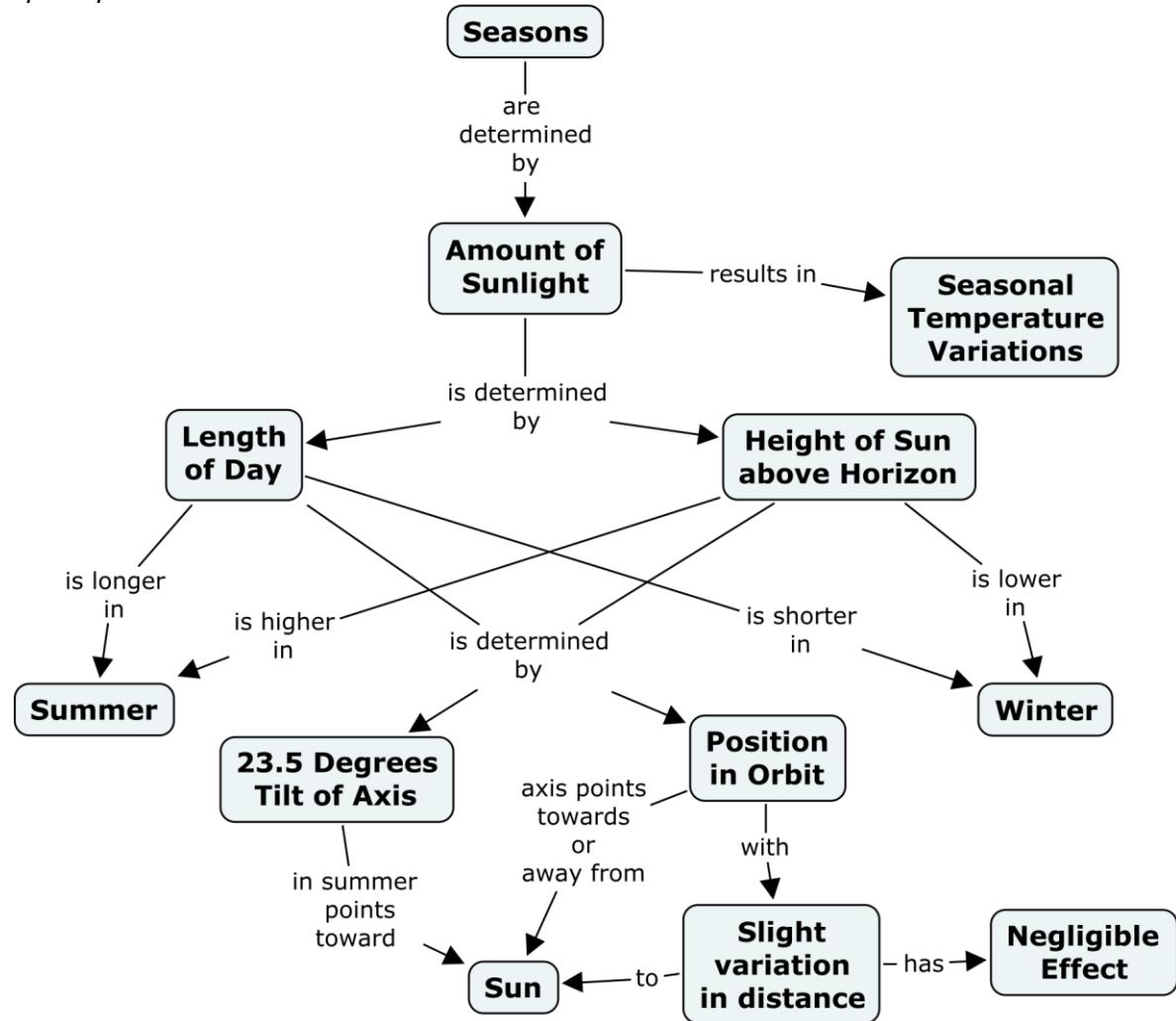
Knowing yourself and what makes you happy and how to meet your goals can help you feel capable, strong and in control of your life. A positive attitude and a healthy lifestyle (such as exercising and eating right) are a great recipe for building good self-esteem.

1. Divide into groups of about 4 learners per group. Imagine that you have a friend who has a poor self-image. Think of the issues this person may have because of his or her poor self-image. For example: Your friend thinks she is fat. How do these issues resulting from poor self-image affect your friend's life? For example: Because your friend thinks she is fat, she does not like to wear a swimming costume or swim in public. Therefore, she will not go to the beach, swimming pool or pool parties with friends. She also won't participate in school galas, although she is a good swimmer. The result is that she is missing out on a lot of fun! Brainstorm ways of enhancing a positive self-image in your friend.
2. Create a concept map with your ideas on how to enhance a positive self-image in your friend.

Note that a concept map is different to a mind map. A mind map has one main idea or concept and ideas that link to it. A concept map is a list of concepts linked with a preposition. So, with a mind map you start with the main concept and then throw out ideas. With a concept map, you start anywhere and move in either a linear or non-linear manner as is shown in the example below.

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See the example below of a concept map about seasons. From:
<http://cmap.ihmc.us/Publications/ResearchPapers/TheoryCmaps/TheoryUnderlyingConceptMaps.htm>



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Your teacher will assess your participation and contribution to the concept map with this checklist.

Description	Yes	No
The concept map has a main idea written clearly in the middle of the page, within a frame.		
Branching lines connect the key concepts.		
The key concepts follow each other in a logical manner.		
The students have read the passage carefully to garner the main ideas.		
All the lines connect concepts. There are no lines that lead nowhere.		
The layout of the concept map is neat and clear.		
The labels are neatly written.		
The labels are spelt correctly.		
The content of the concept map is accurate and reflects the main points of the story.		
The students have used colours to make the concept map clearer.		
Assign two marks for every 'Yes' answer.	Total marks: $10 \times 2 = 20$	

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Suggested Solutions

During this activity, learners are required to demonstrate the following skills/knowledge/actions:

- Understand the meaning of self-image.
- Understand the importance of a healthy self-image.
- Work effectively in a group.
- Brainstorm ways of enhancing a positive self-image in others.
- Complete a concept map showing ideas of how to enhance a positive self-image in others.

Appendix of Assignment Tools

Description	Yes	No
The concept map has a main idea written clearly in the middle of the page, within a frame.		
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The students have used colours to make the concept map clearer.		
Assign two marks for every 'Yes' answer.	Total marks: $10 \times 2 = 20$	