

Grade 7 Life Orientation Worksheet

Self-image

To start this lesson, one learner draws on the blackboard a picture of a cat looking in a mirror and seeing himself as a lion. Then, everyone answers the questions below.

Questions:

1. Look at the cat in the picture. How does he see himself in the mirror? [1]
2. What do you think it means that he sees himself in that way? [2]
3. Do you think this cat is afraid to go out into the neighbourhood? [1]
4. Do you think that this cat is well-liked? Why? [2]
5. Do you think that this cat has a lot of fun with his friends? Why? [2]
6. What is the meaning of self-image? [1]
7. Does the cat have a good or poor self-image? [1]
8. Why do you think it is important to have a healthy self-image or self-esteem? [2]
9. If you have a healthy self-image, does it mean that you are vain? Explain your answer. [2]
10. What kind of attitude leads to having a healthy self-image? [2]

Total marks: 16

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Suggested Solutions

1. The cat sees himself as a lion. [1]
2. It means that he sees himself in a positive way – he sees himself as being big and strong, handsome and brave. [2]
3. No, the cat is not afraid. [1]
4. Own answer. (I think the cat is well-liked, because he has a positive self-image and therefore is probably a happy cat.) [2]
5. Own answer. (Yes, because he is happy, he probably has a lot of friends, because he will be fun to hang around with.) [2]
6. Self-image is the way in which you see yourself – this may not be the way you really are or the way in which the rest of the world sees you. [1]
7. The cat has a good self-image. [1]
8. If you have a healthy self-image you will have a positive and happy attitude to life. You will be positive and optimistic about your goals and achievements and will be able to achieve more. Having a good self-image allows you to be confident. [2]
9. No. It definitely does not. It means that you are able to recognize your strengths and let them work for you. [2]
10. A positive, optimistic attitude. You value yourself and have an appreciation of your own uniqueness – talents, looks, intellect, humor, family and friends. [2]

Total marks: 16