

# The Code of 26



Life Skill #3  
Self Esteem  
*Loving yourself in a positive way.*



*It is important to know your value at all times. Everyone has special abilities, always remember what you offer in friendship. You're special and unique!*

## Situation of the Week:

During Math class, Lauren raised her hand and offered an answer, but unfortunately it was incorrect. A classmate laughed at her and muttered an insult. This upset Lauren.

## What should Lauren do?

- (a) Laugh at the other student
- (b) Keep working and learning
- (c) Stop doing her work

## Question of the Week:

Self Esteem helps us to remember that we are \_\_\_\_\_ and \_\_\_\_\_.

## Essay of the Week:

Why is it important to have Self Esteem?

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