



Grade 08

Health and Physical  
Education

Unit : 01  
Let us improve our self esteem.

Part I

Underline the most suitable answer.

01. Self esteem is an important higher human need. Self esteem means,  
i) The ability to control one's fear in a difficult situation.  
ii) The state of feeling certain about other's abilities.  
iii) Quality of being worthy of honor of one's self.  
iv) Being proud of one's self.
02. This is not a person's ability.  
i) Drawing ii) Become a sportsman  
iii) Music iv) Creativity
03. A social factor which has a negative impact on self esteem is,  
i) Breaking social norms and morals.  
ii) Violating the law  
iii) Lack of appreciation  
iv) None of the above
04. A group of abilities that can be developed to improve our self esteem.  
i) Gardening, cooking, computer literacy  
ii) Dancing, socialization, honesty  
iii) Leadership, modesty, altruism  
iv) Following rules, writing, cooperation
05. This is not an internal factor which has a positive impact on self-esteem.  
i) Advice from parents and teachers.  
ii) Having commitment  
iii) Self-confidence  
iv) Self realization

(2 x 5 =10)

Part II

Answer all questions.

- I. List 4 abilities of people that help to improve self-esteem. Explain one of them.
  
- II. Write 6 abilities and 4 characteristics which contribute to improving self-esteem.
  
- III. Give an example for opportunity you got at school which helped to boost your self-esteem. Briefly explain it.
  
- IV. State 3 internal factors which have a positive impact on self-esteem.
  
- V. Write 2 external factors which have a positive impact on self esteem.
  
- VI. Write 3 social factors which have a negative impact on self esteem.
  
- VII. How does a person with high self esteem contribute to society?