

Working with a partner: complete the following activity. You will have 10 minutes in which to complete this activity.

Instructions: Choose a character in a book, TV show, movie, or even a well-known person in real life, who seems to have low self-concept and self-esteem. Then describe the “before” self-concept and self-esteem of your character. Create a plan to improve your chosen character. Describe two or three things your character could do to boost his or her self-concept and self-esteem. Finally, describe the characters “after” self-concept and self-esteem. Has the character’s life changed now that he or she has a better idea of themselves?

1 BEFORE

Describe your character **before** the makeover.

2 MAKEOVER PLAN

Describe your plan for boosting your character.

3 AFTER

Describe your character **after** the makeover.

Names: