



පළාත් අධ්‍යාපන දෙපාර්තමේන්තුව සබරගමුව - සති පාසල

Subject - Health & Physical Education

Week - 12

Grade - 08

Prepared by -

Man who fulfilled basic needs subsequently tends to fulfill secondary requirements. When such needs are met better human requirements such as self-esteem are made up.

01) Define "self-esteem"

02) Mention a few qualities of your own which lead to self-esteem.

03) Mention several abilities which lead to self-esteem. Make arrangements to build up self-esteem developing several such abilities within you.