



Directions: This activity works in pairs. It gives a chance to be the self-esteem booster for "before" and discuss if you disagree. Then discuss how it is to receive the self-esteem boost in the situation described. It is for self-esteem boost, practice & use the self-esteem booster's response. Describe it back in that role. How did you change your response to it for self-esteem. Then, describe the person's "after" self-esteem. What specific change occurred that led to the person's self-esteem boost? List the self-esteem booster's response.

Before	Makeover Plan	After
<p>Describe your character's situation and how you respond.</p> <p style="text-align: center; font-size: 48px;">1</p>	<p>Describe your plan for meeting your character's self-esteem.</p> <p style="text-align: center; font-size: 48px;">2</p>	<p>Describe your character's situation after the makeover.</p> <p style="text-align: center; font-size: 48px;">3</p>