

NAME: _____

DATE: _____

Activity: Exploring the Physical Self

Objective: Understand the concept of the physical self and its influence on self-concept and self-esteem through different psychological perspectives.

Instructions:

1. Reflection Journal:

- Write a one-page reflection on how you perceive your physical self. Consider how your self-image affects your daily life, interactions with others, and self-esteem.
- Reflect on any cultural, social, or personal factors that influence your physical self-image.

2. Group Discussion:

- Form groups of 3-4 students. Each group will discuss the following questions:
 1. How does society's standard of beauty impact individual self-esteem?
 2. How do different cultures view physical appearance and its importance?
 3. Share examples of how physical self-esteem can influence behavior and interactions.

3. Presentation:

- Each group will present their discussion findings to the class. Highlight key points and examples shared within the group.

4. Creative Expression:

- Create a collage or drawing that represents your physical self and how you perceive it. Include elements that depict societal, cultural, and personal influences on your self-image.

Upload the Results to this Link:

https://drive.google.com/drive/folders/1pmiw6SDeRF-qgTvVEyXxBtrQl3Ua4s8T?usp=drive_link