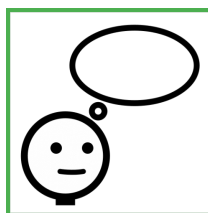


# AUTOESTIMA

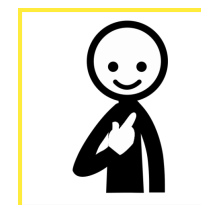
Es la valoración que una persona tiene de sí misma.

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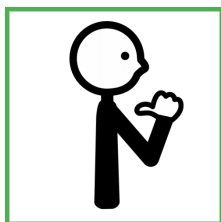
La autoestima es lo que pensamos



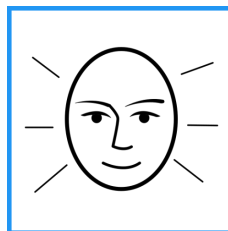
de nosotros mismos



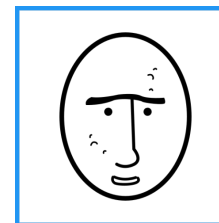
¿ soy



guapo/ guapa



o feo/ fea



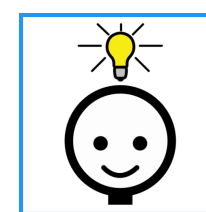
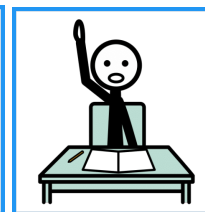
, bueno/buena







o malo/mala

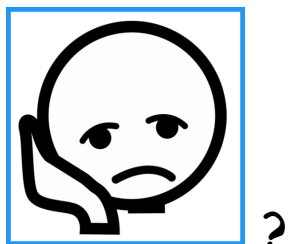


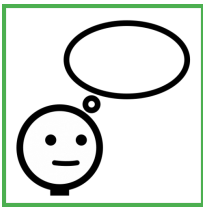
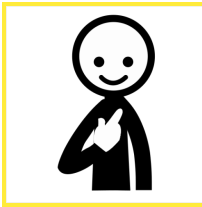

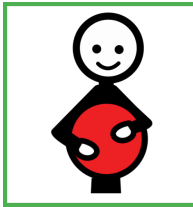
, listo/lista

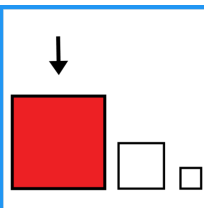


o

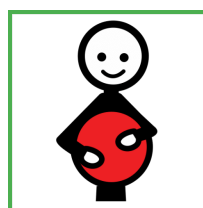
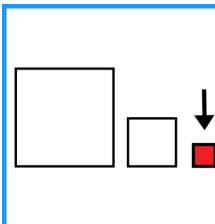
no   , alegre  o aburrido/aburrida



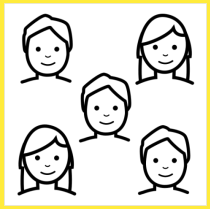
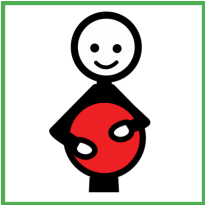

Si pienso  de mi  bonito  tengo 



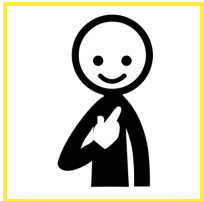
gran  autoestima.

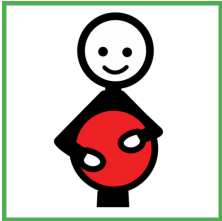
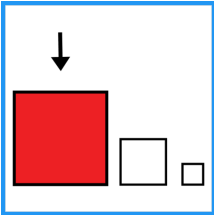

Si pienso  de mi  mal 

tengo  poca  autoestima.

# IMPORTANTE

Todos y todas  tenemos  cualidades buenas  y bonitas

 . Tenemos que pensar bien  de nosotros/nosotras  ,

tener  autoestima grande  . Nuestros  compañeros

y compañeras nos regalan



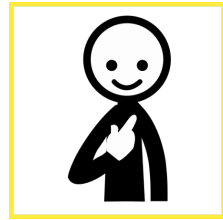
y nos dicen palabras



bonitas



de nosotros



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