



Being me. Series 1, [episode] 2, Happy to be me /

Redden, Susan.

pro.

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ABC Commercial,
2004

Documentary films

Material Proyactable

This program sets up the idea that our self-esteem is something that can change depending on the situation and how we manage it. It looks at the benefits of high self-esteem and identifies skills for boosting self-esteem such as; knowing our strengths, taking on challenges, staying calm and helpful thinking (self talk)

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Título: Being me. Series 1, [episode] 2, Happy to be me directed and produced by Susan Redden, ABC Commercial, in Being Me

Editorial: Ultimo, New South Wales ABC Commercial 2004

Descripción física: 1 online resource (20 min.).

Duración: 001936

Variantes del título: Happy to be me

Mención de serie: Academic Video Online

Nota general: Title from resource description page (viewed May 9, 2014)

Formato físico adicional: Previously released as DVD

Lengua: In English Original language in English

Materia: Self-esteem in children Identity (Psychology) in children Self knowledge, Theory of

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Entidades: ABC Commercial. prn

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