

Children's Physical Self Concept Scale

Below are some statements about yourself. This is not a test and there are no right or wrong answers. For each question, please put a tick in the box underneath the answer which best describes your thoughts or feelings.

| Statements: | Strongly Disagree | Disagree | Agree | Strongly Agree |
|--------------------------------------|-------------------|----------|-------|----------------|
| I like sports. | | | | |
| I am good at catching a ball. | | | | |
| I can balance well. | | | | |
| I can jump high. | | | | |
| I can climb trees fast. | | | | |
| I can run fast. | | | | |
| I am good at throwing a ball. | | | | |
| I drop things. | | | | |
| I get hurt. | | | | |
| I am cute. | | | | |
| My hair looks nice. | | | | |
| My teeth look bad. | | | | |
| I am happy with how much I weigh. | | | | |
| I look good just the way I am. | | | | |
| I have a cute face. | | | | |
| I like the way I look in the mirror. | | | | |
| The way I look makes me feel bad. | | | | |
| I am ugly. | | | | |

Name - _____

Class - _____

Year - _____

| Statements: | Strongly Disagree | Disagree | Agree | Strongly Agree |
|------------------------------------|-------------------|----------|-------|----------------|
| I want to change how much I weigh. | | | | |
| I try to change how much I weigh. | | | | |
| I exercise so I will look better. | | | | |
| I worry about how much I weigh. | | | | |
| I feel sad about how much I weigh. | | | | |
| I eat too much. | | | | |
| I eat until I get sick. | | | | |
| I eat sweets. | | | | |
| I skip meals. | | | | |

Thank you for completing this survey and for your honesty!