

Outline for Self-concept/ Self-esteem Lesson

1. For fun – Slide 1 of the power point presentation gives students an opportunity to rate their self-concept. Talk about the ways that our concept of self develops. Every experience we have in our lives changes the way we think and feel about ourselves.
2. Another option would be to show the students various video clips of people who have a positive or a negative concept of self. See if students can recognize the difference and discuss why they act the way they do. Do students understand the masks we wear? Talk about some of the common masks seen in your school or community.
3. I have each of my students write down one of their most embarrassing moments or something about them that would make them cringe if everyone in the class knew. Be careful you may get some very open responses. Each person writes one down and then puts it in the hat. All papers are anonymous and then I read each one out loud and have the students listen and think about the three questions on the study guide under the self-disclosure activity.
 - a. I find that most of us experience each of these embarrassing moments at some time in our life. Some of us hold onto that experience for years and let it change the way we feel and see ourselves. We must recognize that these experiences happen to everyone and try to move on.
4. Review Maslow's Hierarchy of needs and how it relates to self esteem.
5. “Be The One” -- BTO What does it mean to “be the one?”
6. Best and worst
 - a. Two worst words (when it comes to self) in the English language -- ‘what if’ What if I fail? What if she laughs? What if they say no?
 - b. Two best words --- ‘So What’
 - i. So what if I fail? So what if she laughs? So what . . .