

Self-Esteem Building (4 - 6)

Summary

To teach students that even though certain people/events sometimes can influence our self-esteem/cause it to diminish or get hurt/there are things we can do to build our own self-esteem.

Time Frame

1 class periods of 45 minutes each

Life Skills

Thinking & Reasoning

Materials

Self-esteem rip-off sheet for each student, feeling good about myself sheet, me sheet, quote: "People can often admire: ..." written on a poster.

Strategies for Diverse Learners

You can extend this into several lessons. I like to follow it up with the book: "I Wish I Were a Butterfly".

Authors

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