

# Web of Self Esteem

## Summary

This activity allows students to hear their peer's initiating positive self-talk. It allows them to connect to their peers both through their shared characteristics and also through the yarn web they weave. This is a great large group activity that encourages participation from everyone in the group.

## Main Core Tie

Health Education - 4th Grade

[Strand 2: MENTAL AND EMOTIONAL HEALTH \(MEH\) Standard 4.MEH.4:](#)

## Time Frame

1 class periods of 45 minutes each

## Group Size

Large Groups

## Life Skills

Communication, Character

## Materials

Ball of yarn

Paper and pencil for essay

## Background for Teachers

Teachers should understand and be able to educate students on areas that contribute to self-worth and positive self-esteem.

## Student Prior Knowledge

Students will need to understand quality characteristics that builds self-esteem.

Students should be able to recognize these characteristics in themselves and in others

## Intended Learning Outcomes

Gives students an opportunity to express themselves in a positive way in front of their peers

It shows everyone that each person in the class has something special to offer

## Instructional Procedures

Introduce the activity to your students. Have a conversation about what qualities make each student a unique and special person.

Once your students start thinking about what makes them great you will ask the students to gather on the floor in a large circle, facing each other.

One person will start the game by holding a loose ball of yarn. When they have the yarn it symbolizes that it is their turn to speak.

Each person will name something that describes their character. (ie: Honest, loyal, sincere, etc)

Once the person has named their special characteristic, they will pinch a piece of the yarn and toss the rest.

After repeating this process, each child should have a piece of the yarn and a web should have

appeared. This activity will symbolize that each person has something they are proud of and that each person is connected. This develops healthy self-esteem and relationships.  
Have students return to their seats and write a reflective essay on the activity.

### Strategies for Diverse Learners

For students with varying abilities you could break the groups up into smaller, more manageable groups. You could also list characteristics that individuals could identify with and cluster together. This will show that all people value themselves somehow and we are all bound by those qualities.

### Extensions

You could have students take the activity details home and instead of using yarn, they could use something that symbolized a talking stick.

### Assessment Plan

I will observe students as they participate in the class activity, and will then evaluate their understanding through their reflection papers.

### Authors

[Cotee Clark](#)