

Self Acceptance

Summary

People who have self-esteem believe in themselves. If you have confidence, you can do anything you put your mind to. Sometimes we don't realize that we are being negative.

Main Core Tie

Health Education - 5th Grade

[Strand 1: HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF HEALTHY SELF \(HF\) Standard 5.HF.3:](#)

Time Frame

1 class periods of 45 minutes each

Group Size

Small Groups

Life Skills

Thinking & Reasoning

Materials

"I Like Myself!" by Karen Beaumont

Pencils

Art paper

Crayons

Color Pencils

Markers

Background for Teachers

Self worth is the way that we feel about our-self. What we have experienced cause us to believe in how we feel about ourselves, whether it is positive or negative. If life experiences are negative that can be destructive. People with high self-worth treat themselves and other people with respect.

Intended Learning Outcomes

Students will learn that negative comments will bring your self-esteem down. It is important to say kind words to others and build their self-esteem up also.

Instructional Procedures

Read "I Like Myself"

Make a small book and have each student write something nice about each other in the book.

When it is done the book is given back to the student. They read what others wrote about them.

The instructions for making the book are found here on YouTube.

<https://www.youtube.com/watch?v=21qi9ZcQVto>

Assessment Plan

Ask questions after the book has been made and their peers wrote positive comments inside it about them. "How did you feel when you read what your peers wrote about you?"

Bibliography

Beaumont, Karen. I Like Myself! c. 2004

- <https://www.youtube.com/watch?v=21qi9ZcQVto>

Authors

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