

# Self-esteem

## Summary

Self-concept is made up of several things. People with a high self-concept and self-esteem seem to do well in the world. They are people who believe they can be successful. They are able to perform well at work and they get along well with others in all relationships. We must all learn to emphasize our strengths and positive traits.

## Main Core Tie

Adult Roles And Responsibilities

[Strand 1 Standard 1](#)

## Time Frame

1 class periods of 90 minutes each

## Materials

Butcher paper for the group discussion, markers, balloons, paper lunch bags, self-esteem test - 1 per student, a tape player, a visualization tape, and an example of "Commercial of Me".

## Intended Learning Outcomes

Students will identify the difference between self-concept, self-esteem and how they develop.

Students will list negative feelings they have about themselves and how positive feelings can override the negative. Students will discover who their best friends should really be.

## Instructional Procedures

Teacher instructions and information is contained in the attachment Self-esteem. There is some prior preparation before the class period and materials to collect for the different activities students will be involved in.

## Bibliography

Utah Adult Roles and Responsibilities Curriculum

## Authors

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