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**UNIT:** Responsibilities Related to  
the Child

**LESSON:** Self-Concept  
**TIME:** 1-2 days

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**COMPETENCIES:**

1. Define the terms self-concept and self-esteem. (Options 2, 3, and 8)
  2. List the four components of the self-concept cycle and describe the effects of each component. (Option 4)
  3. Discuss the role and importance of self-esteem in personal development and growth. (Options 2, 3, 5, 6, 7, and 8)
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**OVERVIEW/SUMMARY:**

One of the most important tasks of a parent is to preserve a child's self-concept. All other tasks refer back to this important idea.

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**MOTIVATOR:**

Have you ever observed a baby trying to learn to walk? Does he/she give up after falling several times? Does he/she act embarrassed when he/she falls or makes a mistake? No. A child is born with 100 percent self-esteem. How many of you have talked to a little child lately? If you ask a little child if he/she is pretty or handsome, what will he/she say? He/She will most likely shout back, "YES!" Little children have healthy self-esteem. If you give a small child a compliment, such as "Nice shoes!", his/her response is usually, "I know," not a shy "Oh, these old things?" Now think, how do you react if someone gives you a compliment? Do you agree or has society taught you to hold back and doubt yourself a bit? Why do you think this happens? Is it good that we lose our self-esteem? What causes you to lose your self-esteem?

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**LESSON OPTIONS/SUPPLIES:**

**OPTION 1**

**BOOK:** Who Wants Arthur? Corduroy and the Missing Button, Just Because I Am, (ISBN# 0-915793-60-1) or Leo the Late Bloomer

**JOURNAL ENTRY:** How I remember myself as a child.

**OPTION 2--Competencies 1 and 3--CDA III, SELF**

**BULLETIN BOARD:** Define self-concept (the way that a person feels about himself/herself, a composite of the traits, values, thoughts, and feelings that we have for ourselves) and self-esteem (how you think or feel about yourself). Place the following quotation on a bulletin board, "Babies are born with 100 percent self-esteem." Have the students draw stick figure pictures or make collages to illustrate this point.

**OPTION 3--Competencies 1 and 3--CDA III, SELF**

**SELF-CONFIDENCE:** Show the segment from "The Sound of Music" where Maria has just been sent to be the governess. She gets off the bus and begins singing "I Have Confidence." Discuss with the students how enthusiasm and self-confidence are very helpful in developing a successful life.

**OPTION 4--Competency 2--CDA III, SELF**

**SELF-CONCEPT CYCLE:** Present the information to the students, then divide the class into small groups representing different age groups (infants, toddlers, etc.). Each group should compile a list of ways a family could build the self-concept of the child at each particular stage.

**OPTION 5--Competency 3--CDA III, SELF**

**A LOOK AT MY LIFE:** Using the worksheet, have students analyze their lives and how the self-concept cycle has influenced them.

**OPTION 6--Competency 3--CDA III, SELF**

**MY SELF-CONCEPT GROWS AND CHANGES:** Have students complete the worksheet. This option may be a threat to some students; you may wish to complete this exercise as a group, then allow students to complete the exercise at home, not as an assignment.

**OPTION 7--Competency 3--CDA III, SELF**

**100 WAYS TO SAY "YOU'RE GREAT!!!":** Have students brainstorm ideas for telling people they are good and giving them positive reinforcement. Students should share their ideas with the class. You may wish to refer to the USU Extension ideas found on "100 Ways to Say Very Good!" You may also wish to divide the class into small groups and have them make graffiti boards to share new ways of complimenting others.

**OPTION 8--Competencies 1 and 3**

**SELF-ESTEEM POSTERS:** Have the students make posters to promote self-esteem. Place the posters in the child care center for the children to see.

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**RESOURCES:**

The Greatest Children's Stories Ever Told, Fairfield, CT, 1993, Queue, Inc., 1-800-232-2224. CD-ROM, Includes "The Ugly Duckling."

"The Gift of Self-Esteem" by Denise Foley, Working Mother, Nov., 1990.

Leo the Late Bloomer, NY, Prentice Hall for Young Readers, 1980.

100 Ways to Enhance Self-Concept in the Classroom, Englewood Cliffs, NJ, Prentice-Hall, 1976.

Step-Up Your Self-Esteem, USU Extension, #EC 409A