

UNIT: Self-concept

TOPIC: Self – esteem

CONCEPTS:

Self-concept, picture or perception of ourselves

Self Esteem, feelings we have about ourselves

Self-ideal, the way we would like to be

OBJECTIVES:

1. *List methods for building positive self-concept.*
2. *Explain ways self-concepts are destroyed and built.*
3. *Compare personal strengths and weaknesses.*
4. *Develop a positive outlook on life (establish the habit of happiness).*

MATERIALS:

Butcher paper for groups discussion and markers to write with

Balloons

Paper lunch bags

Permanent Markers

Lamp or flashlights

Self Esteem test (1 per student)

Tape Player

Visualization

Example of “commercial of me”

LESSON PLAN:

Group activity:

Divide students into mini groups. Have each groups come up with their definition of self-esteem and self-concept. Have each groups share with the class their definition. Have the class come up with one definition for each concept using pieces of their own group’s definition.

Student Activity: Self Esteem Test – How is your self esteem?

How much do you believe in your self? On a piece of paper write down the percentage of how much you believe in yourself. 100%? 75%? 50%?

What are you achieving with that percentage?

What would happen if you believed in yourself 25% more?

Dreams and self belief are free. You can take all you want and walk away.

Class discussion:

How do self-concept and self-esteem develop?

List methods for building positive self concept. (overhead)

Explain ways self-concept can be destroyed and built. (overhead)

How do values and morals fit into the two concepts?

Knowing yourself is a prerequisite to a good self-image.

Steps to knowing yourself

1. Discover your Values – A value is something you strongly believe in
2. Live by what you value – the closer your values come to your actions the happier you will be.

Advantages of a good self-image.

A good leader to others

Doesn't submit to peer pressure

Is not a threat to others and cannot be threatened by others

Believes in self and makes life successful

Willing to experiment and try things

Easier to make friends and have more meaningful relationships

Know how to appreciate and look at life positively, not "why me"

Failure is not devastating

Can look at bad points and change them

Who has contributed to your self esteem?

Use a clip from the movie, "The Lion King" where Simba talks to the baboon and sees his father up in the stars. His father tells him he is to be a king and to remember who he is. That gives him the strength to fulfill his destiny.

Many things influence your self-concept: Your friends, teachers, family, and other people with whom you relate.

**** **Self-Concept Circle:** Others reactions affect how I see myself, how others see me directly affect others reactions to me.

*****Self concept** is built and kept by positive thinking, developing one's own ability, seeing your own talents, setting and accomplishing goals, Recognizing personal worth, completing tasks or projects.

I wish I could give you all an immunization for your self-concept, give periodic boosters. Protect you from those experiences in everyday life that your self concept. But it is not possible. Strengthen your self concept. Don't waste time and energy on feeling sorry for your self. Change comes through conscious effort. It is your responsibility.

Writing Assignment:

Have students write a paragraph explaining the following statement: “You can’t love others until you love yourself”.

Activity: Boxes

Have six boxes with lids decorated so the lids can be lifted off in order to see what is inside. They should be wrapped in the following ways:

1. Looks okay on the outside, dictionary on the inside.
2. Looks okay outside, cotton balls inside.
3. Small box with plain unattractive wrapping, jewels inside.
4. Beautifully wrapped box, empty inside
5. Looks nice on the outside, candy bar inside.
6. Beautiful box that will not open.

Have six students come to the front of the room and select a box. Have them explain why they chose the box. What type of person does that box represent to them?

Have students share what is inside their boxes. Let them discuss what type of person the box represents to them now.

ITEM IN BOX	TYPE OF PERSON	PERSON’S APPEARANCE
1. Dictionary	Someone smart	Normal appearance
2. Cotton	Air head	Normal appearance
3. Jewels	Beautiful person	Plain looking
4. Empty Box	Gorgeous outside, but nothing inside	Beautiful appearance
5. Candy bar	Looks good and is good	Nice looking
6. Box will not open	Beautiful, but will not share self	Beautiful appearance

Discuss: You can show a clip of Miss Piggy from the muppets and discuss the self esteem Miss Piggy has.

How does she feel about herself?

What are some of her flaws?

Why do we like her?

How would she act if she had low self esteem?

Would the Miss Piggy character be as interesting if she had low esteem? Why?

- Accept yourself: Stop worrying about the things you can’t change. Be more accepting of others and the things they can’t change.
- Try not to compare with others. It’s unfair. You may compare their strengths with your weaknesses. Judge yourself in terms of your own growth.

Activity: Turn off lights and have students close their eyes and listen to the words of “Hero” by Whitney Houston. Ask students if the title of the song is misleading and why: Lead a short discussion on the theme of the song. Did it inspire them, and how?

- Have Realistic Expectations – We expect too much from ourselves. Perfection is not possible but bettering ourselves should be a lifetime goal. We grow with models who appear to be perfect at everything. Heroes are good to look at but they have their problems too.

Activity: Use a lamp without a cover (or flashlight), place a cloth over it to represent the bad things we internalize and cover up the light. Or the good things about us

- Emphasize your strengths.
- Change what can be changed. Some things fast, others gradual, and others never. There are things we inherit but we can change our attitude about it. Try new experiences.

Activity: have students make a list of their best friend. Read the poem “Best Friends”. After reading the poem, have students look at their lists and then lead a discussion about how we need to put ourselves at the top of the list.

- Choose friends carefully:
If friends build you.. keep them.
If they don't – dump them.

Activity: Bag Those Negative Messages

Have students blow up a small balloon. On the blown up balloon have students write everything they do not like about themselves. On a paper lunch bag have students list everything they like about themselves. Have the students place the balloon inside the bag. As a class have all the students stand up and place their bagged balloons on their seats. Have them all sit down at the same time, popping their balloons as they sit.

- Practice thinking positive and accept compliments. Just say “thank you”. Give compliments to others. It makes you feel good.

Activity: Face & look at the person next to you. One is “A” and the other is “B”.

- ✓ “A” says to “B”: “you are absolutely, undeniably a remarkable person/student/etc”. “B” responds with “thank you”.
- ✓ Reverse it: But “B” puts on a attitude with it and says: “you are absolutely, undeniably a remarkable person, etc.”. “A” responds with: “you got that right honey”.

There are two different people in the world. One that says “I wish I had” and the one that says “I’m glad I did”. Remember you can have anything in this world if you just believe in yourself.

Activity: Visualization Tape

Use a visualization tape for students to listen to –

Self Image Programming – The Love Tapes

Robert Griswold, side 2

Student Assignment: “Commercial of Me”

Emphasizing the positive characteristics and capabilities, each student will develop an advertisement or commercial to “sell oneself”. They may develop a radio or television ad, billboard, sweepstakes, etc.

Have students come prepared to share with the class their projects on the day you talk about celebrating yourself (Birthdays).

Options: “My Self Esteem” Poem. What does it mean to you? Have students write a name poem.

I am

M - magnificent

A - ble

R - espectful

Y - our friend

Jones

OPTION:

The teacher may show clips from the following movies to show how self esteem is build.

- ✓ Princess Diaries – the clip where she goes to school in the limo and her friend is criticizing her. The driver tells her nobody can make you feel bad about yourself unless you let them. (actually it is the quote by Eleanor Roosevelt).
- ✓ Lion King
- ✓ Charlottes web – how Charlotte the spider writes words about Wilbur in a web each morning and he starts believing in himself.
- ✓ Dumbo – timothy the mouse and the crows help him believe he can fly.
- ✓ Wizard of OZ – all the characters had to find something to have good self concept.
- ✓ Hook – Peter had to find a happy memory to believe he could fly again.