

# Health and Self Esteem

## Summary

The students will learn about respecting their self and others. Students will learn how important self esteem is to a good mental and physical health.

## Main Core Tie

Health Education - 4th Grade

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

## Time Frame

1 class periods of 60 minutes each

## Group Size

Small Groups

## Life Skills

Communication, Social & Civic Responsibility

## Materials

Labels  
Markers  
Paper

## Background for Teachers

Teachers need to understand basic concepts of self esteem, mental health, self respect, and cooperation.

## Intended Learning Outcomes

The goal of this lesson is to teach children how labeling one another can effect self esteems and development. Children will learn the importance of self esteem and how it relates to their mental health and relationships with others. Students will also learn fundamental tools for working together and respecting eachother.

## Instructional Procedures

The class will be seperated into groups of three. In each group each child will be given a label to stick on their foreheads. The children will not be able to look out their own label but will be able to see eachother's labels.

Each label will say different things. For example one label may say "ignore me" another may say "agree with everything I say" another may say "laugh at anything I say" another may say "disagree with me". children will have a discussion in their groups while they follow the directions given on each child's label.

After the discussion each child will be asked to identify their own personal label as they observed others responding to them in the discussion.

Finally as a class we will discuss the impact labels have on us as individuals and end by discussing self esteem, self respect, and cooperation with one another.

### Strategies for Diverse Learners

As a teacher I will make sure each child understands procedures and instructions. I will assist each group and monitor each student in order to assure to participation and understanding of each student.

### Extensions

Ask each student to have their parents evaluate three strengths they have as individuals in order to enhance the students self esteem. As a class have each child say one quality that the person to the left of them has. Have students make collages to describe themselves and their strengths as individuals.

### Assessment Plan

Assessment will be based on participation in the group activity and class discussion.

### Rubrics

[Thinking and Reasoning Skills Rubric](#)

### Authors

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