Building Self-Concept

Summary
There are many ways to build your self-concept. Self-talk is one way to do that. Be careful what you say to yourself. You may become just that!

Main Core Tie
Teen Living
Strand 1 Standard 1

Time Frame
1 class periods of 70 minutes each

Group Size
Individual

Life Skills
Thinking & Reasoning, Character

Materials
Bell Ringer Cards for each student
Large clear balloon
12" Long Needle
Lubricant (Shortening, Oil or Vaseline)
Colored Butcher Paper, 6-8 feet long
Markers
Self-Talk Study Guide Handout
Self-Talk PowerPoint Presentation
Construction Paper
Scissors
Glue Sticks

Intended Learning Outcomes
Identify skills which lead to understanding of self (self-esteem, self-concept, how to build self-concept, and personality development).

Instructional Procedures
Teacher and student step-by-step instructions are found below in the "Building Self-Concept Lesson Plan" attachment.

Assessment Plan
Observe students as they participate in the activities. The thank you note will be a homework assignment. Have them turn in their thank you notes first, grade them, then the students can deliver their notes.

Bibliography
Teen Living Curriculum Guide
from the Utah State Office of Education

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