

# 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!

## 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

## Authors

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