

Self-esteem and Self Talk Adapted for Special Education

Summary

Students will learn the definitions of healthy self-esteem and non- healthy self-esteem. Students will identify the benefits of feeling good about themselves. Students will learn the definition of healthy self-talk.

Main Core Tie

Health Education I (7-8)

[Strand 1: HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF HEALTHY SELF \(HF\) Standard HI.HF.3:](#)

Time Frame

1 class periods of 45 minutes each

Group Size

Small Groups

Life Skills

Character

Materials

- powerpoint
- projector
- self-evaluation worksheet
- blank head worksheet
- markers

Background for Teachers

Teachers must have knowledge of self-esteem terminology. Teachers must have knowledge of standards and objectives and have understanding of their students abilities.

Student Prior Knowledge

Students will have personal identity, and have knowledge of different emotions. Students will need to know how to give compliments to each other. Students have had a previous lesson on building up and tearing down.

Intended Learning Outcomes

Students will discover ways of improving self esteem by listening to their self-talk. Students will have more positive self-talk.

Instructional Procedures

- Teacher will present powerpoint to the students.
- Teacher will ask students if they know what self-esteem means.
- Teacher will define healthy self-esteem and non-healthy self-esteem.
- Teacher will give examples of false definitions of self-esteem.
- Teacher will ask students how healthy self-esteem feels.
- Teacher will ask students how non-healthy feels.

Student will rate their self-esteem on the ratings worksheet.

Teacher will define and give examples of self-talk.

Students will work in groups.

Each student will need to write 3 positive things about themselves in their portrait. Then students will pass portrait to their group members and each group member will write something positive about that student on their portrait.

Students will evaluate their self-esteem over the next two days while using positive self-talk.

Students will report their findings to teacher.

Strategies for Diverse Learners

peer tutor assistance, cooperative learning groups, modeling, compliments worksheet

Assessment Plan

Students will evaluate their self-esteem using smiley face evaluation worksheet. Student will be instructed to use the information they learned about positive self-talk. Students will practice positive self-talk for two days. Students will then re-evaluate their self-esteem using the smiley face worksheet.

Rubrics

[Self-esteem](#)

Bibliography

- <http://www.psychologymatters.asia/article/57/how-to-improve-your-life-by-better-managing-your-selftalk.html>

Authors

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