

# SELF-CONCEPT / ESTEEM

## Summary

Lesson deals with the responsibility of parents to help promote good self-concept in their children. The importance of a child's self-esteem and ways to help a child feel good about him/herself are included

## Main Core Tie

Child Development

[Strand 1 Standard 1](#)

## Additional Core Ties

Child Development

[Strand 6 Standard 1](#)

## Time Frame

2 class periods of 90 minutes each

## Group Size

Large Groups

## Materials

Computer, LCD projector, CD player, Kenny Rogers song: Greatest / CD: She Rides Wild Horses. Note cards & 8 1/2 X 11" paper, crayons, colored pencils or markers.

## Background for Teachers

Review information about self-concepts and self-esteem.

## Intended Learning Outcomes

Students will realize the importance of helping a child (and themselves) have a good self-concept and ways that they can help achieve this.

## Instructional Procedures

### **DAY 1**

\* The student guide follows the information included in the power point on SELF-CONCEPT/SELF-ESTEEM.

\* Optional Activities:

\**Sound of Music*: Song: I Have Confidence

\*Graffiti Boards: Ways to say Good Job

\*Index Card: Draw Picture of Self in favorite outfit as a child / on back write 1 way that parents or other adult helped to build your self-esteem

### **DAY 2**

\* *Successful Parenting- Part one:Self-Esteem is the Key:*

(VIDEO: Active Parenting Publishers 1-800-825-0060 or check in NASCO catalogue)

\* Name Activity: On a piece of paper have the students write their first name in the center. (For the rest of the activities see handout in attachments.)

\* On the back of the page have the students complete the Auto-Bio Poem activity (Handout & Sample

included in attachments).

### Extensions

Students can find an article on the Internet or in a magazine/newspaper that deals with building self-esteem. After reading the article, write a 1 page synopsis of the article. Include a copy of the article with reference as to where the student found the article.

### Assessment Plan

Students will write a 1-2 page essay on self-concept/esteem. In this essay they will include the definition and the importance of good self-concept/esteem. They will also include 10 ways to promote and build self-concept/esteem.

### Bibliography

USOE- FACS 1994 Child Development Curriculum

### Authors

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