



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
www.cdc.gov/healthyschools/sher/standards/index.htm

Self-esteem is about more than feeling happy. Having self-esteem means recognizing your accomplishments (what you have done) and your potential (what you can do). These activities will help your students understand what self-esteem is.

Related KidsHealth Links

Articles for Kids:

The Story on Self-Esteem

KidsHealth.org/en/kids/self-esteem.html

How Can I Feel Better About My Body?

KidsHealth.org/en/kids/feel-better-about-body.html

Talking About Your Feelings

KidsHealth.org/en/kids/talk-feelings.html

Shyness

KidsHealth.org/en/kids/shy.html

The Scoop on Gossip

KidsHealth.org/en/kids/gossip.html

How Cliques Make Kids Feel Left Out

KidsHealth.org/en/kids/cliQUE.html

Dealing With Peer Pressure

KidsHealth.org/en/kids/peer-pressure.html

Why Am I So Sad?

KidsHealth.org/en/kids/sadness.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. When have you felt proud of yourself? How is self-esteem related to pride?
2. If a friend makes a mistake, what would you say? If you were in that situation, what would you want people to say to you?
3. When you have choices to make, how do you decide if they're good choices?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Mirror, Mirror

Objectives:

Students will:

- Recognize aspects of good self-esteem, including valuing who you are and what you can do
- Distinguish between interests and achievements and identify how both contribute to self-esteem

Materials:

- "Mirror, Mirror" handout
- Magazines, images printed from the Internet
- Art supplies (colored pencils, markers)
- Glue

Class Time:

45 minutes

Activity:

What achievements are you proud of? What are you good at? What are you interested in? What would you like to do better? Think about who you are and what you can do. Using magazine pictures, images printed from the Internet, or your own drawings, create a collage that shows your interests, skills, and accomplishments. Think of it like a mirror: When you see your reflection, who's the person you see in the mirror and what's great about that kid?

Extensions:

1. "Your clothes look great!" "You're a good listener." "Have a nice day." "I didn't remember that part of the book. Thanks for reminding me." All these things are nice things to say to someone, but which ones could affect a person's self-esteem? Discuss ways you can compliment someone and encourage positive self-esteem.
2. Working hard can help you achieve your goals, but sometimes trying to be perfect or to do things in a perfect way can become a problem. Discuss the pros and cons of trying to be perfect. Also discuss why it can be good to make mistakes.



Fable Storyboard

Objectives:

Students will:

- Demonstrate an understanding of self-esteem and how it can affect decision-making
- Identify strategies for making healthy choices and supporting others

Materials:

- Computer with Internet access
- Art supplies (colored pencils, markers)
- "Fable Storyboard" handout

Class Time:

2 hours

Activity:

Write a fable in which the main character learns a lesson about self-esteem. Fables are short stories or tales that describe a moral or teach a lesson. Often animals are the main characters in fables. (You may remember fables like "The Tortoise and the Hare," in which the moral is "Slow and steady wins the race.")

Before you start, check out the KidsHealth.org articles that discuss how kids feel about themselves (self-esteem).

Extension:

Discuss how you'd respond to a classmate who says, "I never say anything in class because it just doesn't come out right." What might you say to him or her? Make a card with some encouraging advice.

Reproducible Materials

Handout: Mirror, Mirror

KidsHealth.org/classroom/3to5/personal/growing/self_esteem_handout1.pdf

Handout: Fable Storyboard

KidsHealth.org/classroom/3to5/personal/growing/self_esteem_handout2.pdf

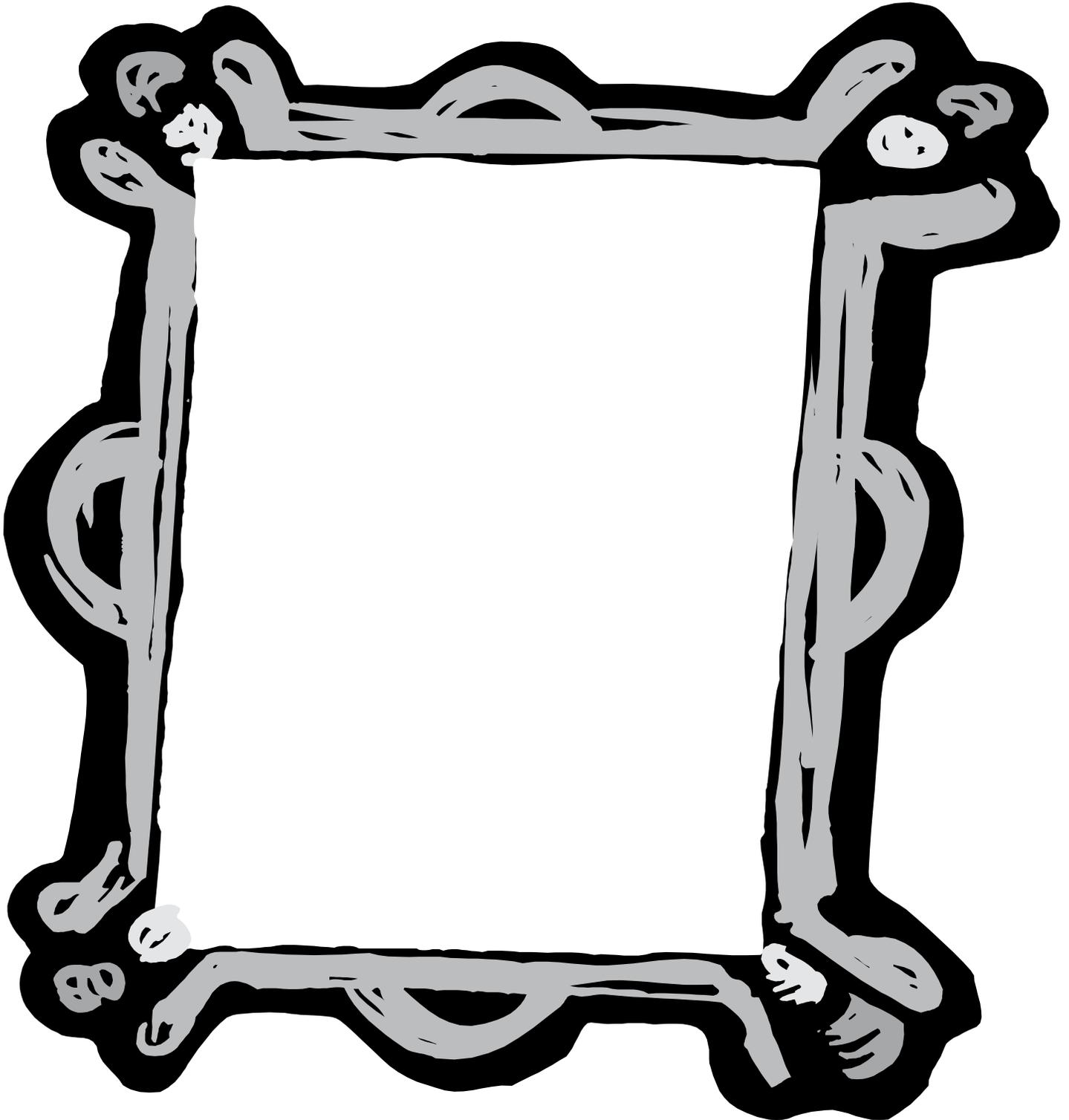


Name: _____

Date: _____

Mirror, Mirror

Instructions: Using magazine pictures, images printed from the Internet, or your own drawings, create a collage inside this mirror that shows what you see when you see your reflection: your interests, skills, and accomplishments.





Name:

Date:

Fable Storyboard

Instructions: Use this storyboard to write and illustrate your fable about peer pressure and self-esteem.
