



Grade 2 Sample Lesson Plan: Self Image

Objectives/Goals

- The student will define self-image, and identify that individuals are unique.
- The students will describe how self-image influences personal success.

Materials

- PowerPoint: 2nd Grade All About Me Self-Image
- Worksheet: Self-Image

Steps

- Using the Powerpoint as a guide, begin the lesson on slide 2. The teacher will introduce the topic of self-image with a What Should I Do scenario. Allow students to respond to the scenario.
- Slide 3: Watch the video clip and ask students to think about their unique qualities and characteristics. Allow students to respond to the questions.
- Slide 4: Define self-image.
- Slide 5: Pass out the worksheet: Self-Image. Students will work only in the first box to answer the question. Allow students to share their qualities.
- Slide 6: Instruct students to work on the second box on their worksheet.
- Allow students to share their inner voice statements.
- Slide 7: Read Can You Help Me together as a class. Allow students to share how they would change their inner voice.
- Slide 8: Review how to improve self-image and allow students to provide examples.
- Slide 9: Instruct students to work in the lower left box on "I can" statements.
- Allow students to share their statements (Worksheet: Self-Image).
- Slide 10: Instruct students to work in the lower right box on writing compliments to themselves (Worksheet: Self-Image).
- Slide 11: Discuss how positive self-image can help them achieve future goals. Allow students to share their answers.

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- Slide 12: Read What Should I Do as a class. Ask students to think about what they would do in this scenario when their self-help strategies are failing.
- Slide 13: Discuss the importance of talking to trusted adults for support with poor self-image.
- Slide 14: End class with a classroom energizer.

References

- Mary McCarley, 2018

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Self-Image

Directions: As you go through the lesson, fill in the boxes at your teacher's request. Draw pictures within the boxes to represent your feelings.

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| <p>List words that describe you. How do you see yourself?</p> | <p>What is your inner voice saying?</p> |
| <p>Make a list of the things you CAN do.</p> | <p>Treat yourself kindly. Don't bully yourself. Write 3 or more compliments to yourself.</p> |