



# SAMPLE LESSON PLANS

## Health Smart Virginia - Sample Lesson Plan Grade 2 – Social and Emotional Health

### Unit 3

#### SOLs:

- 2.1.L Define self-image, and identify that individuals are unique.
- 2.2.R Describe how self-image influences personal success.

#### Title: 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

#### Procedure:

Step 1	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.
Step 2	Slide 3: Watch the video clip and ask students to think about their unique qualities and characteristics. Allow students to respond to the questions.
Step 3	Slide 4: Define self-image.
Step 4	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.
Step 5	Slide 6: Instruct students to work on the second box on their worksheet. Allow students to share their inner voice statements.
Step 6	Slide 7: Read Can You Help Me together as a class. Allow students to share how they would change their inner voice.
Step 7	Slide 8: Review how to improve self-image and allow students to provide examples.
Step 8	Slide 9: Instruct students to work in the lower left box on “I can” statements. Allow students to share their statements (Worksheet: Self-Image).
Step 9	Slide 10: Instruct students to work in the lower right box on writing compliments to themselves (Worksheet: Self-Image).
Step 10	Slide 11: Discuss how positive self-image can help them achieve future goals. Allow students to share their answers.
Step 11	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.
Step 12	Slide 13: Discuss the importance of talking to trusted adults for support with poor self-image.
Step 13	Slide 14: End class with a classroom energizer.

**Assessments, References & Sources: Mary McCarley, 2018**

## 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.

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