



Health Smart Virginia - Sample Lesson Plan

Grade 5 – Social Emotional Health

Unit 5

SOLs:

- 5.2.P Recognize the importance of developing and maintaining a positive self image

Title: Positive Self-Image Performance Task

Objectives/ Goals:

- The student will create a scrapbook page about themselves to recognize the importance of developing and maintaining a positive self image

Materials:

- Positive Self-Image Performance Task (includes rubric)
- Scrapbook paper
- Other scrapbook supplies (stickers, glue, glitter, markers, etc.)

Procedure:

Step 1	Review the performance task before introducing it to your students.
Step 2	Pass out a copy of the performance task to each student and review the expectations of the project.
Step 3	Once complete, allow students to share their page with a classmate, among their table group, or as a class (gallery walk).

Assessments, References & Sources: Mary McCarley, 2018

Positive Self-Image Performance Task

Self-image is how you perceive yourself. It is important that your self-image be both positive and realistic. Developing a positive self-image can give you confidence in your thoughts, actions, and capabilities. To remind yourself of all your amazing qualities that help to define your self-image, you have been challenged to create a scrapbook page about yourself.

Include the following requirements on your scrapbook page:

- Picture of yourself (photo or drawn picture)
- 8 traits (physical, emotional, mental, social) that you love about yourself
- 6 compliments from other people (Allow them to write the compliment on your scrapbook page. You must include at least one compliment from a friend, parent/trusted adult, and teacher)
- Add additional images, pictures, and design to your scrapbook page

GOOD
vibes
ONLY!

Performance Task Rubric

	Great Work 4	Good Job 3	Getting There 2	Not Quite 1
Requirements	All requirements are met and exceeded.	All requirements are met.	One requirement was not met.	More than one requirement was not met.
Content	Information is accurate and in-depth with details.	Information is accurate.	Most of the information is accurate but contains some factual errors.	Information includes several factual errors.
Organization	All work is neat and information is easy to understand.	Most work is neat and easy to understand.	Some work is neat and easy to understand.	Work is not neat and difficult to understand.
Grammar	There are few mistakes in grammar, punctuation, or spelling. (Note: work done by the student)	There are some mistakes in grammar, punctuation, or spelling. (Note: work done by the student)	There are several mistakes in grammar, punctuation, or spelling. (Note: work done by the student)	Product has little or no punctuation and/or correct spelling. Content is unclear due to excessive errors. (Note: work done by the student)
Effort	Work shows exceptional effort, planning, creativity and pride.	Work shows good effort, planning, creativity, and pride.	Work shows basic effort, planning, creativity, and pride.	Work shows minimal effort, planning, creativity, and pride

Grading Rubric

20= 100%
 19= 97%
 18= 94%
 17= 91%
 16= 88%
 15= 85%
 14= 82%
 13= 79%
 12= 76%
 11=74%
 10= 71%
 9= 69%
 8= 66%
 7= 64%
 6= 62%
 5= 60%

