

# SOARS LESSON PLAN

(9:16 – 10:00)

## Lesson Plan 4- Self Esteem Self Confidence

### Introduction/Ice Breaker-

- Watch Video Link on your smart board <http://www.youtube.com/watch?v=qR3rK0kZFkg>
- Tell the students that you are talking about self image or self confidence for the day.
  - o Ask the students if they wake up every morning and feel the way this girl feels about her life?

Lesson – Make a copy of this paper from <http://us.reachout.com/facts/factsheet/self-esteem> (You can use this as a reference)

- After the students have watched the video have them get into a group and ask following questions below as they relate to the worksheet. Feel free to give them any thought and perspective that you have experienced in your life. We all have issues. Relate to the students.

#### **This should be a group discussion.**

- o What is self esteem/self confidence?
- o How can your self esteem affect your life?
  - The way you feel
  - Your Relationships
  - Your willingness to move out of your comfort zone
- o How can we build our self esteem.
  - Accept yourself
  - Avoid Labeling yourself
  - Recognize your strengths and weaknesses
  - Set Goals
  - Be Objective about situations
  - Avoid Comparisons
  - Communicate
- o How can we build on others self esteem?
- Journal Assignment: When finished with the video have the students set one goal they will choose for themselves in building their own self esteem. Also have them set a goal in how they can develop others self esteem. Encourage them to try it.

### Closure –

- If you there is time have the students watch this silly video dealing with self image. It last about 10 minutes. <http://www.youtube.com/watch?v=kftoRKCrY7g>

