

What Is Self-Esteem?

Preinstructional Planning

OBJECTIVES

Students will:

- Define "self-esteem"
 - Self-assess how they feel about their self-esteem
 - Record strategies to protect and reinforce self-esteem
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MATERIALS

- Journal notebooks or writing paper
- Pencils
- Dictionaries

During Instruction

LESSON DIRECTIONS

Step 1: Divide students into pairs or groups of 3–4 students.

Step 2: Tell students that they will be learning about self-esteem. You want them to research the term "self-esteem" and write down a definition that everyone in the group agrees with. It needs to be clear and understandable. Students may use dictionaries, but the definition must be written in their own words.

Step 3: When all groups have finished their definitions, ask groups to read their definitions aloud to the class. Make sure everyone has a clear understanding of the meaning of "self-esteem."

Step 4: Ask students to quietly reflect on their own self-esteem. They can write in a paragraph, free-write, or list format. If desired, ask students to assess their own self-esteem using a scale of 1-10.

Step 5: When students have had sufficient time to write, have students return to their small groups. Ask the groups to make a list of reasons why a teenager might have low self-esteem and what things could be done to enhance self-esteem.

Step 6: After sufficient brainstorming time, ask groups to share their ideas with the class.

Step 7: When all groups have had a chance to share, ask students to again reflect on their own self-esteem. If desired, have students reassess their own self-esteem using a scale of 1-10.

Step 8: Assign the following for homework:

Watch a television program or movie or read a book and write about one of the characters. Did this character have high or low self-esteem? How did you know? Give some examples of how this

character's self-esteem showed up in their personal choices and behavior.

LESSON EXTENSIONS

Discuss with students that they can build their self-esteem by helping others. For example, students can tutor a younger child, help coach an elementary sports team, or help at a local Boys/Girls Club.

HOME CONNECTIONS

Have students ask their family members, neighbors, friends, etc. how to improve one's self-esteem. They can report ideas back to the class.

ASSIGNMENTS

- Define "self-esteem"
- Brainstorm things that affect self-esteem, both negatively and positively
- Reflect on their own self-esteem
- Evaluate and write about a fictional character's self-esteem

Post Instructional

EVALUATION

Did students fully understand the meaning of self-esteem?

Lesson Plan Provided By

<https://www.scholastic.com/teachers/lesson-plans/teaching-content/what-self-esteem/>