

# Lesson plan

- Starter: Write 3 positive things about yourself (2 minutes)
- Discussion: Why is important to explore self-esteem? (5 minutes)
- Discussion: What can influence our self-esteem? (5 minutes)
- Discussion (pair work?): What can we do to help improve the way we feel about...(10 minutes)
- Read: Advice on building up self-esteem (5 minutes)
- Images: What are they suggesting (5 minutes)
- Discussion: What can you do to build up other people's self-esteem? (5 minutes)
- Plenary: Write 3 positive things about your neighbour and share (3 minutes)

**Starter: Write 3 positive things about yourself**

**Feedback on starter activity:**

**Did you find it easy to do? Why?**

# Self-esteem



Learning objectives:

- To explore what self-esteem is.
- To consider what influences our self-esteem.
- To consider ways to build up our own self-esteem
- To consider ways to build up other people's self-esteem.

*Discuss:*

Why is important to explore self-esteem?



# Why is important to explore self-esteem?

- To have a more positive self-awareness
- To see yourself honestly and to like or at least accept yourself
- To remove the internal barriers that keep you from doing your best

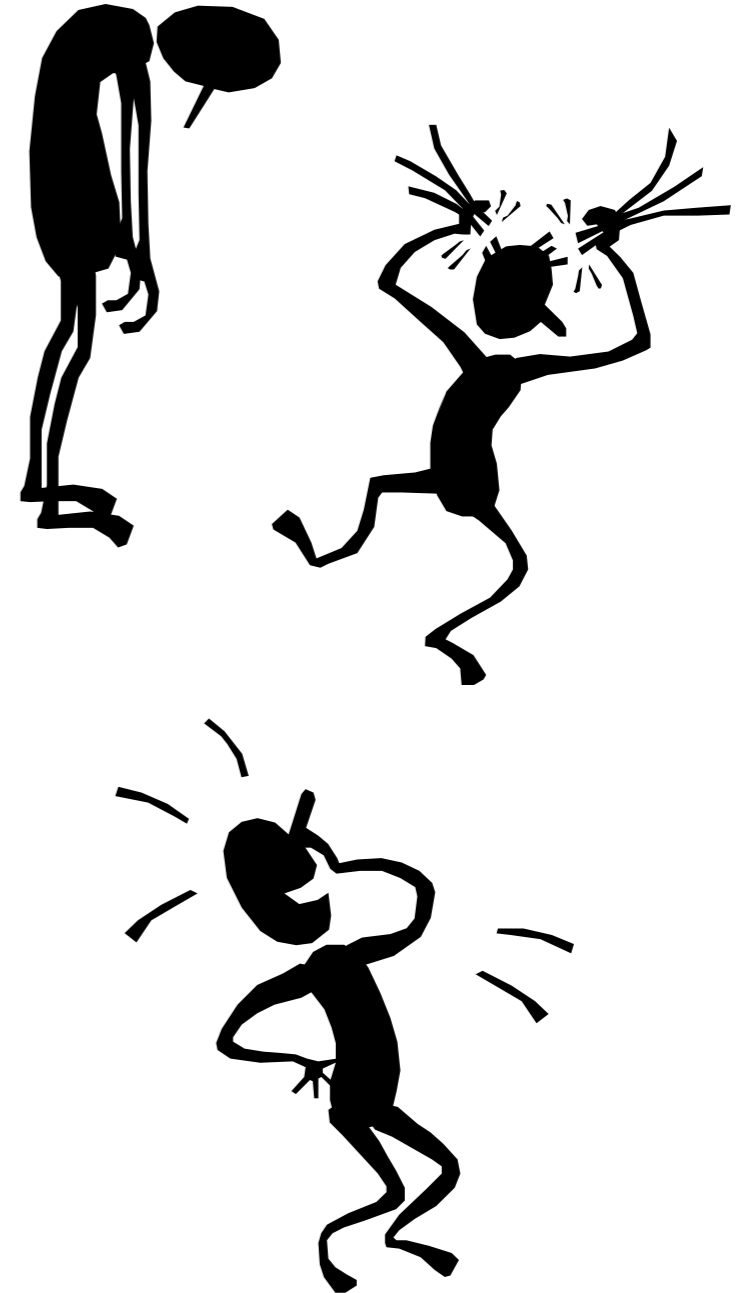
## *Discuss:*

What's the difference between high and low self-esteem?

High self-esteem	Low self-esteem
Feeling <b>POSITIVELY</b> about yourself, your actions and your future	Feeling <b>NEGATIVELY</b> about yourself, your actions and your future

## *Discuss:*

- The way you THINK and FEEL about yourself can change from moment to moment.
- Why might this be?



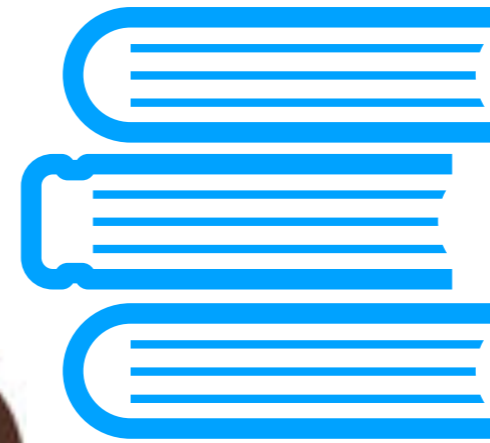


*Discuss:*

What can influence  
our self-esteem?

*Discuss:*

# What can influence our self-esteem?



*Discuss:*

**What can we do to help  
improve the way we feel...**

about friendships?

*Discuss:*

**What can we do to help  
improve the way we feel...**  
about school work?

*Discuss:*

**What can we do to help  
improve the way we feel...**

about the way we look?

*Discuss:*

**What can we do to help  
improve the way we feel...**

about...

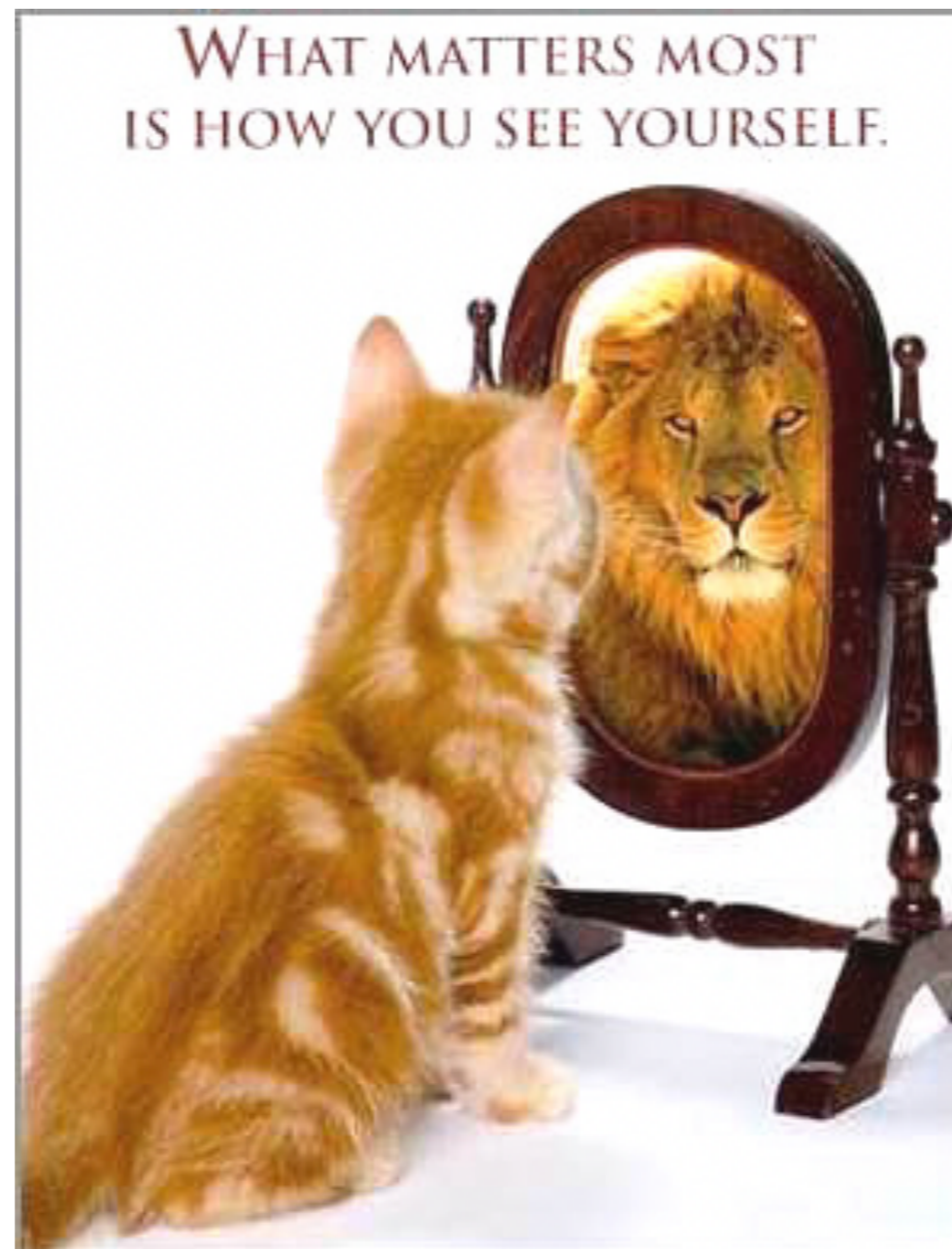


# Building up self-esteem

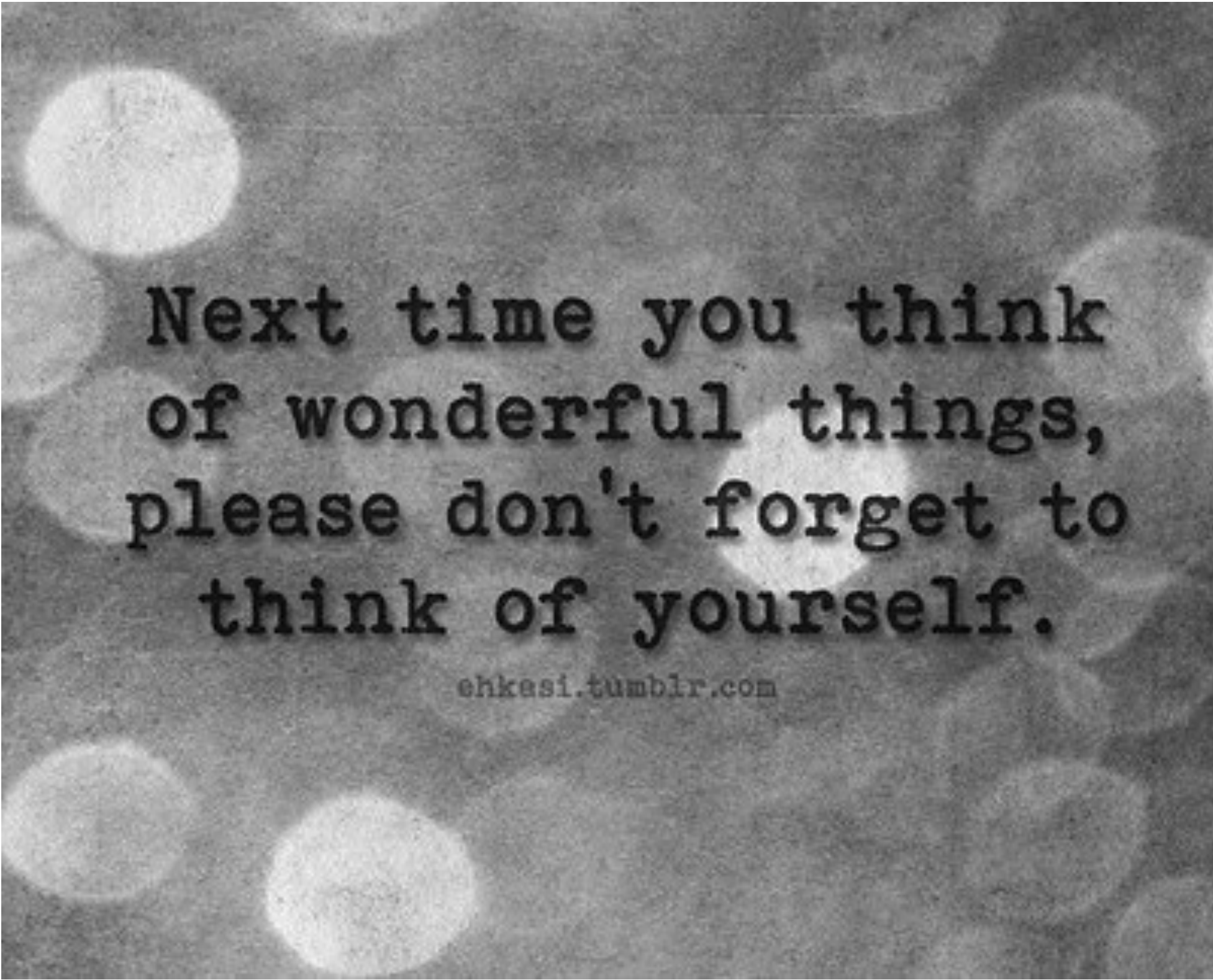
- ★ Do more of the things that you enjoy doing. Do at least one thing that you enjoy every day, and remind yourself that you deserve it.
- ★ Look after your health - eat properly, exercise and sleep.
- ★ Think positively about yourself. Remind yourself that you are a unique, special, and valuable person, and that you deserve to feel good about yourself.
- ★ Set yourself realistic goals which you can achieve
- ★ Speak to someone you trust



What do you think this image is trying to suggest?

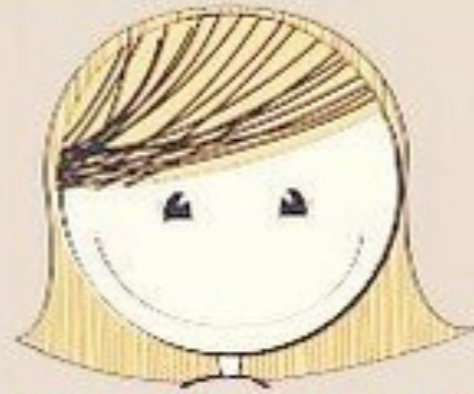






Next time you think  
of wonderful things,  
please don't forget to  
think of yourself.

[ehkasi.tumblr.com](http://ehkasi.tumblr.com)



BE YOURSELF  
ACCEPT YOURSELF  
VALUE YOURSELF  
FORGIVE YOURSELF  
BLESS YOURSELF  
EXPRESS YOURSELF  
TRUST YOURSELF  
LOVE YOURSELF  
EMPOWER YOURSELF

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*Discuss:*



What can you do to build up other people's self-esteem?

**Plenary: Write 3 positive  
things about your  
neighbour**