



Educator guide: Just be you lesson

Recommended for grades:

5th grade

Time:

8 minutes

National Health Education Standards:

This lesson aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Identify at least two things you can do every day to stay mentally healthy.
2. List at least two things they can do to build their self-esteem.

Lesson description:

In this lesson students will learn the benefits of having positive self-esteem and ways they can build their self-esteem. They will learn to celebrate what makes each of us unique. There is a worksheet that students can complete as they go through the lesson.



Pre and post-test question:

Use the following question with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choice is bolded.

1. Which of these is a way to build self-esteem? Choose three answers that apply.
 - a. Set goals.**
 - b. Put others down.
 - c. Make a list of what you're good at.**
 - d. Help out where you can.**
 - e. Don't try new things.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Just be you lesson. You may choose to use this list in any way that fits your needs.

- Self-esteem - confidence in your own self-worth, or abilities
- Unique - being one of a kind, unlike anything or anyone else

Just be you lesson worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Just be you lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. What are three things that are true about someone with healthy self-esteem?

a. _____

b. _____

c. _____

2. List two ways having healthy, or positive, self-esteem can help you.

a. _____

b. _____

3. List two things you can do to build your self-esteem.

a. _____

b. _____

4. What makes you unique?

Just be you lesson worksheet answer key

1. What are three things that are true about someone with healthy self-esteem?

Answers may vary, and could include any of the following: they feel proud of what they can do, they see good things about themselves, they believe in themselves, they feel liked and accepted, they accept themselves, they ask for help when needed

2. List two ways having healthy, or positive, self-esteem can help you.

Answers will vary, and could include any of the following: it gives you the courage to try new things or make new friends, it helps you when things don't go your way, it can help you accept mistakes, it helps you not get too upset with yourself over mistakes, etc.

3. List two things you can do to build your self-esteem.

Answers will vary, and could include any of the following: make a list of things you're good at; try turning "I can't" into "I can"; spend time with people who love you, and do things you enjoy with them; help out where you can; set goals and work towards them

4. What makes you unique?

Answers will vary.

Supplemental activity: Celebrating you

Objectives:

After completing this activity students will be able to:

- List at least two things about themselves that makes them unique.
- List at least two things they can do to build their self-esteem.

Materials needed:

- Chalkboard or whiteboard for brainstorming
- Project materials will vary per student, depending on their project choice

Time required:

45 minutes

Instructions:

Take a few minutes to review with students different things they can do to build healthy self-esteem. These could include, but are not limited to:

- Making a list of things you're good at
- Turning "I can't" into "I can"
- Spending time with people who love you and doing things you enjoy with them
- Helping out when and where you can
- Setting goals

Have students take some time to think about their own strengths, what they like about themselves, and what they feel makes them unique. Their assignment will be to highlight those things about themselves in a creative way. They could choose to make a poster, draw a picture, film a short video, write a story or poem, etc. Encourage them to be creative! Whatever they choose to create should be a reflection of themselves.

If time allows, have students who are willing to share their project with the class do so. Or, set up a display area in the classroom for students to share their creative pieces with their classmates.



Transcript

Slide 1

Quinn: One of the qualities of a good friend is that they accept you for who you are. And hopefully, each of you accepts yourself for who you are, too! This week in class you're going to be learning about self-esteem and what makes each of us unique.

Devonte: To kick off the week, we asked a few students to send us a short video of what they think makes them unique. Check out some of the awesome videos we received!

Video clips of students sharing why they are unique.

Quinn: I love it! I think everyone's homework for tonight should be to think about what makes you unique! We'll be back in the classrooms this week to talk about self-esteem and feeling good about the things that make you who you are.

Devonte: That's right! Hope to see some of you in class this week. And let's all make it a great day!

Slide 2

In today's lesson, we're going to talk about self-esteem. Basically, that means feeling good about yourself and being proud of who you are.

But before we get too far, make sure you open the worksheet and either save it or print it. Complete this worksheet as you move through this lesson.

Slide 3

Having positive self-esteem means that you mostly feel good about yourself. That might not be true 100% of the time, but it holds true most of the time. People with healthy self-esteem feel proud of what they can do and see the good things about themselves. They believe in themselves, even when they don't do well at first. They generally feel liked and accepted for who they are, and most importantly, they accept themselves, even when they make mistakes, because they understand that making mistakes is ok. They also ask for help when they need it.

Slide 4

Having healthy or positive self-esteem can help you in lots of ways. It gives you the courage to try new things, or to make new friends. Self-esteem helps you when things don't go your way. It can help you accept mistakes, too. If you miss a basket in a game, or you don't do so great on a project at school, you don't get too upset with yourself. You simply try again. You find a way to do better.



Slide 5

There are some things you can do to build healthier self-esteem. Click on each of my friends to hear their suggestions.

Devonte: Spend time with people who love you and do things you enjoy with them. It helps you realize that you belong. And that builds self-esteem. I love spending time with my grandparents because they always make me feel like I belong.

Zoe: I love journaling so this one was fun for me to do! Make a list of all the things you're good at. Can you draw or sing? Are you a good reader? Are you good at sports? Do you tell a good joke? If you're having trouble with your list, ask a family member or a friend to help you with it.

Miguel: Try turning "I can't" into "I can!" Does the little voice in your head tell you "I'm no good at this" or "I can't do it"? Or "It's too hard for me"? If so, decide to change your thinking. Instead, tell yourself "I can give it a try," or, "I'll give it my best." I'm learning how to skateboard and man, it's not easy! But the more I practice and tell myself I can do it, the better I get!

Those are some great ways to build your self-esteem! One thing I like to do to build my self-esteem is to help out where I can. I always try to help out at home because I know my parents are really busy. And I like to help my soccer teammates too.

Slide 6

Each of us is unique, and that's a good thing. Life would be pretty boring if we were all exactly the same. Remember to spend some time to think about what makes you unique. Do you speak another language? Do you have a special talent? Do you have a unique interest? What's your family's story? Be proud of what makes you, you!

Slide 7

Devonte: You know, I used to worry a lot about what my friends thought about me, but not anymore! I like the things that make me who I am and I'm proud to be me!

Quinn: Me too! I hope everyone takes some time to think about what makes them unique. And we all need to make sure we're hanging out with friends that make us feel good about ourselves!

Devonte: Alright. We better get going. We'll see everyone later!



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