

Fifth Grade: Session #1

Self-Esteem

Objective: Students will define self-esteem and identify its benefits. Students will also practice identifying positive responses to negative situations as a way of reinforcing healthy self-esteem.

Rationale: Having healthy self-esteem helps with building healthy relationships, developing resiliency and respect for self as well as others. Children are often easily discouraged by failures or when things don't turn out like they want. This lesson seeks to assist children in identifying responses to those situations that develop and reinforce healthy self-esteem.

Standards of Learning:¹

1. Knowledge and Skills: The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts include:
5.2f: the importance of developing and maintaining a positive self-image

Supplies Needed: poster boards, tape, dollar bill, shoe box, "I Can't Funeral", speaking parts, blank paper

Introduction: Introduce yourself and tell the students that you are from the Family Resource Center. Explain that the Family Resource Center is a place that helps people who have been abused. Abuse is when someone hurts another person on purpose. Identify different ways that someone can be abusive (hitting someone, name calling, etc.) We also get to talk to students in schools. Today we will be talking about self-esteem.

Pre-Test: What is self-esteem?

¹ www.pen.k12.va.us/VDOE/Instruction/healthsol.pdf

Self Esteem Lesson Plans 5th Grade

S Ashworth



Self Esteem Lesson Plans 5th Grade:

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