

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

AN Whitehead



Self Esteem Lesson Plans 5th Grade:

The Enigmatic Realm of **Self Esteem Lesson Plans 5th Grade**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Self Esteem Lesson Plans 5th Grade** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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