



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
www.cdc.gov/healthyschools/sher/standards/index.htm

You can't touch it, but it affects how you feel. You can't see it, but it's there when you look in the mirror. You can't hear it, but it's there every time you talk about yourself. What is it? It's your self-esteem. These activities will help your students understand the importance of healthy self-esteem, and learn ways to improve their self-esteem.

Related KidsHealth Links

Articles for Kids:

The Story on Self-Esteem

KidsHealth.org/en/kids/self-esteem.html

How Can I Feel Better About My Body?

KidsHealth.org/en/kids/feel-better-about-body.html

Shyness

KidsHealth.org/en/kids/shy.html

The Scoop on Gossip

KidsHealth.org/en/kids/gossip.html

How Cliques Make Kids Feel Left Out

KidsHealth.org/en/kids/cliq.html

Articles for Teens:

Self-Esteem

TeensHealth.org/en/teens/about-self-esteem.html

How's Your Self-Esteem? (Quiz)

TeensHealth.org/en/teens/self-esteem-quiz.html

How Can I Improve My Self-Esteem?

TeensHealth.org/en/teens/self-esteem.html

Body Image and Self-Esteem

TeensHealth.org/en/teens/body-image.html

A Guys Guide to Body Image

TeensHealth.org/en/teens/male-bodyimage.html

Help! Is This My Body?

TeensHealth.org/en/teens/help-body.html

Be Your Best Self minisite

TeensHealth.org/en/teens/center/best-self-center.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Where does self-esteem come from? Name some situations in which self-esteem can be built up or broken down.
2. Does having good self-esteem mean that you think you're perfect?
3. Has a friend ever said something to you about how you looked that hurt your feelings? Is a parent super-critical of your grades? Discuss how friends and family can influence a person's self-esteem.



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Self-Esteem Makeover

Objectives:

Students will:

- Recognize signs of low self-esteem
- Identify ways to improve self-esteem

Materials:

- Computer with Internet access
- "Self-Esteem Makeover" handout or plain paper

Class Time:

45 minutes

Activity:

Today, we're going to be self-esteem makeover artists. So look for a character in a book, TV show, movie, or even a well-known person in real life, who seems to have low self-esteem. Using the "Self-Esteem Makeover" handout, describe the "before" self-esteem of your character. What about this person makes you think he or she has low self-esteem? Then, using the KidsHealth.org articles for guidance, create a plan to improve your character's self-esteem. Describe in detail two or three things your character could do to boost his or her self-esteem. Finally, describe the character's "after" self-esteem. Has the character's life changed now that he or she has better self-esteem?

Extensions:

1. What if your character doesn't want a self-esteem makeover? With a classmate, role-play a conversation in which you convince your character of the importance of healthy self-esteem. In your discussion, include at least three reasons why building self-esteem is worthwhile.
2. Now that you're an expert on the self-esteem makeover, develop a personal plan for improving your own self-esteem! First, assess the strength of your self-esteem. Then, generate at least two strategies you could use to boost your own self-esteem.



Smile and Say Self-Esteem!

Objectives:

Students will:

- Recognize signs of healthy self-esteem
- Understand the importance of healthy self-esteem

Materials:

- Computer with Internet access
- Camera
- Plain paper
- Art supplies (colored pencils, markers)
- Glue

Class Time:

90 minutes, outside class, over a few days

Activity:

People talk about the importance of good self-esteem, but what does that actually look like? Get behind a camera to find out! First, read some KidsHealth.org articles about self-esteem. Next, take pictures of good self-esteem in action - at home, at school, in your neighborhood, wherever! Collect the pictures in a photo essay, in which you write about why you think each picture reflects good self-esteem and how the people in the pictures are influenced by their self-esteem.

Extension:

Take a selfie, or ask someone to take a picture of you, showing your self-esteem in action.

Reproducible Materials

Handout: Self-Esteem

KidsHealth.org/classroom/6to8/personal/growing/selfesteem_handout1.pdf



Name:

Date:

Self-Esteem Makeover

Instructions: Choose a character in a book, TV show, movie, or even a well-known person in real life, who seems to have low self-esteem. Then describe the “before” self-esteem of your character. Using the KidsHealth.org articles for guidance, create a plan to improve your character’s self-esteem. Describe two or three things your character could do to boost his or her self-esteem. Finally, describe the character’s “after” self-esteem. Has the character’s life changed now that he or she has better self-esteem?

1 Before

Describe your character's self-esteem **before** the makeover.

2 MAKEOVER PLAN

Describe your plan for boosting your character's self-esteem.

3 After

Describe your character's self-esteem **after** the makeover.