# Lesson 62

Positive Self-Esteem (2) Maintaining



## **Key Skills**

Being Literate, Managing Myself, Staying Well, Managing Information & Thinking, Working With Others, Communicating

## **Statements of Learning**

1, 3, 5, 11

# **Lesson Introduction**



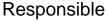
### **Learning Goals**

At the conclusion of this lesson, I will be able to;

- Recall what self-esteem is and recall factors which influence self-esteem.
- Recall why positive self-esteem is important and recall ways in which I can build positive selfesteem.
- Identify realistic actions which will maintain positive self-esteem.

## **Wellbeing Indicators**







Resilient



Respected



Aware



Connected

# **Discussion**



What? What is self-esteem?

• When? When can your self-esteem be affected? Positively and negatively?

How? How can you build positive self-esteem?

Why? Why is positive self-esteem important?

Who? Who in your life contributes to your positive self-esteem?



# Quotation



"Be kind towards others;

When you are kinder towards others you tend to treat and think of yourself in a kinder way too."

Unknown



## Diamond 9



List 9 actions by which you can maintain positive self-esteem.

Then, using the 'Diamond 9' worksheet, you must prioritise these actions. The most important action to maintaining positive self-esteem is placed towards the top of the 'diamond' and the least important action to maintaining positive self-esteem towards the bottom. Actions of equal importance are placed on the same row.



# **Journal Activity**



Complete the Journal Activity (A) on page 132 in your Student Journal.



# **Student Feedback**







# **Journal Activity**



Complete the Journal Activity (B) on pages 132 and 133 in your Student Journal.



# **Lesson Review**



## **Learning Goals**



At the conclusion of this lesson, I will be able to;

- Recall what self-esteem is and recall factors which influence self-esteem.
- Recall why positive self-esteem is important and recall ways in which I can build positive selfesteem.
- Identify realistic actions which will maintain positive self-esteem.

3, 2,

Three things I learned today.

**Two** things I will change or improve.

**One** thing I want to know more about.

# **Lesson Review**



### **Traffic Lights**

Colour the traffic light which best represents your understanding of today's lesson

### Red

I don't understand at all and need help.

#### **Orange**

I need some support and don't fully understand some aspects of what we learned today.

#### Green

I am happy that I understand this lesson very well.

## **Indicators of Wellbeing**

Tick the appropriate Indicators of Wellbeing you identified in today's lesson







Active



Resilient



Respected



Aware