

Lesson 62

Positive Self-Esteem (2) Maintaining



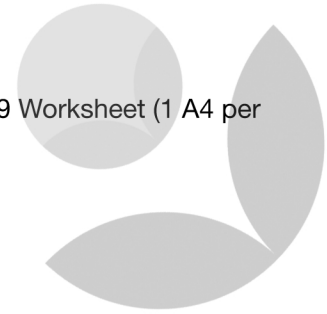
Learning Goals

At the conclusion of this activity, participants 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 you can build positive self-esteem.
- Identify realistic actions which will maintain positive self-esteem.

Resources Needed for This Lesson

- Lesson PowerPoint
- Student Journal
- Lesson 62 Diamond 9 Worksheet (1 A4 per student)



Introduction

This lesson further explores the importance of positive self-esteem. Students will recall information from the previous lesson (Lesson 61). They will focus on maintaining their own positive self-esteem through planning actions which they can realistically carry out on a regular basis.

Slide No. & Content

- SLIDE NO. 1 - Introduction.
- SLIDE NO. 2 - Learning Goals and Wellbeing Indicators identified.
- SLIDE NO. 3 - Recall information from the previous lesson through class discussion - What? When? How? Why? Who?
- SLIDE NO. 4 - Discuss the quote, focusing on 'Treat and think of yourself in a kinder way too'. In the last lesson students gave positive compliments to their peers. Now encourage them to focus on their own positive self-esteem and maintaining this through realistic actions which they can carry out on a regular basis.
- SLIDE NO. 5 - Explain 'Diamond 9' activity. Go through the explanation, allowing time for questions/clarifications.
- SLIDE NO. 6 - Journal Activity: Students complete Journal Activity (A) on page 132 in their Student Journal. Allow students to work in silence.
- SLIDE NO. 7 - Student feedback. Gather feedback from students.
- SLIDE NO. 8 - Journal Activity: Students complete Journal Activity (B) on pages 132 & 133 in their Student Journal. Allow students to work in silence and then discuss their answers. Alternatively, this may be completed for homework.
- SLIDE NO. 9 - Review of Learning Goals
- SLIDE NO. 10 - Traffic Lights & Wellbeing Indicators.

Lesson Review

- Ask the student to identify what they have learned using the 3-2-1 active learning method.
- Students will then reflect on their understanding of what they learned using the traffic light system.
- Finally, students should reflect on which of the 6 indicators of wellbeing they have utilised in this lesson.