

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 self-esteem.
- **Identify** realistic actions which will maintain positive self-esteem.

Wellbeing Indicators



Responsible



Respected



Connected



Resilient



Aware

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?

Nurture
4 Wellbeing



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.

Nurture
4 Wellbeing



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 self-esteem.
- **Identify** realistic actions which will maintain positive self-esteem.

3, 2, 1

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



Responsible



Active



Respected



Connected



Resilient



Aware