;; **Lesson Plan**

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| Lesson Plan for | Building Self-Esteem | (lesson title) |

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| School Counselor: | LeRay Smith |
| Target Audience: | 6th Grade |
| Mindsets & Behaviors: (limit of three) | M1 Belief in the development of the whole self, including a healthy balance of mental, social/emotional and physical well-beingM2 Self-confidence in ability to succeed B-SS2 Create positive and supportive relationships with other studentsB-SS4 Demonstrate EmpathyB-SMS7. Demonstrate effective coping skills when faced with a problem |
| Lesson | 1 | Of | 2 |  |

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| Learning Objective(s)/Competency |
| Students will: | Be able to recognize, accept, respect, and appreciate the differences in others. |
| Students will: | Be able to recognize and value their own unique qualities |
| Materials: |  |
| Lyric sheets, pencil or pen, balloon, sharpies, and Iphones/Ipad |  |
| Evidence Base:  |  |
| * Best Practice
* Action Research
* Research-Informed
* Evidence-Based
 |  |
| Procedure: Describe how you will: |  |
| Introduction: | In my introduction I will introduce self-esteem. I will ask if anyone knows exactly what self-esteem is. I will then proceed to tell them how we’re going to define it for ourselves; with the activities were going to do today. After that I will give them a little entail on how to define self-esteem by reading the book “I'm Gonna LIke Me, Letting Off a Little Self- Esteem” by Jamie Lee Curtis and Laura Cornell. |
| Communicate Lesson Objective: | With reading the book they will get an idea on what self-esteem means. While listening to the music they will be able to choose things that could help them build self-esteem, and be able to create their own definition of the word. Building self esteem is something we can practice everyday, it's in all of us.  |
| Teach Content: | After reading the book, I will ask if they have a better definition of what it means to have self esteem. Also how we can apply it to not only ourselves but other people. Before that I will read the textbook definition of what it really is. I will teach how to build self-esteem in everyday life situations, so we can share it with others.  |
| Practice Content: | I will split the students into four groups of three. There, we will then discuss the lyrics of the songs I have chosen that portray self-esteem. While watching the video and reading the lyrics they will choose certain words or phrases they believe will help them build self-esteem. We then will discuss with the entire class what they pulled from each set of lyrics.Last activity I will have students blow up a small balloon. On the blown up balloon have students write everything they do not like about themselves using Sharpie markers. Then, at the same time, ask students to let go of their balloons. Talk about how they have now let go of all of the negative thoughts they have about themselves which will allow us to focus on the positive feelings we have about ourselves. |
| Summarize: | Again talk about what self-esteem means to them and how they can practice it with themselves and others.  |
| Close: | Again go over what self-esteem means, not only in general but to them. Go over how we can use the tools we talked about in class on how to build self-esteem and use it in everyday life. Explain how everyday will be a battle to look at yourself and say something nice, but it’s worth the fight. Respecting yourself, is just as important as respecting others.  |
| Data Collection Plan – *For multiple lessons in a unit, this section only need be completed once* |  |
| Participation Data:  |  |
| Anticipated number of students: | 10 students |
| Planned length of lesson(s): | 20-30 minutes |
| Mindsets & Behaviors Data: |  |
| * Pre-test administered before first lesson
* **Post-test administered after lesson (if standalone) or after last lesson of unit/group session**
* Pre-/post-assessment attached
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| Outcome Data: (choose one) |
| * Achievement (describe):

After the lesson, students will be able to describe and explain what self-esteem is and how to apply it to their own lives. * Attendance (describe):
* Discipline (describe):
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