



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Self-esteem is the value you put on yourself and how important you feel. It's not about bragging. It's quietly knowing that you're important and talented. Healthy self-esteem gives you the courage to try new things and make good choices. These activities will help students acknowledge their talents and recognize ways that can help them achieve and maintain healthy self-esteem.

Related KidsHealth Links

Articles for Kids:

The Story on Self-Esteem

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

Talking About Your Feelings

KidsHealth.org/en/kids/talk-feelings.html

Shyness

KidsHealth.org/en/kids/shy.html

How Cliques Make Kids Feel Left Out

KidsHealth.org/en/kids/cliq.html

Dealing With Peer Pressure

KidsHealth.org/en/kids/peer-pressure.html

Why Am I So Sad?

KidsHealth.org/en/kids/sadness.html

Discussion Questions

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

1. It's important to feel good about yourself. Some kids feel good when they learn how to do something well, like being able to skate without falling. What kinds of things do you do that make you feel good?
2. How do you feel when people say something nice about you? Does it make you feel happy and important? What kinds of things do they say?
3. What makes you sad? Angry? Proud? Happy? Frustrated? Share a story with the class about a time when you were frustrated because you couldn't do something or get something right. What happened? Were you able to find an answer to your problem? How?



Activities for Students

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

The Garden of Greatness

Objectives:

Students will:

- Recognize their personal talents
- Understand that a healthy self-esteem is a personal feeling of importance and value

Materials:

- Art supplies (pens, markers, crayons)
- Large, traceable circle and other shapes
- Construction paper
- Scissors
- Glue

Class Time:

40 minutes

Activity:

What are you good at doing? Playing a certain game? Making your bed? Making your mom smile? Things that you are good at doing are called your talents. What are your talents? For example, you might be talented in the way you take good care of your pet. Knowing that you have a talent or are good at doing something makes you feel good. That good feeling is part of your self-esteem, or the way you feel about yourself. A talent can make you have such good self-esteem that it can give you courage to try new things and to make good choices.

Make your own personal flower to add to a classroom display called the Garden of Greatness. This display will showcase everyone's talents! Using art and drawing supplies, make a flower that has pictures of you and all of your talents. Trace a large circle on a sheet of construction paper for the head of a flower. Draw and color a picture of you inside the flower and cut it out. Then, draw or trace leaves and petals for the flower. On each leaf and petal, draw and color a talent you have. Cut out those pieces, make a green construction paper stem, and glue all the flower parts together. Finally, attach your flower on a bulletin board to stand with your friends' flowers and talents.

Extensions:

1. Play a guessing game with your friends. On a sheet of paper, write down three clues that tell something special about you and your talents. The teacher will read the clues and students will guess who has those talents.
2. Make a "Marvelous Me" collage to celebrate being you! Look through old magazines and newspapers and cut out pictures and words that describe you. Paste them on a sheet of paper to make a collage.
3. Helping your family, neighbors, and friends makes you feel good about yourself. What kinds of things do you do for them and for your school? Pick up garbage that is blowing across the soccer field? Protect library books by carefully putting them in the return box? Make a class book that shows the neat things everyone does to help out in your class.



Chain of Compliments

Objective:

Students will:

- Recognize how compliments can make a person feel valued

Materials:

- "Chain of Compliments" handout
- Art supplies (pens, markers, crayons)
- Tape or glue

Class Time:

30 minutes

Activity:

How can you be a good friend and classmate? How do you feel when you make someone happy or cheer up someone who's sad? Being helpful and friendly to others can make you feel good. One way that makes everyone feel good is to tell a classmate or friend something nice about him or her. Those nice words are called a compliment.

Make a chain of compliments with your class and get some practice giving and receiving compliments. Read each sentence in the "Chain of Compliments" handout. Each sentence can be a compliment, after you write words and names on the blank spaces to complete the sentence. Fill in the blanks and share your compliments with the class. Be sure to thank the people who compliment you. Then cut out all of the sentences and tape or glue them together in interlocking circles to make a chain.

On the second page of the handout, give yourself some compliments! Write or draw pictures of 5 things you're good at or love to do in the star.

Reproducible Materials

Handout: Chain of Compliments

KidsHealth.org/classroom/prekto2/personal/growing/self_esteem_handout1.pdf



Name:

Date:

Chain of Compliments

Instructions: Read each compliment. Then, fill in the blanks with a name and/or skill to make it a complete sentence. Do you have other compliments you'd like to make? Use the last two blank lines to write your own original compliments. Then, cut along the dotted lines and attach the ends together to make a paper chain.

_____ is very good at _____ .

When I need to _____ , I can ask _____ for help.

_____ is the best at _____ .

_____ makes me happy when _____ .



Name: _____

Date: _____

Instructions: Give yourself some compliments! Write or draw pictures of 5 things you're good at or love to do in the star

