



# LESSON 4

## Self-Esteem Unit Grade 8 • Ages 14-16

### TIME FRAME

Preparation: 10 minutes  
Instruction: 30 minutes  
(multi-day project)

### MATERIALS

Self-Image and Self-Esteem  
Discussion response poster (from Self-  
Image and Self-Esteem Lesson)

Clip: Teen Creates Viral Campaign to  
Stop Cyberbullies (2 min 35 sec): [http://  
usatoday30.usatoday.com/news/  
health/wellness/story/2012-08-17/  
teen-twittercyberbullies/57120166/1](http://usatoday30.usatoday.com/news/health/wellness/story/2012-08-17/teen-twittercyberbullies/57120166/1)

Home Extension Activity:  
Self Esteem – one for each student

[Kindness Concept Posters:](#)  
Assertiveness, Self-Care, Respect,  
Compassion

### LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.  
SL.8.1, 2; CCSS.ELALiteracy.L.8.1;

Colorado: Comprehensive Health S.3,  
GLE.2, EO.a,b; Reading, Writing and  
Communicating S.1, GLE.1, EO.a,b; S.3,  
GLE.1, EO.a.i

SEL: Self-awareness, Social awareness,  
Self-management, Responsible  
decision making

[Learning standards key](#)

## Spreading A Positive Word in the Community

Students will create a campaign to spread  
positivity into the school community.

### Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

Acts of kindness are beneficial to both the recipient and the giver! Performing  
acts of kindness can raise happiness, makes us healthier and connects us to those  
around us.

Huffington Post: 5 Benefits of Kindness: [http://www.huffingtonpost.com/  
david-r-hamilton-phd/kindness-benefits\\_b\\_869537.html](http://www.huffingtonpost.com/david-r-hamilton-phd/kindness-benefits_b_869537.html)

### Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and  
increase understanding.

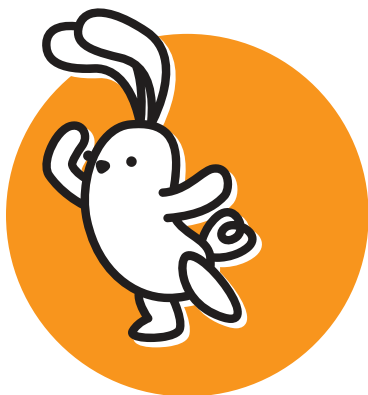
<b>ASSERTIVENESS</b>	Standing up for yourself and what you believe in while being respectful of the rights and beliefs of others.
<b>GRATITUDE</b>	Being thankful for and appreciating what you have and those around you.
<b>SELF-CARE</b>	Caring for yourself mentally, physically, emotionally and socially through your words, actions and thoughts.
<b>RESPECT</b>	Treating people, places, and things with kindness.
<b>SELF-ESTEEM</b>	Overall sense of self-worth or self value.
<b>SELF-COMPASSION</b>	Offering compassion, understanding and kindness to yourself.
<b>SELF-IMAGE</b>	What you think you look like to yourself and others.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



The RAK paradigm is the framework for teaching and building kindness skills.



## TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Being assigned roles to help create the social media project.
- Creating a mock up of the site using chart paper so that students can add information for the site even if they aren't doing the actual computer work.

## Resources

Kindness Campaign Ideas: <https://www.randomactsofkindness.org/kindness-ideas>

30 Days of Kindness ideas: <http://www.pickthebrain.com/blog/30-of-acts-kindness-30-days-growth/>

### Share (3 mins)

Share one item from your How Do You See Yourself sheet from Kindness in Action from Self-Esteem and Self-image lesson or tell the person next to you one of your personal strengths and one thing you want to get better at that you think will help your self-image.

### Inspire

#### Video Clip & Discussion (5 mins)

*A high school student in Minnesota decided that he wanted to help others feel good about themselves, and so he created a Twitter campaign at his high school. Let's watch what this young man did.*

Show the clip: Teen Creates Viral Campaign to Stop Cyberbullies (2 min 35 sec): <http://usatoday30.usatoday.com/news/health/wellness/story/2012-08-17/teentwitter-cyberbullies/57120166/1>

### Empower

#### Spreading Positivity Campaign (10-40 mins)

Then ask the following questions:

- What do you think about his Twitter campaign?
- Do you think this kind of attitude could help people develop a stronger self-esteem?
- Do you think it could make a difference in your school culture?

Using the responses written on the poster in the Self-Image and Self-Esteem Discussion, have students figure out as a class ways that they could help others develop a healthier self-image and build each other up using social media such as Twitter, Tumblr or Facebook. Students could also create a classroom blog and select quotes or statements to post on the blog to encourage others to celebrate and appreciate their strengths. Responses could become the focus of class discussion.

There are many great websites for quotes: [brainyquote.com](http://brainyquote.com); [thinkexist.com](http://thinkexist.com); [goodreads.com](http://goodreads.com); [randomactsofkindness.org](http://randomactsofkindness.org); [values.com](http://values.com).

Allow students to create this campaign and make it as simple or as complex as they want.

### Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

#### Evaluation Questions

- What was the kind act that the boy in Minnesota did? Why did he do it?
- How can we spread positivity?
- Who did we want to impact with our campaign?

#### Reflection Questions

- How does it feel to do a campaign to help others?
- What kinds of things do you think people need to learn in order to have higher self-esteem?
- Do you think it's possible to affect someone else's self image or self esteem or does it come from within that person?

#### Summary

*Positivity is contagious! The more kindness and positive messages we put out there, the more "normal" they become and start to create a positive feedback loop. We all have the power to do that, not only on a school level, but in our own lives with the people around us and even ourselves!*



### Act (2 mins)

#### Kindness Minute

*Perform an act of kindness to the earth. Conserving energy is often easier than we think. If the classroom is too cold, put some old towels or sweaters at the bottoms of the windows to stop the draft or seal the windows with some clear plastic and tape or just bring an extra sweater instead of turning up the heat. If the room is too hot, turn off the lights, close the blinds part way to keep out the direct sun and open windows or doors to create a draft.*

#### Kindness in Action

Complete the Self-Esteem Home Extension Activity



# Home Extension Activity

NAME

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PLEASE RETURN BY

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## Background

As part of the Random Acts of Kindness program, we have been discussing the importance of having a positive self-image. We discussed the following ways to develop self-esteem:

- Think positive thoughts
- Try to do something well rather than be perfect
- View mistakes as learning opportunities
- Try new things
- Recognize what you can change and what you can't
- Set goals
- Take pride in your opinions and ideas
- Exercise
- Have fun
- Be grateful.

## Vocabulary Words

**ASSERTIVENESS** Standing up for yourself and what you believe in while being respectful of the rights and beliefs of others.

**GRATITUDE** Being thankful for and appreciating what you have and those around you.

**SELF-CARE** Caring for yourself mentally, physically, emotionally and socially through your words, actions and thoughts.

**RESPECT** Treating people, places, and things with kindness.

**COMPASSION** Being aware when others are sick, sad, or hurt and wanting to help.

## HOME ACTIVITY

Ask your student what he or she has been learning and then discuss the following questions. Write or have your student write responses on the back of the sheet and return by the above date:

What are some techniques that you think would be helpful for developing self-esteem?

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How can we work to build each other's self esteem?

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