

SUBJECT AREAS:

Social sciences

ACTIVITY DESCRIPTION:

Counseling and personal development.

OBJECTIVES:

- To reflect on the attitudes they have towards their own person
- Name the emotions and thoughts that people can have towards their own person
- To understand what self-esteem is and its effects on lifestyle
- To analyze the relationship between self-esteem and personal results
- To identify the traits they appreciate in themselves and colleagues

MATERIALS:

Worksheets, images, video projector

GRADE/LEVEL:

Upper Elementary School (12-14)

DURATION:

Preparation time: 20 min.

Activity time: 50 min.

PLACE:

Classroom/online

AUTOR:

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Who am I?

INTRODUCTION:

Develop a creative introduction to the topic to stimulate interest and encourage thinking. You can use a variety of approaches to engage students (e.g., personal anecdote, historical event, thought-provoking dilemma, real-world example, short video clip, practical application, probing question, etc.).

Stimulate interest:

The teacher writes three sentence starters on the board, like this:

I can...

I know...

I like...

and invites the students who wish to complete the sentences.

BACKGROUND:

In this part, we connect the previous knowledge with what they need to understand and what they have gained. That's why we carefully include important information about the topic that students will have to master. The teacher checks if the students have made the photo album, requested last time, invites those who wish to talk about the correspondence they have identified between personal values and those of the family.

Will be describe the topic you will cover during the lesson in order to attract attention and motivate students to pay attention and learn about what you plan to teach. The teacher tells the students that in this study hour:

- they will reflect on the attitude they have towards themselves
- they will analyze different types of emotions and thoughts that people can have towards their own person
- they will learn about self - esteem and its effects on lifestyle
- they will learn to identify traits they appreciate in themselves and in their colleagues.

Procedure:

Outline:

Optimal presentation of content

The teacher - talks to students about the importance of being aware of their attitude and invites them to reflect on the way they perceive themselves -gives them examples of emotions and thoughts that people can have towards their own person - explains to them what self-esteem is and talks about how it can influence lifestyle

Instruction: Conducting learning

The teacher asks the students to sit in a circle. Each student will tell the colleague on his right what things he admires about him. Everyone will start the sentence like this:

-I appreciate the fact that...

The teacher gives the students a list of jumbled words and asks them to arrange them, so that they get the definition of self-esteem. Then he asks the students to make a table in which they list the effects that it produces on their behavior, high self-esteem, respectively low self-esteem.

Collaborative Process: The reverse connection (feedback)

The teacher invites students to see examples from their lives in which:

- they had an attitude characterized by self-confidence and
- they had an attitude characterized by self-doubt and asked them to say how they think the results they had were influenced by the two types of attitudes.

Formative Assessment: Assessment

The teacher asks the students to watch the video "Golden Duckling" and then draw the main conclusions. The teacher check if they understood with a few questions for continuously monitoring;

Guided Practice

The teacher asks the students to complete the "Self-Esteem" worksheet, and those who wish to share with their classmates what they have noted.

Independent Practice:

The teacher asks the students to write a journal page in which they tell what they have learned about themselves, what they like most about themselves and how they would like to change the things they like least.

FUN FACTS:

Some facts about self-esteem:

- *Self-esteem is your subjective sense of overall personal worth or value. Similar to self-respect, it describes your level of confidence in your abilities and attributes. Having healthy self-esteem can influence your motivation, your mental well-being, and your overall quality of life*
- *Healthy self-esteem contributes to feelings of worth and security. If you have healthy self-esteem, you are more likely to have positive relationships with others. Your confidence enables you to do your best at school.*

ASSESSMENT:

List or describe ways that you will check for understanding. Assessment and ongoing feedback are necessary for monitoring progress. In this part the teacher ask the students to use reflection writing, in order to measure how well your students learned a lesson's material based on the way you presented information. They will write the positive emotions and negative emotions that people have towards their own person, the traits, the connection between self-esteem and personal lifestyle, as well as mental well-being.

EVALUATION:

An evaluation will be conducted based on reflection writing carried out by each student. Also using observation, the teacher will analyze the receptivity to the task, the answers provided, and whether the student can create connections between the terms studied: self-esteem, personal results, traits attitudes and well-being.