

UNDERSTANDING SELF-ESTEEM



Grade 5 Understanding Self-Esteem Career Education & Health and Physical Education

Purpose of the Lesson:

How we see ourselves can greatly impact our mental health. Self-esteem is defined as how much you appreciate and like yourself regardless of the circumstances ([VeryWell Mind](#)). When our self-esteem is high, our mental health tends to be better overall. When our self-esteem is low, our mood and our mental wellness can be negatively impacted. Through this lesson, your students will learn what self-esteem is and how our self-esteem can impact our mental wellbeing. They will do some goal setting and planning in order to support their self-esteem.

Curriculum Competencies:

Career Education

- Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time.
- Recognize the need for others who can support their learning and personal growth.
- Demonstrate respect for differences in the classroom.
- Use innovative thinking when solving problems.
- Set realistic short- and longer-term learning goals, define a path, and monitor progress
- Make connections between effective work habits and success.
- Appreciate the influence of peer relationships, family, and community on personal choices and goals.

Health and Physical Education

- Describe and assess strategies for promoting mental well-being, for self and others.
- Describe and assess strategies for managing problems related to mental well-being and substance use, for others.
- Explore and describe how personal identities adapt and change in different settings and situations.

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First Peoples Principles of Learning:

- Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, reciprocal relationships, and a sense of place).
- Learning involves recognizing the consequences of one's actions.

Video

[Self-Esteem: How To Feel Awesome About Being You - Rocketkids](#)

Guiding Questions:

- How do you feel when your self-esteem is high?
- How do you feel when your self-esteem is low?
- What things do you do to improve your self-esteem?

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Step-by-Step Lesson Plan

Preparation: Queue up video/set up projector

1. Have the students watch the video “Self-Esteem: How To Feel Awesome About Being You” This can be found [HERE](#).

2. Pause the video and use the Guiding Questions to spark discussion.

3. Share this definition of self-esteem with your students: “Self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances. Your self-esteem is defined by many factors including:

- Self-confidence
- A feeling of security
- Identity
- Sense of belonging
- Feelings of competence ([VeryWell Mind](#))

4. Discuss how self-esteem connects to mental health. From the discussion sparked through the guiding questions, you will have already loosely made this connection with your students. Ground this concept more by explaining that how we see ourselves can contribute to our mental state in a significant way. Feelings of low self-confidence, low self-worth and incompetence have a negative impact on our mental health.

5. Ask your students to reflect on times when this has been true for them. Have your students take out a piece of paper and write down a time when they have felt like they were bad at something or that they failed at something. Once they have written this experience down, have them reflect on how they felt surrounding this experience. If they feel comfortable sharing these feelings and experiences with the class, you can prompt them to do so by asking them to raise their hands to share. If this feels too personal for your students, let this be a time of individual reflection.

6. Explain the curriculum connections to your students. Share with your students that they are going to do some goal-setting and planning for things they can do to improve their self-esteem if it feels low. Doing this exercise will provide them with strategies ahead of time so when feelings of low-self esteem arise, they will be better equipped to cope. They will use the format found on the next page to do some self-esteem goal setting (adapted from [HERE](#)):

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Step-by-Step Lesson Plan

Make a list of the stuff you're good at. Write down 5 things you're good at.

Practice the things you do well. How can you do more of these things in your regular schedule to remind yourself of your skills? Write down 5 ways you can do more of what you're good at in your weekly routine.

Turn "I can't" into "I can!" Find ways to shift and reframe your thinking. Write down 5 negative things that you can shift to a positive. For example: "it's too hard for me" becomes "I can give it a try".

Try your best. You can feel good about yourself when you give something a good try. When you try hard, your self-esteem will grow. Write down 5 new things you can try this month.

Spend time with people who love you. Do things you enjoy with your parents/guardians/caregivers or family. It helps you know you belong. And that builds self-esteem. Write down 5 fun activities you can do with your family this month. BONUS if you can include one of the things you're good at or a new thing you want to try!

Pitch in. Do nice things for parents/guardians/caregivers. When you do kind things, you feel good about yourself. You get to see that what you do means a lot. Write down 5 ways you can help your family/caregivers this month.

Accommodations/modifications:

- If students are visually impaired, they can use a speech-to-text function on a computer to document their ideas or you can act as a scribe for them.

7. Have your students share their lists. Sharing their lists with their friends will help to boost their self-esteem, as they will be reflecting on things they excel at! Additionally, sharing their ideas with their peers could help them think of new ideas they hadn't thought of before to add to their lists and goals. They can do this sharing in partners or small groups, depending on what you think would work best for your students.

8. Lesson Closure. Reflect with your students on how their mental health can be improved when they boost their self-esteem in these ways. Get them to think about how they believe doing these things will make them feel.