

Self-Esteem LESSON PLAN



Objective:

To help students understand that self-esteem, like a garden, needs care, attention, and the right environment to thrive.

Procedure:

1. Introduction:

- Begin by asking students what they think self-esteem is. Define it simply: "Self-esteem is how you feel about yourself, your own worth, and the confidence you have in your abilities."

2. Garden Analogy:

- Explain that just like a garden, self-esteem needs tending. You might say:
 - "Self-esteem is like this garden we're about to plant. Just as plants need sunlight, water, and good soil, your self-esteem needs positive thoughts, support from friends and family, and self-care to grow strong."

3. Planting Activity:

- Give each student a pot and some soil. Let them plant their seeds.
 - As they plant, discuss:
 - "Think of this seed as your self-esteem. You're planting it with care and intention."

4. Labeling and Decorating:

- Have students write their names on their pots or decorate them. This personalization helps them feel responsible for their "garden".
 - Discuss how personal touch and uniqueness are important for self-esteem.

5. Care Instructions:

- Provide each student with care instructions for their plant:
 - "Just like this plant, your self-esteem needs daily care. This might be through kind thoughts about yourself, setting small goals and achieving them, or talking positively about yourself."

Materials:

- Pots or small planters
- Seeds (something easy to grow like sunflower, bean, or mustard seeds)
- Soil
- Watering cans or spray bottles
- Markers
- Optional: Decorations for pots

Discussion/Reflection:

- "Insights:" Compare to positive feedback, encouragement, and self-love.
- "Growth:" Use acts of self-care, rest, and healthy activities.
- "Nurturing:" Can be seen as learning new skills, achieving small victories, and receiving support from peers and family.
- Check-ins, as the plants grow, have periodic check-ins:
 - "How is your plant doing? What does it need more of? How can you water this to your self-esteem?"

Notes:

- Conclude with the idea that just as they can see the growth in their plant, they should try to notice and nurture the growth in their self-esteem.
- "Remember, sometimes plants (and our self-esteem) face challenges like pests or lack of water, but with care, they recover and thrive."
- "Like gardening, building self-esteem is an ongoing process. It's okay if you face setbacks; what's important is how you tend to your garden afterwards."

This hands-on approach not only teaches the concept of self-esteem but also involves students in a nurturing activity that can provide ongoing lessons as they watch their plants grow.

Self Esteem Lesson Plans 5th Grade

Daniel Price



Self Esteem Lesson Plans 5th Grade:

K-5 Lesson Plans Daniel Price,2012-05 The Functional Approach to Character Education FACE Anti bullying Curriculum is a K through 5th grade interactive model for alleviating the conditions that often cause students to intimidate other students including lack of respect for another s feelings lack of appreciation for physical behavioral differences and poor self esteem Used by over 10 000 students dating back to 2001 this curriculum is now available via e Book both by individual grade or as a K through 5th grade package Each of the 38 lessons includes a theme classroom activity discussion ideas and takeaway points Initially authored by Dr Daniel Price a licensed clinical psychologist the curriculum has undergone revisions by grade level teachers since 2001 and modified to include activities that are fun and educational at the same time Topics covered include Responsibility Respect Caring Fairness Trustworthiness and Citizenship Resources in Education ,2000-04 **Early Learning Thematic Lesson Plans, Grades PK - 1** Sherrill B. Flora, M.S.,2005-01-02 Includes over 600 activities Reproducibles You & Self-esteem Bettie B. Youngs,1992 A practical workbook that emphasizes the importance of self esteem and how it can be developed and nourished Includes exercises quizzes and questions for thought **Because We Can Change the World** Mara Sapon-Shevin,2010-06-28 The achievement of high academic standards is inextricably linked to creating school environments in which students feel welcomed seen included and cared about This long awaited revision of a highly acclaimed book emphasizes the critical need for teachers and administrators to create warm welcoming inclusive classroom communities Author Mara Sapon Shevin skillfully blends expository text with compelling vignettes sample classroom activities and current resources to help teachers actualize her powerful vision of a better world This book includes principles of community building for inclusive classrooms strategies resources and activities that inspire and transform stories that illustrate inclusive classroom communities The Essentials of Teaching Physical Education Stephen A. Mitchell,Jennifer L. Walton-Fisette,2022 The Essentials of Teaching Physical Education Second Edition delivers the vital information future and current physical educators need to know with a focus on social justice and equity issues It uses a standards based teaching for learning approach and helps readers develop the skills in planning management teaching and assessment they need to begin successful careers **The Best Prevention** ,1984 **Resources in Women's Educational Equity** ,1980 Literature cited in AGRICOLA Dissertations abstracts international ERIC ABI INFORM MEDLARS NTIS Psychological abstracts and Sociological abstracts Selection focuses on education legal aspects career aspects sex differences lifestyle and health Common format bibliographical information descriptors and abstracts and ERIC subject terms used throughout Contains order information Subject author indexes **The Rural Educator** ,1995 **The 6 Vital Ingredients of Self-esteem** Bettie B. Youngs,1992 Grade level 1 2 3 4 5 6 7 8 9 10 11 12 k p e i s t Research in Education ,1973 **Success Master CTET Paper-I Class 1 to 5 2020** Arihant Experts,2020-01-02 Throughout the world teaching is looked at as one of the most respected and noble profession a person could have A great teacher not only shows

the right path that a student should follow but also prepares the human resources for the further development of the nation Among various exams CTET is the most popular teaching exam in the country Central Teaching Eligibility Test CTET is a national level test conducted by CBSE twice a year to recruit the eligible candidates as teacher The exam is conducted into 2 papers Paper 1 for class 1 5 and Paper 2 for class 6 8 Any candidate who is interested to become a teacher for classes 6 to 8 then they have to appear for both the papers The new the edition of Study Guide Success Master CTET Paper I for class I V has been prepared completely on the latest exam pattern The book has been divided into 5 key sections and further divided into chapters providing the focused study material After covering theoretical part this book also concentrates on the practice part it provides Previous Years Solved Paper 2 practice sets and more than 3000 MCQs for thorough practice Ample numbers of questions have been given which are covered in a Chapterwise manner that allows candidates to understand the trend of the questions as well as the exam This book will prove to be highly useful for the CTET Paper 1 exam as it will help in achieving the good rank in the exam

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the book delves into topics such as sexual boundaries and body image In all this book aims for a theoretical and applied picture of the current state of school violence and prevention **Enhancing the Educator's Self-esteem** Bettie B. Youngs,1992 **Do I Have to Go to School Today?** ,1989 Squib dreads going to school and he daydreams about all the reasons he has not to go but in the end he decides to go because his teacher accepts him Just as he is **Good Morning Class, I Love You!** Esther Wright,1989 Teachers have a unique opportunity to create loving and nurturing learning environments for themselves and their students here s how *Instructor* ,1996-08 **Supporting Teaching and Learning in Schools** Sarah Younie,Susan Capel,Marilyn Leask,2009-01-21 Supporting Teaching and Learning in Schools is an accessible user friendly handbook designed to provide practical guidance and ideas to support Higher Level Teaching Assistants HLTAs It covers the knowledge and skills needed by HLTAs to work effectively with pupils teachers parents and other professionals concerned with the well being of children The book relates directly to the standards for HLTAs but also provides a deeper grounding in pedagogy and the role of the teacher and the HLTA in creating productive learning environments The text is illuminated with examples of existing good practice and a range of tried and tested strategies to help HLTAs develop in all aspects of their work It provides essential background knowledge together with a range of activities designed to support learning examining the roles of the HLTA and teacher respectively and interactively classroom management and interactions with pupils pupil differences the place of the HLTA within the school community professional development The book can be used alongside the popular Routledge Learning to Teach in the Secondary School series which gives detailed examples of theory and practice about teaching and learning for trainee teachers It is an invaluable resource for current and prospective HLTAs working across a wide range of subjects The National Juvenile Firesetter/Arson Control and Prevention Program Federal Emergency Management Agency,

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