

#9407

SELF-ESTEEM: BEING THE REAL ME

AIMS MULTIMEDIA

2001

Grade Levels: 3-8

23 minutes

1 Instructional Graphic Enclosed



DESCRIPTION

Elementary students explore self-esteem, how to develop it, and learn about OASIS. Encourages positive self-talk and setting goals. Students share their thoughts and perceptions about self-esteem.

ACADEMIC STANDARDS

Subject Area: Self-Regulation

- Standard: Sets and manages goals
 - Benchmark: Sets routine goals for improving daily life
- Standard: Performs self-appraisal
 - Benchmark: Identifies personal strengths and weaknesses
- Standard: Maintains a healthy self-concept
 - Benchmark: Has basic belief in ability to succeed
 - Benchmark: Uses techniques to remind self of strengths
 - Benchmark: Analyzes self-statements for their positive and negative effects
 - Benchmark: Uses high self-esteem body language

INSTRUCTIONAL GOALS

1. To define *self-esteem*.
2. To reach personal goals in being the best you can be.
3. To feel good about being yourself.

VOCABULARY

- | | |
|------------------------|----------------|
| 1. acknowledge | 6. potential |
| 2. appreciate | 7. self-esteem |
| 3. being the "real me" | 8. specific |
| 4. goal | 9. visualize |
| 5. objectively | |

BEFORE SHOWING

1. What does the word *potential* mean?
2. What are some of the things you've thought about becoming?
3. What will help you reach those goals?

AFTER SHOWING

Applications and Activities

1. Draw a picture of what you "see" yourself doing 20 years from now, when you're an adult.
2. Write a story, or song, or poem about the times when you feel good about yourself.
3. Focus on yourself and complete the activity. (See INSTRUCTIONAL GRAPHICS.)
4. Find a quiet place at home. Relax and let yourself dream about the things you want to improve this year. Use your imagination. How will you look achieving that goal? See yourself doing it. What are you touching, smelling, tasting? Use your 5 senses. Be specific; write down what you dream of achieving this year.
5. Make a list of the things you do well. It could be in your schoolwork, or in sports, drama, art, dancing, helping others, getting along with others, etc. List as many things that you can think of. Ask a friend, teacher, or parent to help you remember all the things you do well. Be specific.
6. What would you like to improve about yourself? Be specific. For example, if it's math, what part of math? If it's understanding instructions, what part of that: asking for help? Divide the "whole" into smaller parts. That's the way to achieve your goal: Divide and conquer! Make a list of things you want to improve.
7. Play the "share" game: Pass a Nerf ball around the circle; whoever is willing to share takes it and tells when they feel good about themselves, then they pass it on.

RELATED RESOURCES



Captioned Media Program

- Don't Stop Before You Get Started #3599
- I Like Being Me: Self-Esteem #2616



World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

• THE STORY OF SELF-ESTEEM

http://www.kidshealth.org/kid/feeling/emotion/self_esteem.html

From the KidsHealth site, explains what is self-esteem, and why it is important. Highlighted vocabulary words are interspersed throughout this text for clicking to learn more about that specific word. Click on "Next Page" to read more about self-esteem or jump to other articles such as "How Kids Get Self-Esteem," and "A Little On Low Self-Esteem."



- **I AM YOUR CHILD**

<http://www.iamyourchild.org>

A national public awareness and engagement campaign to make early childhood development a top priority for our nation. Provides information and resources needed to promote healthy development and school readiness.

- **NATIONAL ASSOCIATION FOR SELF-ESTEEM**

<http://www.self-esteem-nase.org>

NASE's purpose is to fully integrate self-esteem into the fabric of American society so that every individual, no matter their age or background, experiences personal worth and happiness. Site has a reference and biography center, presentations of "thinkers" in the area of self-esteem, and links to numerous other related sites.

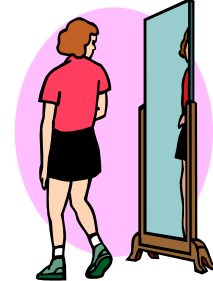
INSTRUCTIONAL GRAPHICS

- SEE YOURSELF OBJECTIVELY

See Yourself Objectively

1. Use a tape measure or ruler to measure yourself. Please fill in the blanks.

My height is _____ (in.) / _____ (cm).
My arms are _____ (in.) / _____ (cm).
My feet are _____ (in.) / _____ (cm).
My legs are _____ (in.) / _____ (cm).



2. Stand in front of a mirror to help you answer the following:

My hair color is _____.
A strand of my hair is _____ (in.) / _____ (cm) long
from the top of my head.
The color of my eyes is _____.
My eyes are _____ (in.) / _____ (cm) apart.
My nose is _____ (in.) / _____ (cm) long.
My mouth is _____ (in.) / _____ (cm) wide.

3. List the family members you live with, including pets.

Total number: _____

4. List the time you get up in the morning, and when you go to bed at night.

I get up at _____ a.m. I go to bed at _____ p.m.

5. What do you do to help around the house?

My jobs at home are _____.

6. Where do you go after school?

After school, I go _____.

7. I enjoy myself when _____

_____.

8. Today's date is _____. I was born on ____ (mo.) ____ (date) ____ (yr.)