

# 1.3 Getting to Know Myself!

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## *Related Area(s): Personal Qualities*

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**Lesson Objective(s):** The students will investigate their own personal qualities about attitude and self-worth.

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- Outcome Goal(s):**
1. Display a positive attitude
  2. Identify own strength and areas of improvement.
  3. Develop expectations for self.
  4. Relate personal qualities to work expectations
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### Instructor Preparation Checklist

| <input type="checkbox"/> | Supplies and Tasks        | Materials and Resources              |
|--------------------------|---------------------------|--------------------------------------|
|                          | Media & Audio             | Video player                         |
|                          | Websites                  | YouTube                              |
|                          | Read/Review               |                                      |
|                          | Field Trips/Co-op/Outings |                                      |
|                          | Supplies Needed           |                                      |
|                          | Print/Copy/Laminate       | Worksheet 1,2,3, Information Sheet A |
|                          | Miscellaneous             |                                      |

**Additional Notes:**

### Warm Up: What is Self Esteem?

**Description:** Have each student write the word “self-esteem” and its definition on a piece of paper. On a white board or newsprint write down their definitions as students volunteer them. Help students to understand that self-esteem is how we view and value ourselves. Have students develop a class definition of self-esteem.

Watch cartoon YouTube video on self-esteem as part of the introduction to the unit.

<https://www.youtube.com/watch?v=J3xibpxieW0>

**Purpose/Key Skills:**

This activities will help students to develop a common definition of self-esteem

**Notes/Vocabulary:**

People with high self-esteem are realistic about their strengths and weaknesses and are able to set goals and work toward them with optimism and humor. They also feel competent in

areas they consider important and do not take other people's negative impressions of them too seriously.

People with low self-esteem have a hard time honestly evaluating their strengths and weaknesses and often have an unrealistic, overall negative impression of themselves. They take other people's opinions of their strengths and weaknesses more seriously than they should. Also, they do not feel competent in areas they consider important. People with low self-esteem tend to be pessimistic.

**Notes/Vocabulary:** Pessimistic, optimistic

**Materials:** New print paper

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## (1) Personal Inventory

**Description:**

1. Have students complete a personal inventory, Worksheet 1.3-1 to help them achieve self-understanding.
2. Ask students general yes/no questions about their survey by raising their hands.

**Purpose/Key Skills:** The purpose is to help the students become self-reflective.

**Notes/Vocabulary:** inventory

**Materials:** Worksheet 1.3-1

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## (2) Personal Shield

**Description:** Watch the YouTube video “Real People, Real Stories, Real Advice –Self-Esteem” and/or “Meet yourself: A Users Guide to Building Self-Esteem. Ask student to “meet themselves” by drawing their Personal Shield, Worksheet 1.3-2. Once the shields are completed, ask student to share them with the class

**Purpose/Key Skills:** This will help students to further identify their strengths and abilities.

**Notes/Vocabulary:** Self-reflective

**Materials:** YouTube video: <https://www.youtube.com/watch?v=-ar9vBWnau8>  
<https://www.youtube.com/watch?v=uOrzmFUJtrs>, Worksheet 1.3-2

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### (3) Small Discussion Groups

**Description:** Small group discussion: Divide the students into three groups and ask them to discuss one of the three discussion questions. Have the groups share their responses with the rest of the class.

**Purpose/Key Skills:** Provide students with the opportunity to work in a group setting sharing ideas on self esteem

**Notes/Vocabulary:** Relationship,

**Materials:** Worksheet 1.3-3

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### (4) Wow, Look Who I Am!

**Description:** Group activity: Review the information sheet one – “How to Enhance Your Self-Esteem”.

Individual activity: Ask students to complete worksheet 1.3-4, “Wow Look Who I Am”, which celebrates everyone’s talents and strengths. Collect the worksheets and review to develop an overall “self-esteem” health of the class.

**Purpose/Key Skills:** Provide information and provide teacher information about the class.

**Notes/Vocabulary:** Relationship,

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**Formative Assessment** These lessons require class participation and a positive attitude. The three descriptors listed here may be used as a rubric to give student feedback.

| □ | Skill Description and Assessment   |  | Notes |
|---|--|--|-------|
|   | <ul style="list-style-type: none"><li>Was highly engaged in class discussions; demonstrated positive attitude toward completing the personal inventory; created a realistic project highlighting the results of the inventory.</li></ul> |  |       |
|   | <ul style="list-style-type: none"><li>Was moderately engaged during class discussions; demonstrated mostly positive attitude toward completing the personal inventory; created a project that</li></ul>                                  |  |       |

|  |  |  |
|--|--|--|
|  | <p>highlighted some key points from the inventory.</p> <ul style="list-style-type: none"> <li>Was not engaged during class discussions; demonstrated negative attitude toward completing the personal inventory; was not able to produce a project highlighting the results of the inventory.</li> </ul> |  |
|--|--|--|

## Reteach and Supplemental Materials

| Concept                 | Lecture/Activity  |
|-------------------------|---|
| Student service project | As a supplemental activity, students may want to participate in a student service project that centers around helping someone in need, whether it be a younger student or an older adult. |
|                         |   |

Resources:

<http://www.discoveryeducation.com/teachers/free-lesson-plans/self-esteem.cfm>

<http://www.goodcharacter.com/BCBC/SelfEsteem.html>

YouTube