**Lesson Title: I Can Feel Good About Myself! Developing Healthy Self-Esteem**

**Pre and Post Assessment**

**Student name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_\_\_**

**Dates \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ Form completed by: \_\_\_\_\_\_\_\_\_\_\_**

**Place a + in the column if the student completes the skill**

**Place a / in the column if the student partially completes the skill**

**Place a – in the column if the student is unable to complete the skill**

**Provide a comment for each skill if needed on the C line**

|  |  |  |
| --- | --- | --- |
| **Skills observed & Comments (C:)** | **Pre-test** | **Post-test** |
| 1. Identifies whether people are bragging or demonstrating self-esteem when shown 3-4 pictures or role-play situations.
 |  |  |
| **C:** |  |  |
| 1. Identifies his/her own strengths, accomplishments, and challenges
 |  |  |
| **C:** |  |  |
| 1. Tells why having healthy self-esteem is important (feel good even when things aren’t going well, courage to try new things, get over making mistakes, believe in self, be proud)
 |  |  |
| **C:** |  |  |
| 1. Tells things that can ‘mess’ with self-esteem. (people who are mean to you, feeling/looking different, different in way I learn, trouble making friends, body changes)
 |  |  |
| **C:**  |  |  |
| 1. Relates ways to boost self-esteem: list strengths, give self-compliments, be proud of body and things it can do, know what you can change, what can’t, think positive
 |  |  |
| **C:** |  |  |
| 1. Student is observed to use strategies when feeling bad about mistakes, a situation, him/herself.
 |  |  |
| **C:** |  |  |