**LESSON: *I Can Feel Good About Myself!***

**OUTLINE**

1. Introduce the topic of **Self-Esteem**. Talk about the definition and explain how having healthy Self-Esteem can make you feel good about yourself.
2. Talk about what self-esteem is NOT. Give a few examples about bragging and demonstrate “theatrically” to drive the point home. Discuss how students feel when they hear someone brag.

* Explain that nobody’s perfect, so we shouldn’t think that. Also talk about how it might seem that someone else is perfect because they’re so good at so many things (like getting good grades, having a lot of friends, and being good at sports.) But there are things that are challenging for them too.
* Talk about the fact that we all have things we’re good at and things we struggle with. That means no one is better than anyone else – they just might be able to do some things better than us, but we may be able to do some things they find difficult.

1. Emphasize seeing yourself in a healthy, positive way while still being honest about the things you can and can’t do
2. Look at the picture slides and discuss which person is **Bragging** and who is showing healthy **Self-Esteem**
3. Discuss why it’s important to have healthy self-esteem
4. Talk about some of the things that can interfere with healthy self-esteem and that we call that having “low self-esteem”
5. Discuss possible effects of low self-esteem
6. Talk about what they can do to boost their self-esteem
7. So what do YOU think? discussion question

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Computer & Projector
* Activity Sheet(s) & materials
* Magnet Cards

1. Give out the magnet cards