

Lesson Plan Title: Self Esteem CD Cases

Subject area: Family and Consumer Science

Recommended course (s):

FACS 1



Aligned to NASAFACS Standards:

12.1.1 12.1.2 13.1.1 13.2.1 13.3.1

Objectives:

Identify your strengths and areas in which you can improve.
Evaluate personal growth and emotional development.

Materials needed:

AV equipment to show clip from Discovery Education

Large paper for brainstorm activity
Markers

Classroom Computers / lab
Paper/construction paper

Resources:

Dosomething.org

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www.GoodCharacter.com.

Resource from 'The Best Health
Curriculum 2012'

Lesson Summary/Outline:

Students will design either by hand or on the computer a music C.D. case cover with a positive message and at least 6 song titles on the back, also with positive messages. They do not make the CD, just the cover. If they want to draw it by hand a template sheet with the exact size is included.

Motivator/Opening:

youtube.com Dove Real Beauty Sketches/You're more beautiful than you think.

Activities:

Discussion

Who can tell me what self-esteem is?

(Self-esteem reflects a person's overall emotional evaluation of his or her own worth.

It is a judgment of oneself as well as an attitude towards the self.)

Assignments:

Self-esteem has been compared to a bucket of water. It starts out full when we're born, but whenever we develop negative beliefs about ourselves, it's like poking little holes in that bucket and our self-esteem drips out.* Have the group brainstorm a list of things we do or say to ourselves or to others that pokes holes in the self-esteem bucket. Put this list on the wall to serve as a constant reminder.

Dosomething.org. Use this website to discuss several facts about teens and self esteem. Then look at the campaigns on the site to see ways that boost self esteem.

Have the students complete the Self-esteem C.D. case.

Display in the classroom.

Evaluation:

The C.D cases are evaluated using a rubric.

Notes:

Submitted by:

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Name: _____

Per: _____

Self-Esteem C.D. Case

Imagine you have a friend who is a musician and he wants to make a music C.D. for teens to help them feel good about themselves and tips to improve their self-esteem. He has asked you to design the C.D. case for him, and he has agreed to write his music from **your** song titles.

You must have a cover with a positive message, your name and graphics.

and 6 song titles, at least 1 graphic, and the websites for your



By: Mrs. Prah!

A CD case design with a background image of a person in a white tank top and shorts running on a beach. The title 'Stick up For Yourself: Yourself:' is written in large, bold, black letters. Below the title is a list of six items:

1. Smile!
2. Look to the future
3. Positive Self-talk is cool
- 4.
- 5.
- 6.

A blue speech bubble contains the text: 'Google: "Why self-esteem is important!"'. A black-bordered box at the bottom contains the word 'EXAMPLE' in white capital letters.

©2008 Google. www.ok2bme.com.au/images/carefree.jpg. 11/4/08
©2008 Google. ecx.images-amazon.com/images/I/71G23Q1ZWWL.gif 11/4/08

Steps to Improving Self-Esteem:

- get up everyday and say "It's a great day"
- choose to enjoy life**
- like yourself, just the way you are (don't judge yourself)
- put yourself up *****(positive self-talk)*****
- put those around you up
- laugh and enjoy life
- think positive every night just before sleeping
- choose to have a positive attitude
- take risks
- baby step out of your shyness!**
- don't compare yourself to others!! (see your good points)
- BE THE BEST YOU CAN BE!!**
- Believe in yourself!**

If you want to improve your self-esteem, here are some more steps to start empowering yourself:

Try to stop thinking negative thoughts about yourself.

Aim for accomplishments rather than perfection. Don't be paralyzed by perfection!

View mistakes as learning opportunities.

Try new things.

Recognize what you can change and what you can't.

Set goals.

Take pride in your opinions and ideas. Don't be afraid to voice them.

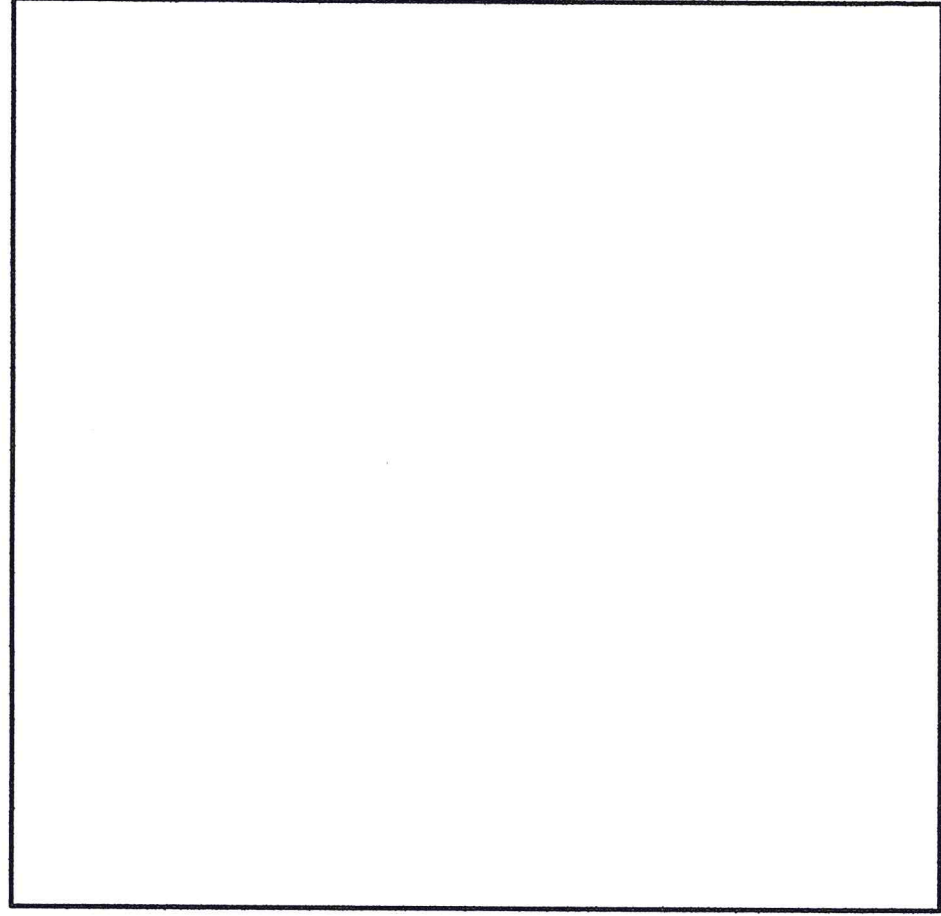
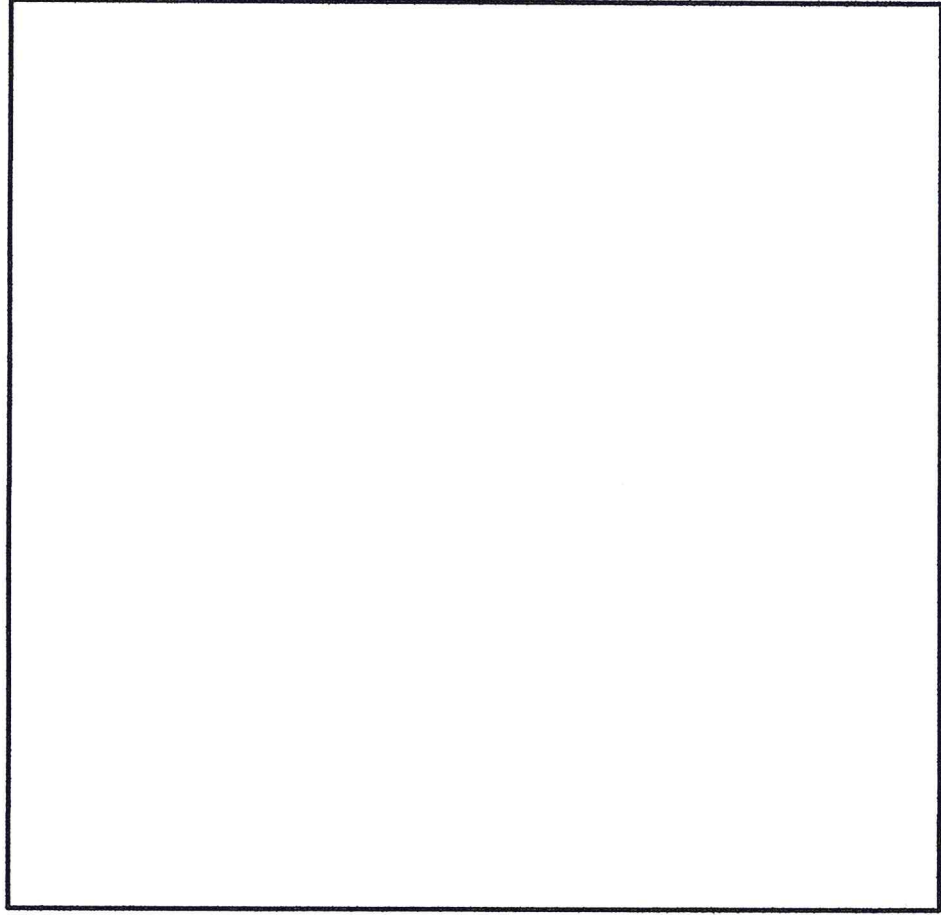
Make a contribution. Volunteer, tutor a classmate, help your community

Exercise! You'll relieve stress, and be healthier and happier.

Have fun. Remember - Time out!

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SELF ESTEEM C.D. CASE

Category	10-9	8-6	5-1
<i>Front cover</i> Positive Message & Graphic			
<i>Back cover</i> Graphic/Picture			
# Song Titles	6	5-4	less than 3
Positive Message			
Sources Cited for Graphics	2 images cited	1 image cited	0 cited
Neatness			
Creativity			
Skill			
Spelling/ Proofreading			
Effort Use of class time			
TOTALS			

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