

Health Education Today Preview:

-Self-Esteem Unit -

SELF-ESTEEM



High School Health Unit

**National Board-Certified Teachers
with Masters of Education Degrees
and 60+ years of experience** teaching
K-12 PE & Health, with collegiate
athletic and coaching experience!

Experience
is the best
teacher!

Created by
Master Teachers!



A family of
educators,
for educators.



Health Education Today

WHY CHOOSE HEALTH EDUCATION TODAY?

Skills

- To help your teens acquire skills and wisdom to be above unhealthy influences.

Content

- To have relevant, inspiring, standards-based and medically accurate lessons.

Ease of Use

- For an editable program where you can choose to print or work online; using step-by-step directions and PowerPoints for visual student lessons!

The Program Meets Health Standards:

Aligned to National, Common Core, and State Standards!

Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects ELA College and Career Anchor Standards https://learning.ccsso.org/common-core-state-standards-initiative		
	Writing Grades 9/10	ELA College and Career Anchor Standards for Writing
1	Write arguments focused on discipline-specific content.	Write arguments to support claims in an analysis of substantive topics or texts using valid reasoning and relevant and sufficient evidence.
2	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.	Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.
3	Incorporate narrative elements effectively into arguments and informative/ explanatory texts. <i>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. In science and technical subjects, students must be able to write precise enough descriptions of the step-by-step procedures they use in their investigations or technical work that others can replicate them and (possibly) reach the same results.</i>	Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details and well-structured event sequences.



Real Teachers' Reviews endorse This program:

"My students absolutely loved this unit."

"This is brilliant and well thought out! very easy to use."

"Fabulous" "Worth every penny!"

*"Hands down, one of the best
health resources I've ever
purchased."*



File Organization:

< > SELF ESTEEM UNIT HS	
Name	
 00 Welcome Letter	
 01 Self Esteem Teacher Directions	
 01 Self Esteem Teacher Directions PDF	
 02 Self Esteem POWERPOINT VERSION	
 03 Self Esteem ONLINE VERSION	
 04 Self Esteem PDF VERSION	
>  05 Supplemental Materials	



< > 05 Supplemental Materials	
Name	
 01 Self Esteem Unit Google Drive Master List	
▼  02 Standards + Learning Targets	
 01 High School Health National Standards Met.pdf	
 02 CDC 15 Characteristics.pdf	
 03 Health Ed Meets California Standards.pdf	
 04 Health Ed Meets Florida Standards.pdf	
 05 Health Ed Meets Massachusetts Standards.pdf	
 06 Health Ed Meets New York Standards.pdf	
 07 Health Ed Meets Texas Standards Level 1 and 2.pdf	
 08 Health Ed Meets Washington Standards.pdf	
>  Learning Targets	
▼  03 Extra Large Docs	
 Dream Breaker Posters.pptx	
 Generic Worksheets Teens.pptx	
 04 Previews of Additional Curriculum	

***Editable in Word and Google Slides!**

Easy to Navigate “Table of Contents”:

Links to each lesson document!	Daily Lesson Topics	Weekly Homework	Common Core Standards	National Standards	WA State Standards	Fill in Your State Standards
SELF-ESTEEM UNIT	Lesson Titles: <i>Click on the lesson title to be linked to the page</i>	HOMEWORK Click on “Day” it’s listed in to see directions	Common Core Standards Met:	National Health Standards Met:	Washington Health Standards Met:	Add Your State Health Standards Here:
Self-Esteem–Day 1	-What is positive self-esteem? -“Self-Esteem iPad” Project or -“Thumbprint” Project		R 3	1.12.1, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 4.12.1, 4.12.2, 4.12.3, 4.12.4, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 6.12.1, 6.12.2, 6.12.3, 6.12.4, 7.12.1, 7.12.2, 8.12.1, 8.12.2, 8.12.3	H1.W1.HS H1.So1.HSa H1.So1.HSb	
Self-Esteem–Day 2	“What Makes Me Me Worksheet” -Continue “Self-Esteem iPad” or “Thumbprint” -<> Inspiring video (Napoleon Dynamite Dance Scene!)		R 3 W 4	1.12.1, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 4.12.1, 4.12.2, 4.12.3, 4.12.4, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 6.12.1, 6.12.2, 6.12.3, 6.12.4, 7.12.1, 7.12.2, 8.12.1, 8.12.2, 8.12.3	H1.W1.HS H1.So1.HSa H1.So1.HSb H8.So4.HS H1.So4.HS	
Self-Esteem–Day 3	-“Career Interest Survey” -“Rise Above the Dream Breakers Project” -<>Inspiring video		R 1 R 3 R 4 W 4	1.12.1, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 4.12.1, 4.12.2, 4.12.3, 4.12.4, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 6.12.1, 6.12.2, 6.12.3, 6.12.4, 7.12.1, 7.12.2, 8.12.1, 8.12.2, 8.12.3	H1.W1.HS H1.So1.HSa H1.So1.HSb H8.So4.HS H1.So4.HS	

Standards: Beginning each lesson

Washington
State
Standards

Your
Own State
Standards

Common
Core
Standards

National
Health
Standards

Materials
Needed

Content
Learning
Target

Behavioral
Learning
Target

Optional:
Exit Task

Optional:
Lesson
Assessment

WA State Standards Met: Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS Assess self-esteem and determine its impact on personal dimensions of health. H1.So1.HS Understand changes in self-esteem can occur as people mature. H1.So1.HSb Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS		My State Standards Met:
National Standards Met: 1.12.1, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 4.12.1, 4.12.2, 4.12.3, 4.12.4, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 6.12.1, 6.12.2, 6.12.3, 6.12.4, 7.12.1, 7.12.2, 8.12.1, 8.12.2, 8.12.3		
Common Core Standards Met: Reading 3, 4/ Writing 4		
Materials Needed:		
PowerPoint	-Self-Esteem PowerPoint	-In PowerPoint folder
Printed Materials	-"Art Rubric ½ Sheet" -"Career Survey" -"Sixteen Clusters" -Print the "Rise Above the Dream Breakers" PowerPoint slides and use as 8.5 x 11, or print slides and enlarge	-Print ½ sheet for each student -Print 1 for each student -Print 1 for each student, or save paper by printing a class set -Print several of each slide so students can choose which one they want (they can also draw their own)
Other Materials	-Markers, colored pencils, crayons, magazines, scissors, glue -Poster paper (11 x 17 works great) for those who want to create their own	-See below for more info
Optional:		
Video	-Various motivating videos	
Learning Target	Content: I will learn how to overcome hardships	Behavioral: I will try to overcome hardships in my life.
Exit Task	-Success Criteria Sheet -Ask each student what career their survey said they might be interested in.	
Assessment	-"Career Survey" can be graded, or career research project can be graded. -"Rise Above the Dream Breakers" poster will be turned in and graded.	

Step-by-step Teacher Directions



Your Lesson Planning is Done!

PRINT & ONLINE.

GOOGLE + MICROSOFT + ADOBE +
YOUTUBE + MORE!



PowerPoints
walk you through
the lessons



Teacher Directions: Lead You Through the Lessons PowerPoint.

	- "Art Rubric ½ Sheet"	<i>Print ½ sheet for each student</i>
Other Materials	-Markers, colored pencils, crayons, magazines, scissors, glue	
Optional:		
Video	-Helen Redy "Best Friend" -Various motivating videos	-See below for more information
Learning Target	Content: I will learn how to improve self-esteem.	Behavioral: I will work on having positive self-esteem (and self-talk).
Exit Task	-Success Criteria Sheet -Ask each student, "What is one way you can boost your own self-esteem?"	
Assessment	- "Traits of Positive Self -Esteem Worksheet" can be graded, but I would hand back so they can file in file folders. -Students are self-assessing with the "Self-Esteem Survey." - "Thumbprint Art" can be turned in and graded.	

These teacher directions follow the "Self-Esteem PowerPoint." Slides are recognized by the all capital letter topics/headers below:

1. **TITLE SLIDE and DAY 1:** Have the day's "Success" positive message up as students come in.
2. **LOVE YOURSELF:** If you didn't do the "Self-Esteem Survey" in the Empathy Unit (or if it's been awhile and you want to have students re-take it), I included it below and in the "3. Student Worksheets and Tests" folder.
3. **REMINDER and TALK POSITIVELY TO YOURSELF:** Positive self-talk, which is what the next assignment, is what this unit is all about!!
4. **QUOTE:** WE are in control of our own attitudes. If we don't like ourselves, how can we expect others to like us!! So much in life that happens is beyond (especially a child or teen's) control, that we have to just focus on how WE can respond, and how WE can handle things. We can't change anyone else.
5. **BEST FRIEND and LYRICS SLIDE:** There is an awesome (older) song by Helen Redy, so if you want you can play it for your students. I put the lyrics on the back of the iPad assignment /or Thumbprint Self Portrait if they want to read them again later and I also put the lyrics on a slide if you want to use it later in some way.

**THIS MEETS COMMON
CORE STANDARD R 3.**

Day 1:

Self-Esteem Intro

Reminder:

The #1 best way to improve self-esteem is through
positive self-talk!



Explain this quote:

"Life is 10% what happens to you and 90% how you react to it. We are in charge of our attitudes."
- Chuck Swindoll

And, how can you put this philosophy into practice in your own life?

Video:



<https://www.youtube.com/watch?v=7Zd1d1d1d1d>

Daily PowerPoint Slides:

Day 1:

Self-Esteem Intro

Reminder:

The #1 best way to improve self-esteem is through **positive self-talk**



Explain this quote:

"Life is 10% what happens to you and 90% how you react to it. We are in charge of our attitudes."
- Chuck Swindoll

And, how can you put this philosophy into practice in your own life?

Video:



<https://www.youtube.com/watch?v=7ZuJdC6ubk4>

Helen Reddy Lyrics: "Best Friend"

Would you take better care of yourself
Would you be kinder to yourself
Would you be more forgiving of your human imperfections
If you realized your best friend was yourself

Who is always with you everywhere
Who is on your side when others are unfair
And tell me, who will never let you down in any situation
Who will always be your get your share

And that's why I am a best friend to myself
And I take me out whenever I feel low
And I make my life as happy as a best friend would
I'm as nice to me as anyone I know

And that's why I am a best friend to myself
And I take me out whenever I feel low
And I make my life as happy as a best friend would
I'm as nice to me as anyone I know



I am lovable because I exist¹

I make my own choices and decisions

I am in control of my life

I feel good about myself

I am flexible and open to change in every aspect of my life

I care about myself

I have the power to change myself

I have wonderful loving relationships

I deserve to be happy and successful

I feel good about myself

I am free to choose whatever I want

I am a gift to the world

I love myself more everyday

I can choose happiness no matter what my circumstances

I attract and give praise freely

I am worth loving

I deserve all that is good

I love and approve of myself

I can forgive myself easily

I am loved by others

I love and accept myself unconditionally

I am a good person

I feel good about my life

I am glad to be me

I approve of myself

I am pleased with my appearance

I know how to have fun

I care about myself

I am likable, lovable and capable

If God be for me, who can be against me?

I appreciate myself

I am respected by others

I deserve good in my life

I radiate love and respect for myself and others

I am all that I can be

iPad Assignment:

Imagine you have a friend who wants to make a screen saver for his iPad to help teens feel good about themselves and improve their self-esteem. He has asked you to design the screen saver for him. You must fill this iPad with at least 6 positive improving self-esteem tips and messages, your name, and at least 1 graphic.



Choose From Any of these Ideas:

- *Your name
- *Do you have any nicknames
- *How old are you
- *When were you born
- *What city were you born in
- *What are your favorite foods
- *What do you like to do for fun
- *Who is in your family
- *Do you have any pets
- *Do you like sports
- *Are you artistic
- *Do you like music
- *Names of our friends
- *What's your favorite color
- *What helps you fall asleep
- *What keeps you strong
- *Where is your favorite place
- *What's your favorite subject?
- *What are you good at?
- *What do you want to do in your future
- *If you could travel anywhere - where would you go?

Speaker Notes:

Guides you through each PowerPoint/Google Slide.

Work on Your Project - Choose From Any of these Ideas:

- *Your name
- *Do you have any nicknames
- *How old are you
- *When were you born
- *What city were you born in
- *What are your favorite foods
- *What do you like to do for fun
- *Who is in your family
- *Do you have any pets
- *Do you like sports
- *Are you artistic
- *Do you like music
- *Names of our friends
- *What's your favorite color
- *What helps you fall asleep
- *What keeps you strong
- *Where is your favorite place
- *What's your favorite subject?
- *What are you good at?
- *What do you want to do in your future
- *If you could travel anywhere – where would you go?

46. WORK ON YOUR PROJECT: Spend the rest of class working on the "iPads/or Thumbprint Art Project." If you would like, while students are working you could show any of the inspiring videos from the video list at the beginning of this unit, just after the "Table of Contents."

Engaging Lessons
walk you through
with activities



Engaging Worksheets!

Thumbprint Self-Portrait

<http://www.teachkidsart.net/thumbprint-self-portrait/>

Choose any from these ideas:

- *Your name
- *Do you have any nick names
- *How old are you
- *When were you born
- *What city were you born in
- *What are your favorite foods
- *What do you like to do for fun
- *Who is in your family
- *Do you have any pets
- *Do you like sports
- *Are you artistic
- *Do you like music
- *Names of our friends
- *What's your favorite color
- *What helps you fall asleep
- *What keeps you strong
- *Where is your favorite place
- *What's your favorite subject?
- *What are you good at?
- *What do you want to do in your future
- *If you could travel anywhere – where would you go?

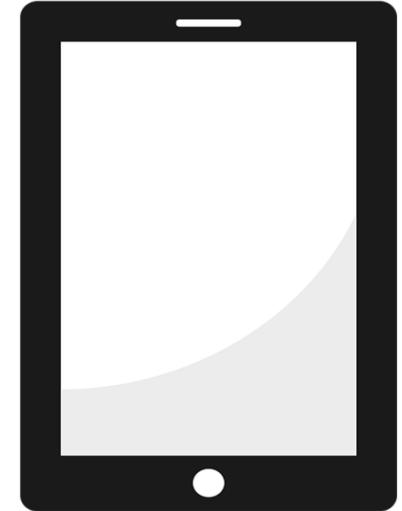


- I radiate love and respect for myself and others
- I am all that I can be
- I love and accept myself unconditionally
- I am a good person
- I feel good about my life
- I am glad to be me
- I approve of myself
- I am pleased with my appearance
- I know how to have fun
- I care about myself
- I am likable, lovable and capable
- If God be for me, who can be against me?
- I appreciate myself
- I am respected by others
- I deserve good in my life
- I love and approve of myself
- I can forgive myself easily
- I am loved by others



Self-Esteem iPad Screen Saver

Imagine you have a friend who wants to make a screen saver for his iPad to help teens feel good about themselves and improve their self-esteem. He has asked you to design the screen saver for him. You must fill this iPad with at least 6 positive improving self-esteem tips and messages, your name, and at least 1 graphic.



Name: _____ Date: _____ Per: _____
WHAT MAKES ME ME

1. List one thing you like about your family.
2. What was one of your favorite toys as a child?
3. If you could only choose to take two objects with you from your house, what would they be?
 - 1.
 - 2.
4. Name something that annoys you.



5. What is one thing that was hard for you, but you finally got it?



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Name _____

HELEN REDDY LYRICS? "Best Friend"

Would you take better care of yourself
Would you be kinder to yourself
Would you be more forgiving of your human imperfections
If you realized your best friend was yourself

Who is always with you everywhere
Who is on your side when others are unfair
And tell me, who will never let you down in any situation
Who will always see you get your share

And that's why I am a best friend to myself
And I take me out whenever I feel low
And I make my life as happy as a best friend would
I'm as nice to me as anyone I know

And that's why I am a best friend to myself
And I take me out whenever I feel low
And I make my life as happy as a best friend would
I'm as nice to me as anyone I know



6. Name one thing you are good at.



7. Name one thing you wish you could do better.



8. What is the most embarrassing thing you've ever done?

9. What do you like about school?



10. Where would you like to travel someday?

11. Where do you feel the happiest?



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Presentations + Student Documents: Available on Google Drive/Google Slides



Name: _____ Period: _____ Date: _____

Title: Practicing Positive Self-Talk

Imagine you are a person who is really thinking the negative thoughts written below and write a positive statement instead:

Rules: 1. You cannot just say "I am not..." Instead, you should make your message a positive one so your sub-conscious doesn't still hear the word "Not."
2. You cannot just say the opposite like "I'm Stupid!" "I'm smart". Try to be realistic and creative, like "I can try harder and do better."

1. I'm stupid. _____

2. I hate school. _____

3. Bad things always happen to me. _____

4. No matter how hard I try, something always goes wrong. _____

5. There's no way I can pass that test. _____

6. I'm always late, I just can't help it. _____

7. I'm always tired in the mornings. _____

8. I'm just bad at science. _____

9. I'll never look as good as them. _____

10. My sister and I can't get along. _____

11. I can't control my temper. _____

12. My brother is always annoying. _____

13. I don't ever agree with my dad. _____

14. I hate Mondays. _____

You may have found this exercise difficult. It's easier to be negative than to think positive thoughts. But, keep working on thinking positive thoughts about yourself, and good self-esteem will follow.

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Name: _____ Period: _____ Date: _____

Title: Accepting the Best / Changing the Best

1=Strongly Agree
2=Agree
3=Undecided
4=Disagree
5=Strongly Disagree

1. I am interesting to other people. 1 2 3 4 5

2. It doesn't take me very long to get used to anything new. 1 2 3 4 5

3. I like the way I look. 1 2 3 4 5

4. I can control my feelings. 1 2 3 4 5

5. I have ambition to achieve to the very best of my ability. 1 2 3 4 5

6. I act on my reasoning/judgment, rather than acting on emotions. 1 2 3 4 5

7. I am good at making things with my hands. 1 2 3 4 5

8. I don't get mad very often. 1 2 3 4 5

9. I can control my anger. 1 2 3 4 5

10. I am usually well rested and not tired. 1 2 3 4 5

11. I handle most of my problems well. 1 2 3 4 5

12. I think it is important to be honest at all times. 1 2 3 4 5

13. I don't give in very easily. 1 2 3 4 5

14. I have lots of confidence in myself. 1 2 3 4 5

15. I am happy most of the time. 1 2 3 4 5

16. I finish most things I start. 1 2 3 4 5

17. I always try to be fair. 1 2 3 4 5

18. I don't get jealous easily. 1 2 3 4 5

19. It is easy for me to be relaxed and at ease. 1 2 3 4 5

20. I solve problems quite easily. 1 2 3 4 5

21. I am a strong person. 1 2 3 4 5

22. I try to do what I think is right. 1 2 3 4 5

23. I look out for other people first, before myself. 1 2 3 4 5

24. Criticism doesn't upset me if I tried to do my best. 1 2 3 4 5

25. I like the way my body is shaped. 1 2 3 4 5

26. I like to meet new people. 1 2 3 4 5

27. I have decided on my sexual limits and can

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Pre-Lesson “Self-Esteem Survey and “Positive Self-Talk” Lesson :

Positive Self-Talk

1. WHEN IT COMES TO THOUGHTS, YOU HAVE A LOT OF MIND CONTROL!!
YOUR BODY LISTENS AND RESPONDS TO YOUR THOUGHTS!!!!

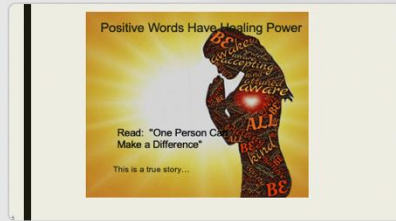
Your mental self-talk can be: **POSITIVE** or **NEGATIVE**

1. Sports Psychology is a great example of the power of mind control. An athlete is taught to stay positive, to stay calm, be focused, be confident, to “see yourself as a winner,” and to “picture the ball going in the hole.” Many athletes find success with this positive thinking and imagery.

1. I'm stupid. _____
2. I hate school. _____
3. Bad things always happen to me. _____
4. No matter how hard I try something always goes wrong. _____



1



2



3



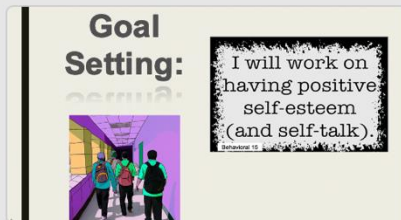
5



6



7



Examples of Daily Lessons:



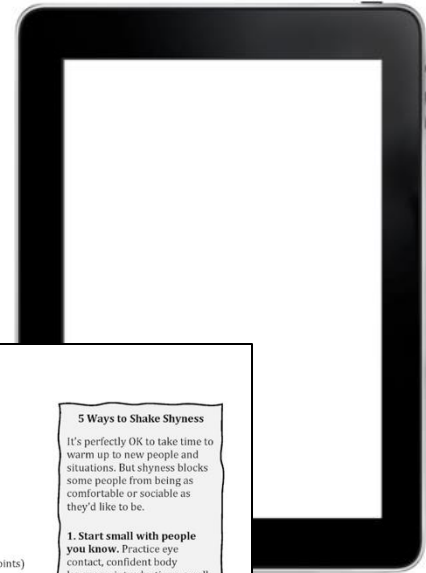
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Would you take better care of yourself
Would you be kinder to yourself
Would you be more forgiving of your human imperfections
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Name: _____ Date: _____ Per: _____
Traits of Positive Self-Esteem Worksheet

Directions:

1. Underline any trait you especially want to try to have in your life.
2. Circle any trait you feel is true for YOU.
3. Put a ★ star by any traits you may/or may not have, but you WANT to work at getting BETTER at.

I am lovable because I exist

I make my own choices and decisions

I am in control of my life

I feel good about myself

I am flexible and open to change in every aspect of my life

I care about myself

I have the power to change myself

I have wonderful loving relationships

I deserve to be happy and successful

I feel good about myself

I am free to choose whatever I want



d to myself
el low
best friend would
ow

d to myself
el low
best friend
ow

Steps to Improving Self-Esteem:

- Get up every day and say "It's a great day"
- Choose to enjoy life
- Like yourself, just the way you are
- 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 would like 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.
- Exercise! You'll relieve stress, and be healthier and happier.
- Make a contribution. Volunteer, tutor a classmate, help your community
- Have fun. Remember - Time out!

5 Ways to Shake Shyness

It's perfectly OK to take time to warm up to new people and situations. But shyness blocks some people from being as comfortable or sociable as they'd like to be.

1. Start small with people you know. Practice eye contact, confident body language, introductions, small talk, and asking questions. Then branch out to do this with new people too.

2. Think of some conversation starters.

3. Rehearse what to say.

4. Give yourself a chance. Find group activities where you can be with people who share your interests.

5. Develop your assertiveness. Speak up for yourself, ask for what you want or need, or tell others when they're stepping on your toes.

Are we born with self-esteem, or is it shaped in us?



One Person Can Make a Difference!



Whitney Kropp, Bullied Michigan Teen, 'So Happy' at Homecoming



This teen was so happy she made her school's homecoming court until she found out it was a joke. Her name was selected as a prank!

Read the article to see how her friends and town rallied around her.

When asked by reporters whether she had a message for others who are bullied, Knopp said:

"Stand up for what you believe in and go with your heart and go with your gut. That's what I did, and look at me now. I'm just as happy as can be!"

Article: <http://www.people.com/people/article/0_20634928,00.html>

Name: _____

Period: _____ Date: _____

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Imagine you are a person who is really thinking the negative thoughts written below and write a positive statement instead:



Rules: 1. You cannot just say "I am not . . ." Instead, you should make your message a positive one so your sub-conscious doesn't still hear the word "Not.")

2. You cannot just say the opposite like "I'm Stupid"- "I'm smart". Try to be realistic and creative, like "I can try harder and do better."

Name: _____ Period: _____ Date: _____

Title: Protective Factors - Positive Thinking at Night

Every night for the next 4 nights, just before you go to bed, fill out this sheet. The goal of this assignment is to get in the habit of ending each day thinking positive thoughts about yourself your day and to practice some protective factors in your life!

	Day 1:	Day 2:	Day 3:	Day 4:
	Date: _____	Date: _____	Date: _____	Date: _____
1. Name one situation where you showed empathy today. (If you didn't show empathy, be sure to do it tomorrow).				
2. List one thing you did for a relaxing time out today to relieve stress. (If you didn't do one, do it now).				
3. Did you manage your anger today? Yes or No? If no, what could you do better next time?				
4. Write one thing that happened today to make you laugh.				
5. Write one example of how you respected authority today.				
6. Write one thing that you did today that shows you care about your education.				
7. List one positive thought you had about yourself today. (If you didn't think one, do it now). Write it down here:				

The #1 way to improve self-esteem is positive self-talk!

Name: _____ Date: _____ Per: _____

How well do you like yourself survey?

- 4 totally true
3 mostly true
2 partly true
1 hardly true
0 not at all true

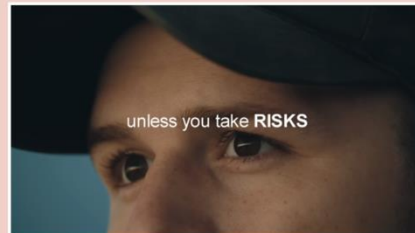
- ____ I enjoy waking up in the morning
____ Most people like me
____ I feel I am an attractive person
____ I feel strengthened by my religious beliefs.
____ I feel comfortable about the number of friendships I have.
____ If I could live my life over, there isn't much I'd change.
____ I can make my life whatever I want.
____ Other people care about me.
____ There's not much I'd change about myself.
____ The people I care about value my opinions.
____ I'm intelligent.
____ I'm not afraid to express my feelings.
- ____ I'm usually in a good mood
____ When I look in the mirror, I like what I see
____ There aren't many things about myself that I'm ashamed of.
____ I don't have many regrets about my life.
____ I'm basically an optimistic (positive) person.
____ I can laugh at my mistakes.
____ I'm still growing and changing.
____ There's nobody quite like me.
____ I love where I live.
____ I have plenty of energy.
____ I enjoy my work. (or school)
____ I feel comfortable in a conversation.

Videos:



BELIEVE IN YOURSELF - Motivational Video (ft. Jaret Grossman & Eric Thomas)

<https://www.youtube.com/watch?v=AiZ0Kb1cav0%3F>



WATCH THIS EVERYDAY AND CHANGE YOUR LIFE - Denzel Washington Motivational Speech 2023

<https://www.youtube.com/watch?v=tbnzAYRZ9Xc>

Career Clusters and Sample Careers

What do you want to do? One way to answer that question is to select a **Career Cluster**. Career clusters are groups of jobs that are based on similar interests, skills, and abilities.

http://breitlinks.com/careers/career_pdfs/InterestSurvey.pdf

Career Clusters Interest Survey

Name _____

School _____ Date _____

Directions: Circle the items in each box that best describe you. You may make as many or as few circles in each box as you choose. Add up the number of circles in each box. Look to see which three boxes have the highest numbers. Find the corresponding Career Clusters on the pages immediately following this survey to see which Career Clusters you may want to explore.

BOX 1	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number circled in Box 1
	1. Learn how things grow and stay alive. 2. Make the best use of the earth's natural resources. 3. Hunt and/or fish. 4. Protect the environment. 5. Be outdoors in all kinds of weather. 6. Plan, budget, and keep records. 7. Operate machines and keep them in good repair.	1. Self-reliant 2. Nature lover 3. Physically active 4. Planner 5. Creative problem solver	1. Math 2. Life Sciences 3. Earth Sciences 4. Chemistry 5. Agriculture	

BOX 2	Activities that describe what I like to do:
	1. Read and follow blueprints and instructions. 2. Picture in my mind what a finished product looks like. 3. Work with my hands. 4. Perform work that requires precision. 5. Solve technical problems. 6. Visit and learn from beautiful interesting buildings. 7. Follow logical, step-by-step instructions.



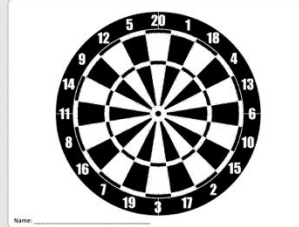
Dream Breakers Project: Don't let people hold you back from your dreams!

Dream Breakers Art Templates For Students:

Be a **SELF-ADVOCATE** and an advocate for others in this "Dream Breaker" Art Project

Here are the Shape National Health Standards that this project is based on:

- 8.12.1 Use accurate peer and societal norms to formulate a health-enhancing message.
- 8.12.2 Demonstrate how to influence and support others to make positive health choices.
- 8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.
- 8.12.4 Adapt health messages and communication techniques to a specific target audience.



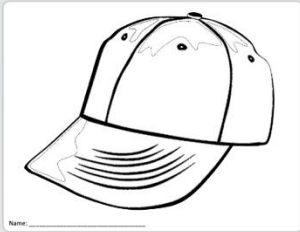
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2

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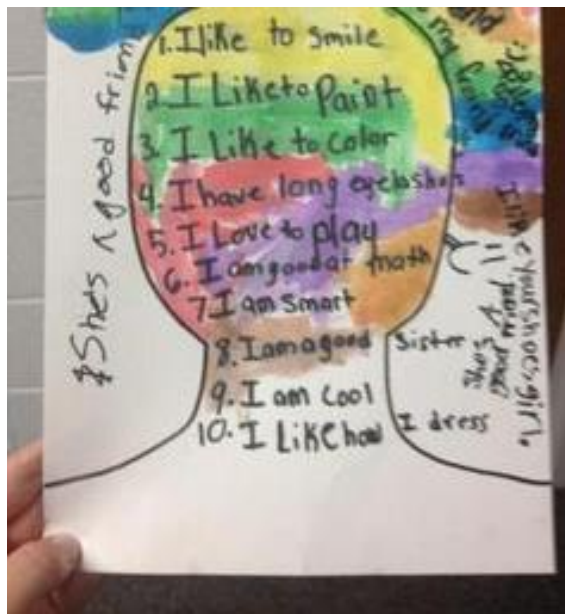
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9

10



Dream Breakers Project: Don't let people hold you back from your dreams!



Helen Reddy Lyrics: "Best Friend" ^{*1}

Would you take better care of yourself
 Would you be kinder to yourself
 Would you be more forgiving of your human imperfections
 If you realized your best friend was yourself

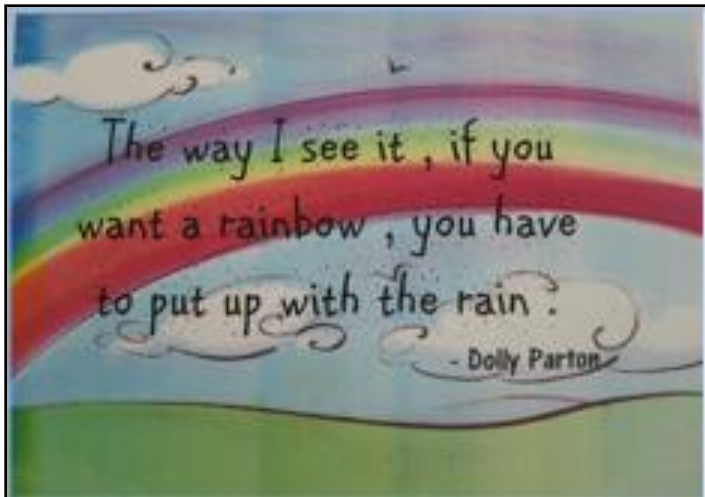
Who is always with you everywhere
 Who is on your side when others are unfair
 And tell me, who will never let you down in any situation
 Who will always see you get your share

And that's why I am a best friend to myself
 And I take me out whenever I feel low
 And I make my life as happy as a best friend would
 I'm as nice to me as anyone I know

And that's why I am a best friend to myself
 And I take me out whenever I feel low
 And I make my life as happy as a best friend would
 I'm as nice to me as anyone I know



Self-Esteem Class Book!



Name: _____ Period: _____ Date: _____

Title: What Makes Me, ME

1. List one thing you like about your family.

2. What was one of your favorite toys as a child?

Survey and Quotes

Self-Esteem Review and Assessment!

1. What is "self-esteem"?

2. Are you born with it? yes / no

- Parents

-Siblings

-Friends

-Self

If I'm not born with it, that means **I can change it!!!**.

- It affects how I see myself.

- It affects the choices we make.

- It affects what we say and do.



Period: _____ Date: _____

____ 1. Explain how low self-esteem could cause a teen to give into social pressure and make a bad decision regarding drugs or alcohol (social pressure). Give a true-life example of someone you know or make up a realistic example (don't use real names). Use the backside if you need more room on any of the questions.

_____ 2. Explain how low self-esteem could cause a teen to hurt his or her own body physically (or allow someone else to cause them physical harm). Give a true-life example of someone you know or make up a realistic example (don't use real names).

Self-Esteem Review Worksheet:

Name: _____ Per: _____

Self-Esteem Worksheet:

- What is "self-esteem"?
- Are you born with it? yes / no
- Why/what in life helps form our self-esteem?
 -
 -
 -

If I'm not born with it, that means I _____
- Why is self-esteem important for a teenager?
 - It affects _____
 - It affects the _____ we make.



Self-Esteem Worksheet:

1. What is "self-esteem"?

2. Are you born with it? yes / no

3. Who/what in life helps form our self-esteem?

4. Why is self-esteem important for a teenager?

It affects the _____ we make.



Self-Esteem Quilt:



Not So Fancy Nancy
A quilt about a girl who thinks she's the best at everything.

about me

The sewing school teacher
and a mom
who teaches
her students
the joy of sewing

my 2015 projects

My sewing school teacher
and a mom
who teaches
her students
the joy of sewing

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<https://craftywench.typepad.com/knittingwench/2008/05/kindergarten-teachers-quilt-with-kids-artwork.html>

There Are 3 Choices For Your Daily Student “Success Criteria Worksheets”

Name: _____ Per.: ____ Week Of: ____/____/____

Content: Write the daily <u>content</u> learning target:	Content End of Class Rating- Circle One:	Behavioral: Write the daily <u>exit success criteria</u> :	Behavioral End of Class Rating- Circle One:
Monday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now	In the future I will	Yes No Undecided
Tuesday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now	In the future I will	Yes No Undecided
Wednesday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now	In the future I will	Yes

Name: _____ Per.: ____ Week Of: ____/____/____

Content: Write the daily <u>content</u> learning target:	Content End of Class Rating- Circle One:
Monday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now
Tuesday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now
Wednesday: I will	I learned this:

Name: _____ Per.: ____ Week Of: ____/____/____

Content: Write the daily <u>content</u> learning target:	At the End of Class Answer the Exit Question-
Monday: I will	
Tuesday: I will	
Wednesday: I will	

This one has a “Content” beginning and “Behavioral” end of class task

This one has a “Content” beginning only task

This one has a quiz question that you post on the board at the end of each class

This Program is all about the Students:

- ◆ Classroom “**kid-tested**,” teacher-approved, and full of real student examples and responses.
- ◆ Promotes **high student engagement and interaction**.
- ◆ **Challenges and impacts the mental, emotional, social life of teens.**

Buy it Today, Teach it Tomorrow!



What makes this program unique?

- ◆ This program features highly organized step-by-step teacher directions that follow daily PowerPoints, providing talking points for each slide.
- ◆ **Documents and PowerPoints are editable** to cater to you and your students needs. Documents are included in both **Word and PDF** formats.
- ◆ PowerPoints are full of trending topics, photos, and video links that teens will appreciate.

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Works Cited:

Yosemite Photo by the author:

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NYC Standards From:

<http://www.p12.nysed.gov/ssss/schoolhealth/schoolhealtheducation/healthPE>

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**Thanks for
previewing!**

