

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

Day 1: WHAT IS POSITIVE SELF-ESTEEM?

- -What is Positive Self-Esteem?
- -"Self-Esteem Survey"
- -Tips on Improving Self-Esteem
- -"Self-Esteem iPad Project" or
- -"Thumbprint" Art Project"

Day 2: WHAT MAKES ME ME!

- -"What Makes Me Me Worksheet"
- -"Here's to Kids Who Are Different" Poem
- -Continue "Self-Esteem iPad" or "Thumbprint"
- -"Best Friend" song Lyrics
- -Inspiring Video (Napoleon Dynamite Dance Scene!)

Day 3: CAREER INTEREST SURVEY

- -"Career Interest Survey"
- -Motivating Video

Day 4 + 5: DREAM BREAKERS PROJECT

- -Calming Thoughts
- -"Rise Above the Dream Breakers Project" with 30 pages of templates to use!
- -"Art Project Rubric" Included!
- -"Positive Thoughts at Night Homework"

Day 6: HOW POSITIVE SELF-TALK REALLY HELPS!

- -More on Self-Esteem
- -True Story Examples!
- -Positive Self-Talk Worksheet
- -Stand Up to Bullying
- -"One Person Can Make a Difference!"
- -"To This Day" Video

Day 7 + 8: CLASS SELF-ESTEEM BOOK

- -Class Self-Esteem Book (Each student contributes one page!)

Day 9 + 10: THESAURUS PROJECT

- Thesaurus Project (Finding traits that describe you!)

Day 11: BEING ASSERTIVE, BUT NOT AGGRESSIVE

- -Being Assertive Survey
- -Follow up on the Difference between Being Assertive and Aggressive
- -Tips of Being Assertive
- -Assertive Role-Plays

Day 12: CLASSROOM SELF-ESTEEM QUILT PROJECT

- -Classroom Self-Esteem Quilt
- -Watch Motivating Videos While You Work!

Day 13: MOTIVATING QUOTES

- -"Accept the Best, Change the Rest Survey" and Goals
- -Motivating Quote Poster Activity
- -Dear Me Videos

Day 14: FOOD PERSONALITY SURVEY

- -Fun Food Personality Survey (Would you rather eat an oatmeal or chocolate chip cookie, and what that means about you!)
- -Personality Sharing!
- -Food Personality Parent-Teen Homework (Students have a parent/guardian take the same survey and compare traits!)

Day 15: SELF-ESTEEM ASSESSMENT

- -Self-Esteem Review Worksheet
- -Self-Esteem Assessment
- -Extending the Learning with Journaling, Goal-Setting
- -Amazing Video!
- -"We Are All Unique" Worksheet and Video

Day 16 + 17 or as homework: SELF-ESTEEM PROJECTS

- -Self-Esteem Projects to do in Class or as Homework