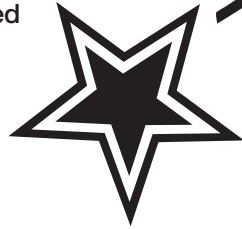


Adventures in learning, created
by Canadian dietitians



Students explore their many attributes that contribute to positive self-esteem.

Learning Expectations:

1. Identify factors that contribute to developing positive self-esteem.
2. Identify ways to boost their self-esteem.

Subject Links: Health, Language, Personal Development

Materials & Resources:

- ☆ Self-esteem information at: www.kidshealth.org
- ☆ Flip chart and markers
- ☆ Paper

Class Discussion:

Brainstorm the meaning of self-esteem and make a list of attributes that make people special in their own way. Encourage students to emphasize attributes that are not related to physical appearance.

Teaching Tip:

Refer to the *MISSION NUTRITION** Teacher Notes for background on factors that contribute to self-esteem and how to help students build their self-esteem.

Activities:

1. Distribute an envelope to every student in the class. Have students put their name on the envelope, then place it on a table near the front of the class. Ask

students to write down one thing they like about each of their classmates on separate small pieces of paper. Encourage students to focus on their classmates' special talents, interests, qualities and unique personal characteristics, not on appearance. Have students put their notes in each of their classmates' envelopes.

Collect and screen each of the envelopes to ensure that no hurtful comments are made before distributing them to students. At the end of this activity, students will each have an envelope full of special qualities that others value in them.

2. Have students write their own definition of self-esteem at the top of a piece of paper. Then ask them to make a list of 10 things they can do to help build positive self-esteem in themselves and others.

Home Connection: Self-esteem Journal

Encourage students to keep their own self-esteem journal to record their positive attributes. Students can use their journal to explore their feelings and reflect on what makes them feel good about themselves and feel valued as citizens. Suggest that they use this as a tool to focus on their many qualities and to build positive self-esteem.

Assessment:

Assess students based on their ability to correctly define self-esteem and identify ways to boost self-esteem in themselves and others.

*MISSION NUTRITION** resources for Kindergarten to Grade 8 are available in English and French at www.missionnutrition.ca or by calling 1-888-453-6374.

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