

Self- Esteem

WebQuest Description: Self esteem is your opinion of yourself. Body image is how a person feels about his or her own physical appearance. For many people, especially people in their early teens, body image can be closely linked to self-esteem. That is because as kids develop into teens, they care more about how others see them. This WebQuest will take the students on a lifetime journey. Only by seeing their problems clearly and experiencing them can they do something about them. When one overcomes negativity he/she can achieve a higher self esteem.

Grade Level: 6-8

Curriculum: Professional Skills

Keywords: Body image, Self concept, Self esteem, Low and high self esteem etc.

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Introduction

I'm fat. I'm too skinny. I'd be happy if I were taller, shorter, had curly hair, straight hair, a smaller nose, bigger muscles, longer legs. Do any of these statements sound familiar? Are you used to putting yourself down? If so, you're not alone. Do you know that attractiveness is defined by culture. It seems as if our society is plague with the high level of low self esteem, why is that so? Watch and relax as you learn and educated. As a teen, you're going through a ton of changes in your body. And as your body changes, so does your image of yourself. Lots of people have trouble adjusting, and this can affect their self-esteem. Self-esteem is important because feeling good about yourself can affect how you act. A person who has high self-esteem will make friends easily, is more in control of his or her behavior, and will enjoy life more. Most people feel bad about themselves from time to time. Feelings of low self-esteem may be triggered by being treated poorly by someone else recently or in the past, or by a person's own judgments of him or herself. This is normal. However, low self-esteem is a constant companion for too many people, especially those who experience depression, anxiety, phobias, psychosis, delusional thinking, or who have an illness or a disability. If you are one of these people, you may go through life feeling bad about yourself needlessly. Low self-esteem keeps you from enjoying life, doing the things you want to do, and working toward personal goals. You have a right to feel good about yourself. However, it can be very difficult to feel good about yourself when you are under the stress of having symptoms that are hard to manage, when you are dealing with a disability, when you are having a difficult time, or when others are treating you badly. At these times, it is easy to be drawn into a downward spiral of lower and lower self-esteem. For instance, you may begin feeling bad about yourself when someone insults you, you are under a lot of pressure at work, or you are having a difficult time getting along with someone in your family. Then you begin to give yourself negative self-talk, like "I'm no good." That may make you feel so bad about yourself that you do something to hurt yourself or someone else, such as getting drunk or yelling at your children. By using the ideas and activities in this booklet, you can avoid doing things that make you feel even worse and do those things that will make you feel better about yourself.

Tasks

There is two parts to this activity. First you will need to do an self introspection of yourself in order to do the self letter. Then you will need a picture of yourself to create a folder commending your strengths.

Process

First you will be assigned to a team of 5 students. Then you will complete the following by allowing each individual to discuss how they feel about themselves (positive and negative side and what can be done to improve these area), by writing down the answer to all the questions about themselves. Once your team is done, student you will work in individually to create a folder on body image of them self showing different events for example school, church and fun day etc. Secondly you will write a friendly letter commending your self on the good job you have done which should include commending on your strength. Below their is an outline of how a friendly letter should be format.

Evaluation

At the end of our teaching practice we will be conducting a quiz so as to assess your personal achievements.

Category and Score					Score

Category and Score					Score
				Total Score	

Conclusion

Accept failure as a normal part of living. View it as part of the process of exploring your world;

make a note of its lessons and move on

If you want to overcome negativity, this is your homework:

Stop watching/listening to/associating with any negative people.

Shut off the valve that spews any negativity into your life and you may end up changing your life for the better!

Self esteem is an essential part in our life's or developmental stages. Positive self concept does not mean that someone is self centered or believes that he or she is always correct, good, and moral and can do no wrong. To accept one is to accept one's short comings as well as one's strengths-that is "to accept myself for what I am". The manner in which one is raised is important for acquiring a positive self concept.

Teacher Page

This WebQuest is intended for grades 8th to 9th. I find it best suited in our 8th grade profession skill.

Standards

Credits

Other