

# BOTVIN LIFE SKILLS

## LESSON 1: SELF-ESTEEM



1. Can anyone describe what self-esteem means?
2. How is Self-Esteem developed?
3. Can everyone have high self esteem?

Write this definition on page 39 of your books under Self-Esteem:

*How a person feels about themselves.*

### THREE OF A KIND ACTIVITY

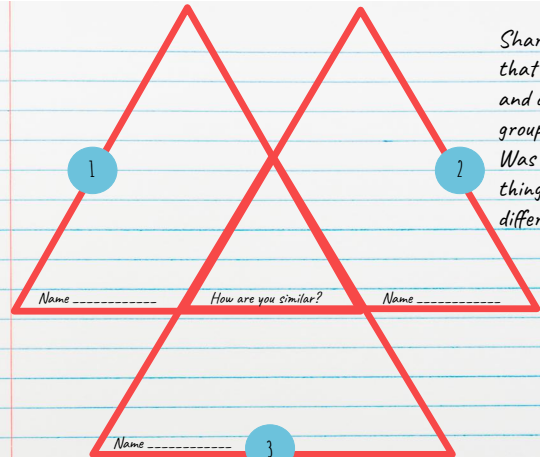
Sometimes people, especially children, feel bad about themselves and have low self-esteem because they are afraid they won't fit in. They believe they are different from everyone else and won't be liked.

Separate into groups of 3. Turn to page 6 in your books.

Decide who is student 1, 2, and 3.

In your groups you must talk to each other and discover three qualities that are unique about each one of you. Talk about your favorite things, how many siblings you have, what sports you like, etc.

After you find 3 qualities that are unique for each person. Find 3 qualities that are the same.



Share some qualities that were the same and different in each group.

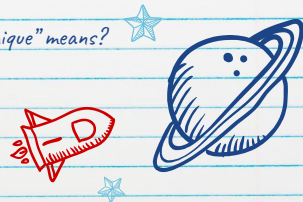
Was it harder to find things that were different or the same?

## UNIQUE

Write the following definition on page 40:  
Being special and not like anything or anyone else.

The activity we just did shows us what it means to be unique.

Does anyone know what the word 'unique' means?



### JOURNAL TOPIC

Turn to Worksheet 2 on page 7 and complete the journal page.

Remember to try to use some of the ideas discussed today in class in your response.

You are walking in the woods one day when you find a unicorn crying to himself. You ask the unicorn what is wrong and he says he feels bad because he is so different from all the other animals in the forest. You realize that the self-esteem of the unicorn is pretty low. It is your responsibility to help the unicorn feel better about himself. Explain to the unicorn that it is okay to be different, there are probably a lot of animals he is more similar to than he thinks.