

Learn to Love Yourself!

Grade 8 • Ages 14-16

Kindness is an intrinsic quality of the heart expressed through an act of benevolence reflecting care and good will for self and others.



These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

If you have questions or comments, please email us at teacherhelp@randomactsofkindness.org

Self Esteem

Students will analyze internal factors that contribute to mental and emotional health.

Unit Objective

Students will be able to analyze how culture, media, and others influence personal feelings and emotions and describe how personal and family values and feelings influence choices.

Introducing This Unit To Your Students

For the next few days, we are going to talk about what it means to have a positive self image. Find a partner and tell the other person something you like about yourself.

Allow time for students to discuss together. You can also use this time to introduce the key Kindness Concepts (**assertiveness**, **gratitude**, **respect**, **self-care**) and create community definitions for these concepts or share the definitions listed below. Consider using the Kindness Concept Posters for **assertiveness**, **gratitude**, **respect** and **self-care** as a way to reinforce learning.

Kindness Concepts

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

ASSERTIVENESS Standing up for yourself and what you believe in while being respectful of the rights and beliefs of others.

GRATITUDE Being thankful for and appreciating what you have and those around you.

SELF-CARE Caring for yourself mentally, physically, emotionally and socially through your words, actions and thoughts.

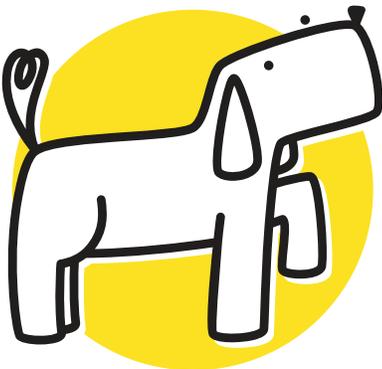
RESPECT Treating people, places, and things with kindness.

COMPASSION Being aware when others are sick, sad, or hurt and wanting to help.

Unit Lessons

There are four lessons in this unit plus an optional lesson if you have time.

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: Self-Esteem Quotes	Students will explore the concepts and examine various quotes about respect, self-esteem and self-compassion.	<ul style="list-style-type: none">• What Do the Quotes Mean to You? Activity Sheet, one for each student• RAK Journals• Kindness Concept Posters: Self-Care, Respect, Compassion, Self-Care
Lesson 2: Messages We Send	Students will play a game and have a discussion around how negative thoughts and comments, from others and ourselves, can affect our self-esteem.	<ul style="list-style-type: none">• One sheet of blank paper for each student• Pen or pencil• Masking tape• Stopwatch• Space for an activity – inside the classroom with desks pulled away, outside or in the gym• RAK Journals• Kindness Concept Posters: Assertiveness, Self-Care, Respect, Compassion
Lesson 3: Self-Image and Self-Esteem	Students will explore the term self-image and how it is connected to self-esteem.	<ul style="list-style-type: none">• Chart paper• Optional Art Extension: Old magazines• Photos of fruit-one copy only-provided below• RAK Journals• Kindness Concept Posters: Assertiveness, Gratitude, Self-Care, Respect, Compassion
Lesson 4: Spreading a Positive Word in the Community	Students will create a campaign to spread positivity into the school community.	<ul style="list-style-type: none">• Self-Image and Self-Esteem Discussion response poster (from Self-Image and Self-Esteem Lesson)• Clip: Teen Creates Viral Campaign to Stop Cyberbullies (2 min 35 sec): http://usatoday30.usatoday.com/news/health/wellness/story/2012-08-17/teen-twittercyberbullies/57120166/1• Home Extension Activity: Self Esteem – one for each student• Kindness Concept Posters: Assertiveness, Self-Care, Respect, Compassion



Unit Notes

The activities in this lesson focus on a central theme and connect to different academic curriculum areas.

The lessons are intended to be easy to teach and fun to use while helping to develop social and emotional skills.

Lesson activities use a variety of modalities to address different learning styles and build on each other.

Each lesson includes choice of evaluation or reflection questions, which can be written, discussed or used as journal entries. Consider writing these on the board before the lesson begins.

The activities also incorporate key Kindness Concepts, which can be introduced before teaching the lesson or as the concepts are discussed in the lesson. Consider displaying the [Kindness Concept Posters](#) during the unit. See the [RAK Educator Guide](#) and [Building Trust in the Classroom](#) for information about using Kindness Concepts to create a healthy classroom environment and help students develop pro-social behaviors.

Each activity includes tips for how to adapt the curriculum to meet the needs of diverse learners.

[The Kindness Tool Kit](#) is another way to meet the needs of diverse learners. See the [RAK Educator Guide](#) for how to create and use this tool kit.

RAK also has developed [Focusing Strategies](#) and [Problem-Solving Strategies](#) to help students better regulate their emotions, think through challenging situations, and build healthy relationships, friendships and community. See the [RAK Educator Guide](#) for more information about incorporating those strategies into the unit.

Establishing kindness as the norm in your classroom positively influences classroom culture. By setting kindness as the expected behavior and having everyone agree to that norm, your students gain responsibility for maintaining an environment that is kind to everyone

Revisiting the topics or questions raised during discussions regularly will expand student understanding of the concepts. Scripted explanations are provided, but feel free to use language that feels natural for you.

The Common Core, 21st Century, SEL and Colorado P-12 Academic Standards met in this unit are listed at the start of each lesson. A [Learning Standards Key](#) is provided on the website for your reference.

