



## Self-Esteem Unit

Grade 8 • Ages 14-16

### TIME FRAME

Preparation: 10 minutes  
Instruction: 30 minutes

### MATERIALS

What Do the Quotes Mean to You?  
Activity Sheet (p. 4), one for each  
student

RAK Journals

[Kindness Concept Posters](#): Self-Care,  
Respect, Compassion, Self-Care

### LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.  
SL.8.1,

Colorado: Comprehensive Health S.3,  
GLE.2, EO.d; Reading, Writing and  
Communicating S.1, GLE.1, EO.a; S.1,  
GLE.2, EO.d,e

SEL: Self-awareness, Self-manage-  
ment, Responsible decision making

[Learning standards key](#)

# Self-Esteem Quotes

Students will explore the concepts and examine various quotes about respect, self-esteem and self-compassion.

## Lesson Background for Teachers

Self-Esteem is how we feel about ourselves, but it goes hand in hand with many other constructs such as: Self-image, Self-compassion, Self-worth, Self-efficacy and Self-actualization.

Kristen Neff Ted Talk: The Space Between Self-Esteem and Self-Compassion (19 mins): <http://self-compassion.org>

Mayo Clinic: Self-Esteem Check- Too Low or Just Right: <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20047976>

## Key Terms for Students

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

**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.

**SELF-ESTEEM** verall sense of self-worth or self value.

**SELF-COMPASSION** Offering compassion, understanding and kindness to yourself.



The RAK paradigm is the framework for teaching and building kindness skills.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

The **Share** step in the first lesson of each unit is intended to set the tone for teaching kindness.



## TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Having the quotes and questions translated by someone at school or if necessary use a translation program on the computer. Remind students that the translations should be used as a reference, but should be cross referenced with the original to increase knowledge of English.
- Finding their own inspirational quotes to respond to or share with other students.

## Resources

Positivity Blog: Self-Esteem and Self-Love Quotes: <http://www.positivityblog.com/index.php/2014/03/19/self-esteem-quotes/>

Psychology Today: 25 Quotes about Self-Esteem <https://www.psychologytoday.com/blog/here-there-and-everywhere/201211/25-quotes-self-esteem>

### Share (3 mins)

Tell the person next to you one thing you like about yourself.

### Inspire

#### Self-Esteem (5 mins)

*Today we are going to discuss what it means to believe in our own value or have high self-esteem. What is the definition of compassion? How do you think compassion, respect and self-esteem are connected? (self-esteem comes from having a high amount of respect and compassion for your self)*

*We are going to look at some quotes together, but I want you to think about these quotes on your own first.*

Write or project the quotes on the board.

### Empower

#### Self-Esteem Quote Response (15 mins)

Hand each student a What Do the Quotes Mean to You? activity sheet to complete independently.

Have students discuss their responses to the quotes either in small groups or as a class.

#### Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

#### Evaluation Questions

- What is compassion?
- What is self-compassion?
- What is self-esteem?

### Reflection

- Do you think it is easier to have respect and compassion for yourself or others?
- How do you think self-compassion leads to self-esteem?
- Who do you think is responsible for making you feel good about yourself? Why?

### Summary

*Feeling like we are people worthy of respect and compassion leads to valuing our own rights and who we are. Building your self-esteem is connected to other concepts that help us be kind to ourselves.*



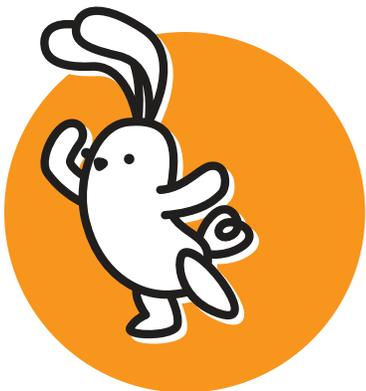
### Act (2 mins)

#### Kindness Minute

*Show some self-compassion. Think of something that happened to you that upset you and say to yourself, out loud or in your head, "You always do the best you can, even when things are hard."*

#### Kindness in Action

Use one of the quotes from the list on the What Do the Quotes Mean to You? activity sheet or find a new quote that speaks to you. Use a paper and markers to make a poster of the quote you can post in your room or for others to see.



# What Do The Quotes Mean to You?

NAME \_\_\_\_\_

**Directions:** Read the quotes and then answer the questions below:

**"Wanting to be someone else is a waste of the person you are."**

–Marilyn Monroe, Actress

**"You yourself, as much as anybody in the entire universe, deserve your love and affection."** – Buddha

**"Believe in your dreams and they may come true; believe in yourself and they will come true."** – Anonymous

**"There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness and generosity."**

– Nathaniel Branden, Psychologist

**"A moment of self-compassion can change your entire day. A string of such moments can change the course of your life."** – Christopher Germer, Psychologist

**"If compassion does not include yourself, it is incomplete."**

– Jack Kornfield, Author

Choose two quotes and write what they mean to you.

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Answer the following questions. Use a separate sheet of paper if necessary.

- Do you agree with any of the quotes? Why?
- Do you disagree with any of the quotes? Why?
- What does it mean to you to have high self-esteem? Do you think having self-esteem is a way to care for yourself? Why or why not?

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