

ACCEPTING YOURSELF AND OTHERS RECOMMENDED GRADES 2,3

This course is designed to teach children about the concept of self-esteem and the role it plays in having healthy friendships. Using the acronym THINK, students will learn that self-esteem is how we Think about ourselves. They will also develop an understanding of how to Help enhance self-esteem using positive self-talk, how to Identify and respect others' feelings, how to use the Golden Rule to help others in Need, and how to Keep a positive attitude. Techniques to control and express anger and stress in healthy ways will also be covered in this course.

TOPICS COVERED

- Self-esteem
- Positive self-talk
- Respecting others' feelings
- Ways to handle anger
- The Golden Rule
- Benefits of a positive attitude

OBJECTIVES

- Students will be able to define self-esteem
- Students will be able to identify the qualities that make them special and unique
- Students will be able to describe how to use positive self-talk to enhance self-esteem
- Students will be able to explain ways to identify feelings and the importance of respecting others' feelings
- Students will be able to list positive and negative ways to express anger and stress
- Students will be able to provide examples of how to use the Golden Rule to help others in need
- Students will be able to discuss how keeping a positive attitude can lead to healthy relationships

NATIONAL HEALTH EDUCATION STANDARDS

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health
- Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior
- Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
- Standard 5: Students will demonstrate the ability to use goal-setting skills to enhance health
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
- Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health

ACTIVITIES AND ASSIGNMENTS

Accepting Yourself and Others Digital Instruction 20m

STUDENT ASSIGNMENTS

While You Watch worksheet 15m

Angry Situations 30m

Getting to Know Me 15m

My Anger Survey 15m

The Golden Rule® 15m

Who Am I? Collage 30m

CLASSROOM ACTIVITIES

Charades with Emotions 30m

Class Connection 30m

Feelings Flashbacks 30m

My Seal - It's good to be me! 15m

Role Playing: Difficult Social Situations 30m

Role Playing: Handling Angry Feelings 30m

Thumbprint of Uniqueness 45m

Individual Courses are priced at \$75.

This course can also be purchased as part of the *Elementary Bundle* for \$650.

CASEL CORE COMPETENCIES

- Self-awareness
- Self-management
- Social awareness
- Relationship Skills

