

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
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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.

CASEL CORE COMPETENCIES

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

