SEVENTH/EIGHT GRADE
LESSON I
SELF CONCEPT

Objectives
• Students will discuss self-awareness, self-concept and self-esteem

Concepts
1. Self-concept is composed of all the beliefs and attitudes one has about oneself. It determines what a person is and what they will become.
2. One must first like him/herself as he/she is and enjoy personal strengths. Each person is unique and valuable.

Materials
• Paper, magazines, glue, scissors
• Worksheet “The Me I See”
• Worksheet “Do You Like Yourself?”

Activities
1. Pair students for this activity. First, each student is to interview a partner to find out as much information about him/her as possible in 10-15 minutes. Students will then search through magazine advertisements and cut out pictures to represent the life of his/her partner. Each student will prepare and present the collage of their partner to the class.
2. Instruct the students to write a positive poem called “It’s Neat To Be Me” about themselves using descriptive words. The students should write at least 20 lines using any poetry form the teacher desires.
3. Have a significant person in the student’s life (teacher, parent, best friend) write a paragraph or more on the uniqueness of the student.
4. Have the students complete worksheets:
   A. “The Me I See”
   B. “Do You Like Yourself?”
5. Exceptional Education Inclusion Activities
   A. Instead of interviewing a partner, the students may do the collage activity on their own likes and dislikes.
   B. Give the students a form to write their poem. For example, they could do the following:

   It’s Neat To Be Me
   I like … (fill in the blank)
   I can…
   I don’t…
   I make…
   I sing…
I love…
It’s neat to be me

C. Do the “Do You Like Yourself?” worksheet by reading it aloud and have the student simply write yes or no.
THE ME I SEE

DIRECTIONS: List as many characteristics as possible under each category.

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<thead>
<tr>
<th>THE PHYSICAL ME</th>
<th>THE EMOTIONAL ME</th>
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<th>THE SOCIAL ME</th>
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<tr>
<th>THE INTELLECTUAL ME</th>
<th>IF I WERE TO GIVE MYSELF AN AWARD, IT WOULD BE FOR...</th>
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DO YOU LIKE YOURSELF?

Answer each question by writing in the letter of the appropriate response. (R=Rarely, S=Seldom, O=Often, U=Usually)

1. I make friends easily.
2. I make good decisions.
3. I am competent at my work.
4. I am open to new experiences.
5. I respond calmly and objectively during crisis situations.
6. I laugh frequently.
7. I am considered to be responsible by others.
8. I am considerate of others.
9. I take charge of my life.
10. I meet my commitments.
11. I enjoy my life.
12. I am thoughtful.
13. I am respected by others.
15. I am successful.
16. I follow through on my plans.
17. I have an active social life.
18. I enjoy some alone times.
19. Members of the opposite sex find me attractive.
20. I am loving.

SCORING: For each “Rarely” = 1 point  For each “Often” = 2 point  For each “Usually” = 3 points
The higher the score, the more positive is the self-image.