

Relationship with Ourselves' Lesson Plan (Chapter 3, Module 3, Lesson 10)

Duration	Objective	Activity
5 mins	<ol style="list-style-type: none"> 1. Foster a sense of community where all know each other and feel comfortable in each other's presence 2. Establish guidelines for respectful and effective communication and collaboration within the group. 	<p>Introduce yourself and have students introduce themselves if they do not know each other. Start with a list of rules and have students add (large group activity).</p>
10 mins	<ol style="list-style-type: none"> 1. Define the concepts of self-love and self-care and recall ways to practice them 2. Define the concept of self-esteem and how one can practice it 3. Recall ways to improve self-esteem 	<p>Questions and discussion: Ask the pre-assessment questions. If youth cannot provide the answers, fill the gaps with a lecture/video.</p> <p>Pre-assessment questions:</p> <ul style="list-style-type: none"> • What does it mean to have a good relationship with yourself? • How do you take care of yourself when you're feeling sad or upset? • What are some things you can do to feel better when you're having a bad day? • How do you think having good self-esteem can help you in school or with friends? • What are some things you can do to boost your self-esteem? • How do you think being kind to yourself can affect how you feel about yourself and in general?
10 mins	Practice self-love	Large group exercise to practice self-love
5 mins	Each student is able to state at least one thing they will take away from the lesson	Ask students "What is one thing you learned today? How will you use what you learned? Ask everyone to name one thing. Show a video highlighting key concepts.
Materials Required: Flip Chart/Whiteboard/Blackboard + Pen/Marker		