

| Materials: Worksheets, computer, pens, program books, timers, markers | Suggested Pre-requisite skills: Attending |
|---|---|
| Weekly Targeted Skill(s): <ul style="list-style-type: none"> • Self-Esteem • Thinking Positive | |
| References Used: <ul style="list-style-type: none"> • <i>Having Positive Self-Esteem</i> (https://slp.everydayspeech.com/video/having-positive-self-esteem) • <i>Having Positive Self-Esteem Worksheet</i> (https://res.cloudinary.com/everyday-speech/image/upload/v1565152139/nalqbthsx27qqniodzdk.pdf) • <i>My Strengths in Different Places</i>(https://slp.everydayspeech.com/activity/my-strengths-in-different-places) • <i>Improving Self-Esteem and Confidence</i> (https://slp.everydayspeech.com/activity/think-positive-improving-self-esteem-and-confidence) | |
| Teaching Procedure | |
| Teacher Action | Student Action |
| <ol style="list-style-type: none"> 1. Direct everyone’s attention to the TV and watch “<i>Having Positive Self-Esteem</i>” 2. Go over “<i>Having Positive Self-Esteem</i>” Worksheet 3. Go over <i>My Strengths in Different Places</i> 4. Go over <i>Improving Self-Esteem and Confidence</i> | <ol style="list-style-type: none"> 1. Attend to video “<i>Having Positive Self-Esteem</i>” 2. Complete “<i>Having Positive Self-Esteem</i>” Worksheet 3. Complete Activity <i>My Strengths in Different Places</i> 4. Complete Activity <i>Improving Self-Esteem and Confidence</i> |

Mental Health: Self- Esteem & Positive Thinking