Name _____

High School Health Self Esteem Lesson Guide

Directions: Complete this lesson guide as we go through the lesson in class.

1. Write a short description of yourself.

2. Write a short definition of what you think mental health is.

3. Jessica's daily affirmations.
    a. Write an affirmation for yourself.

4. Why do you think there is this trend in the change self-esteem as you age and with gender?

5. What does the quote on the from Henry Ford mean?

6. Free Write – 2 Minutes
    a. How can the way we feel about ourselves affect how others see us and treat us?

7. Butterfly Circus
    a. What are some details that tell us how Will feels about himself?

    b. How does his changing self image contribute to his success?

    c. How do others perceive Will from beginning to end?

    d. Why do you think the creators named this short film 'The Butterfly Circus'?

    e. Think of a time that you have let your negative thoughts dictate how you feel. Is there a way you can take control of those thoughts? If not, what could you do?

f. What can you improve on regarding your personal definition?

g. What is one small change you can make regarding your personal definition?

h. How might that small change improve your chances for success?

8. Is it possible to ‘redefine yourself’? How can someone do this?

9. ‘To This Day’ Reflection. What did you ‘take’ from this video? How did it make you feel?