

Self-Confidence & Self-Esteem

Identity & Perspective, Module 1



AGENDA



1. Brainstorm: What is self-esteem and self-confidence?



2. Individually, answer the following questions: What is the difference between self-confidence and self-esteem? What are some areas in which you might have high self-esteem but low self-confidence?



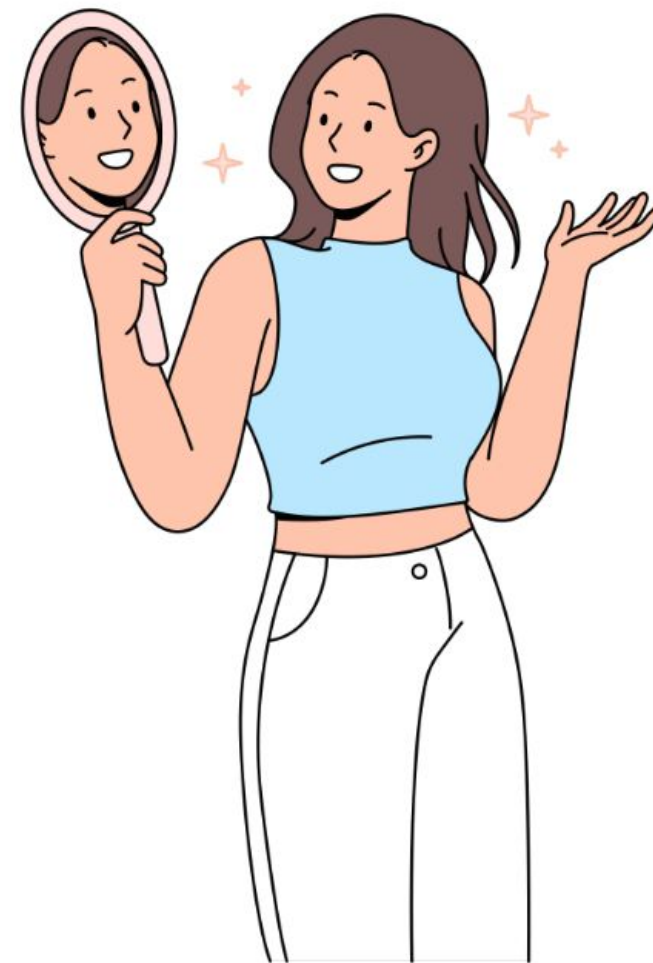
3. Reflect: How would positive self talk help you to improve your self-esteem and confidence in the future? How would my life be better?

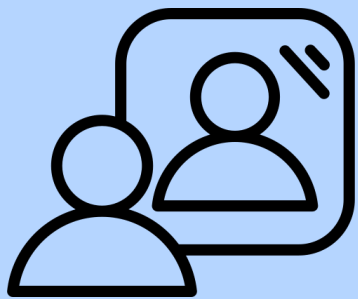
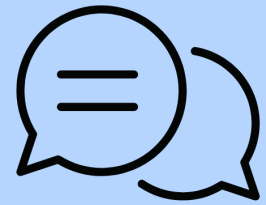


BRAINSTORM



What is self-esteem and self-confidence?



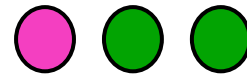


DISCUSS



Do you think it is possible to have high self-esteem but low self-confidence?





DIVE IN

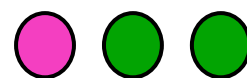
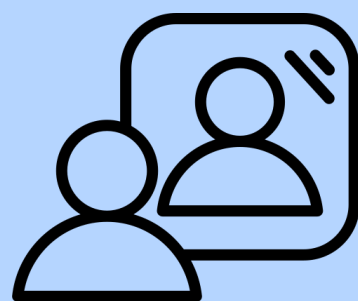


Definitions

Self-esteem is the overall feeling you have about yourself.

Self-confidence is how you feel about yourself in a specific situation or task.

Positive self-talk is purposefully replacing negative thoughts with positive ones that can increase your confidence and make you feel better about yourself.

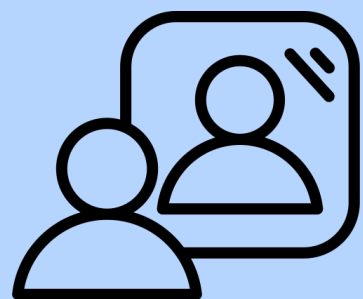
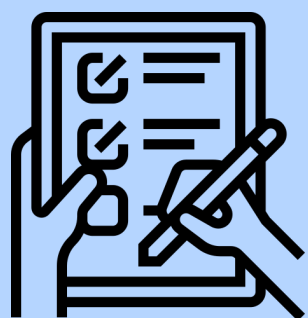


DIVE IN



It is possible to have high self-esteem but low self-confidence when faced with a situation that is unfamiliar or challenging for you.



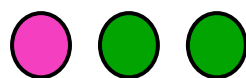
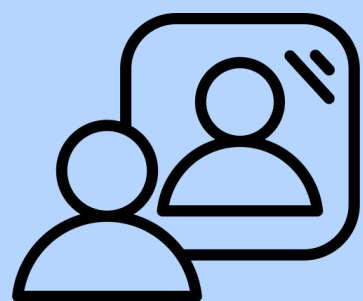
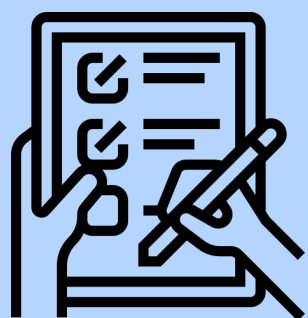


DIVE IN



On the flip side, you can also feel self-confident about your ability to complete a specific task, and have low self-esteem.

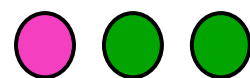
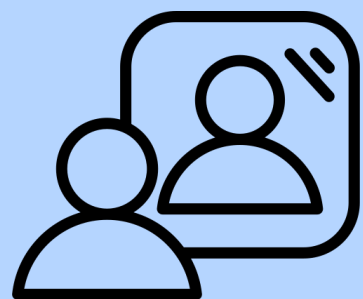
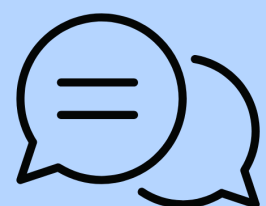




DIVE IN




For example, I might have self-esteem, but low self-confidence when it comes to public speaking.



ACTIVITY



Individually, answer the following questions: What is the difference between self-confidence and self-esteem? What are some areas in which you might have high self-esteem but low self-confidence?

 **High School**

Name: _____ Date: _____

Self-Confidence and Self-Esteem

Directions: Working independently, answer the following questions:

What is the difference between self-confidence and self-esteem?

What are some areas in which you might have high self-esteem but low self-confidence?

Choose one of your examples and answer:
What does your negative self-talk say in these situations?

How can you re-state the negative self-talk as positive self-talk?

Reflect
How would positive self talk help you to improve your self-esteem and confidence in the future?

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REFLECT



How would positive self talk help you to improve your self-esteem and confidence in the future? How would my life be better?



Extend & Enrich

Have students role play giving each other positive self-talk.



Home Connection



Home Connection

Self-Confidence and Self-Esteem

Dear _____,

Today in class, we learned about self-confidence and self-esteem. Self-confidence is how you feel about yourself in a specific situation or task. Self-esteem is the overall feeling you have about yourself. In class, students discussed areas where they may lack self-confidence and how to use positive self-talk to reframe how they feel about themselves.

Please encourage your student to share practice positive self-talk!

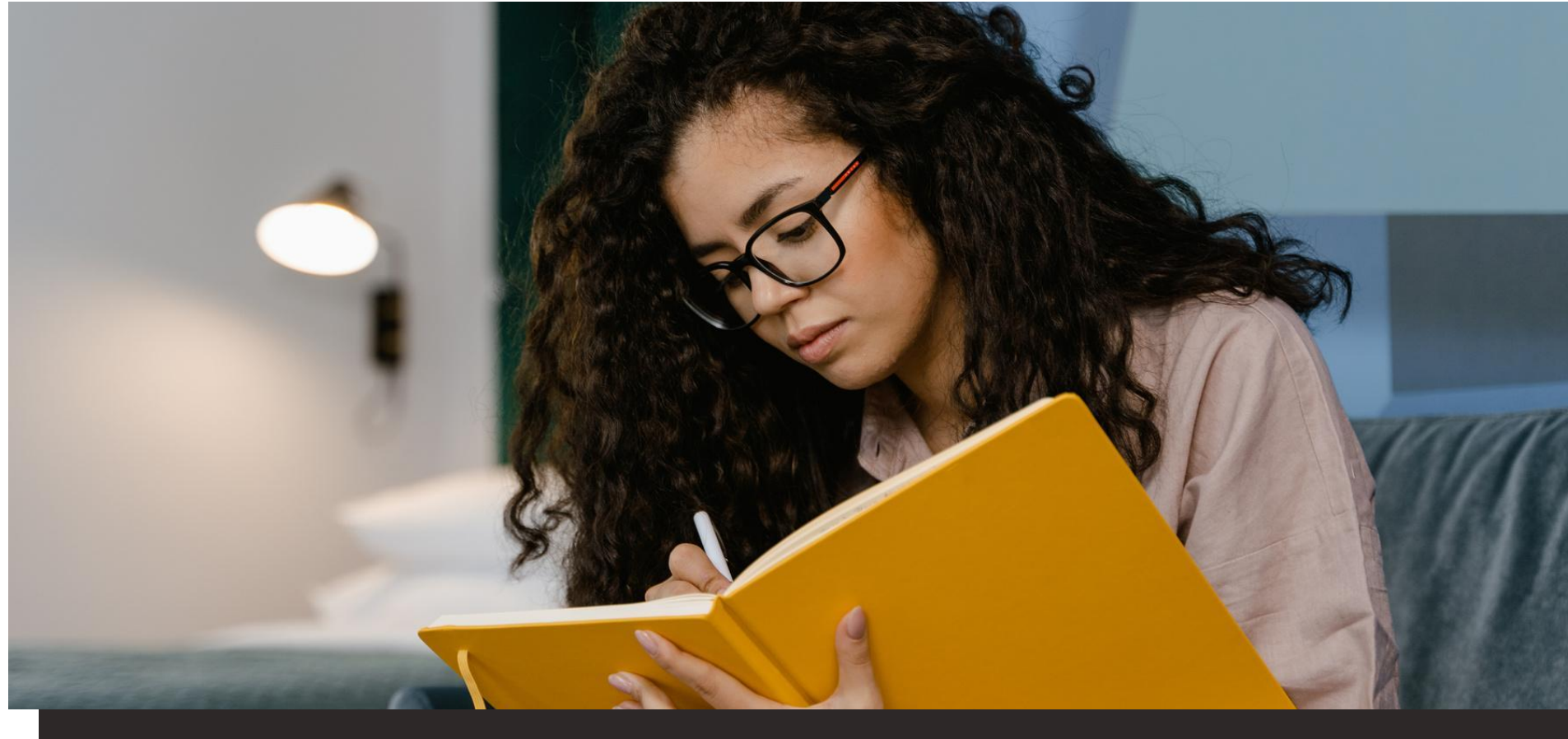
Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on an area in which you lack self-confidence. What would it look like to use positive self-talk as a strategy?





Further Study

- eSchoolNews: *10 Things I do to Boost My Students' Self-Esteem*
www.eschoolnews.com/2019/03/04/10-things-i-do-to-boost-my-students-self-esteem/
- Teen Health: *How Can I Improve my Self-Esteem?*
<https://kidshealth.org/en/teens/self-esteem.html>
- Positive Psychology: *18 Self-Esteem Activities for Teens*
<https://positivepsychology.com/self-esteem-worksheets/>





Lesson Complete!

