



High School

Self-confidence and Self-esteem

Materials

- Worksheet
- Computers and internet access for each student

Note: If students are not familiar with self-talk, you may wish to use Grade 9, (Positive Self-Talk) prior to this lesson.

Kickoff

Ask students if they know the difference between self-confidence and self-esteem. Write students' responses on the board but do not confirm or correct at this time.

Discuss

Detail: Your self-esteem is the overall feeling you have about yourself. Your self-confidence is how you feel about yourself in a specific situation or task. Do you think it is possible to have high self-esteem but low self-confidence? Accept students' responses.

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. On the flip side, you can also feel self-confident about your ability to complete a specific task, and have low self-esteem. For example, I might have self-esteem, but low self-confidence when it comes to public speaking. In the previous lesson, we talked about our strengths and interests. Knowing your strengths and interests can help build your self-confidence and can help you improve your overall self esteem as well. You may have had situations where you don't feel confident, but today we're going to practice using positive self-talk to help manage those feelings. You probably remember that positive self-talk is purposefully replacing negative thoughts with positive ones that can increase your confidence and make you feel better about yourself. Ask students to think of examples of positive self-talk someone could use if they were having low self-confidence about public speaking. Examples include: Everyone is nervous sometimes. No one is perfect. They're just here to learn.



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Activity

For this task, students can work independently, in pairs, or in groups, however everyone should complete their own worksheet. Have them read the questions on the worksheet and respond. When done, call on volunteers to share their responses.

Reflect

When done, ask students to respond to the Reflect question on the worksheet: How would positive self talk help you to improve your self-esteem and confidence in the future?

Extend and Enrich

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

Optional Home Connection → Have practice using positive self-talk at home and report back on how it helped them build self-confidence or self-esteem.

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?

For 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/>