

# ***Ollie the Owl Learns About Self-Esteem***

Lesson Objective:

Students will learn about self-esteem, understanding their unique qualities and recognizing their worth, as demonstrated in the story "Ollie the Owl Learns About Self-Esteem."

Materials Needed:



- The story "*Ollie the Owl Learns About Self-Esteem*"
- The song "*Ollie, You're A Star*"
- Ollie's Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1- Puppet Role-Play
- Activity 2- "I Am Special" Badge Worksheet
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion on self-esteem.

**Greeting and Circle Time Teacher Script**

- **Warm Welcome and Opening Discussion:**
  - "Today, we're going to talk about something very special – what makes each of us unique and why it's important to feel good about who we are. This feeling is called self-esteem. Self-esteem means feeling proud of who we are and appreciating the things that make us special."
  - (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)
- **Discussion Starter**
  - "Can anyone share something that makes you feel happy about yourself? Maybe it's a special talent or something you're really good at."

Read the Story (15 minutes)

Story Time Outline:



- Read the story, *Ollie the Owl Learns About Self-Esteem*," aloud to the class
- Engage the children by asking questions during key parts of the story

## Story Time Teacher Script:

### Prepare the Students for the Story:

- “Those are wonderful examples! Each of us is special in different ways. Today, we’ll hear a story about Ollie the Owl and how he learns to appreciate what makes him and his friends unique.”
- “Now, we’re going to read a story called ‘*Ollie the Owl Learns About Self-Esteem.*’ Let’s see what Ollie and his friends discover about feeling good about themselves.”
- (Read the story aloud, pausing at key moments to ask questions and engage the children.)
- **Read the Chapter with Emphasis on Key Moments:**
  - **While reading**, pause during key moments.
  - **Ask Questions:**
    - What is Ollie wondering about at the beginning of the story?  
(Pause after “Wondering if he mattered at all.”)
    - What does Harriet the Hare say makes her feel special?  
(Pause after Harriet talks about hopping and running.)
    - Can you think of something *you* do really well, like Harriet?  
(Encourage brief sharing.)
    - How does Ollie feel when he flies high in the sky?  
(After: “Feeling unique as he touched the sky.”)
    - What makes Benny the Bear proud of himself?  
(Pause after Benny shares about strength and kindness.)
    - Do you think being kind can help someone feel proud? Why?  
(Open-ended—invite responses.)
    - What does Sammy the Squirrel say makes her feel good?  
(After Sammy talks about climbing and her tail.)
    - What do you think Ollie is starting to realize about himself?  
(Check comprehension of Ollie’s journey.)

- What skill does Betty the Beaver feel proud of?  
*(After Betty shares about building dams.)*
  
- How do all of Ollie's friends feel about themselves? What do they all have in common?  
*(Encourage noticing that everyone had different strengths.)*

## Ollie the Owl Learns About Self-Esteem

In a forest tall and grand,  
Lived Ollie the Owl, so wise and grand.  
With feathers so soft and eyes so bright,  
He soared through the trees, day and night.

But Ollie sometimes felt quite small,  
Wondering if he mattered at all.  
One sunny day, with a heart full of dreams,  
He set out to learn about self-esteem.

First, he met Harriet the Hare,  
With a hop and a skip, she danced in the air.  
"Harriet," asked Ollie, "what makes you shine?  
What makes you feel special and fine?"

Harriet smiled, her nose a-twitch,  
"My long ears and speed make me quite rich.  
I love how I hop and how I run,  
It makes me feel special, and life so fun."

Ollie nodded, thinking it through,  
His big, round eyes twinkling like dew.  
He flapped his wings and flew so high,  
Feeling unique as he touched the sky.

Next, he saw Benny the Bear,  
Picking berries with gentle care.  
"Benny," asked Ollie, "what makes you proud?  
What makes you feel special in this big crowd?"

Benny grinned, his fur so warm,  
"My strength and kindness are my charm.  
I help my friends and share my food,  
It makes me feel happy and oh so good."

Ollie thought of his own kind ways,  
How he hooted songs on moonlit days.  
He felt a glow, so warm and bright,  
Knowing he was special in his own right.

Then Ollie met Sammy the Squirrel,  
With a fluffy tail and a playful twirl.  
"Sammy," asked Ollie, "what makes you glad?  
What makes you feel special when you're sad?"

Sammy giggled, her eyes so bright,  
"I love to climb trees, reaching new heights.  
My nimble paws and bushy tail,  
Make me feel special, never frail."

Ollie spread his wings so wide,  
Feeling joy and a sense of pride.  
He loved his feathers, soft and fine,  
And his ability to see in the dark, divine.

Finally, Ollie saw Betty the Beaver,  
Building a dam, a true achiever.  
"Betty," asked Ollie, "what makes you feel strong?  
What makes you feel special all day long?"

Betty smiled, her teeth so keen,  
"My building skills make me a queen.  
I craft and create with my own two paws,  
It makes me feel proud without a pause."

Ollie looked at his own great skill,  
How he flew with grace and a heart so still.  
He felt unique, from beak to claw,  
Special in ways that filled him with awe.

Ollie learned from his friends so dear,  
That self-esteem is always near.  
Each of us is unique, it's true,

Special in ways both old and new.

Our feelings are ours, special and real,  
They help us understand how we feel.  
So if you ever doubt your gleam,  
Remember Ollie's tale of self-esteem.

You're special, unique, just as you are,

A shining light, a brilliant star.

With friends and love, and self-belief,  
You'll always find joy beyond any grief.

- **Post-Chapter Teacher Script**

- “Wow, what a great story about Ollie and his friends! Today we learned that everyone has something that makes them special, just like Ollie, Harriet, Benny, Sammy, and Betty. Sometimes we might forget how amazing we are, but this story reminds us that self-esteem means feeling good about who we are on the inside. When we know our strengths and believe in ourselves, we feel proud, happy, and confident.

So remember—just like Ollie—you are unique, you are important, and you are enough just the way you are. Let's keep looking for the things we love about ourselves and celebrate them every day.”

#### 4. Post-Chapter Questions

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- What was Ollie trying to learn in this story?  
*(Understanding Ollie's goal: learning about self-esteem.)*
- What does “self-esteem” mean, based on what we read?  
*(Help students express that it means feeling good about themselves.)*
- Why did Ollie feel better after talking to his friends?  
*(He realized everyone has something that makes them special.)*
- How did Ollie's friends help him understand self-esteem?  
*(They shared what made them feel proud or happy about themselves.)*

- What are some things Ollie is good at?  
*(Flying, seeing in the dark, being kind.)*
- Can you name one thing *you* like about yourself?  
*(Encourage personal connection and self-reflection.)*
- How did Ollie feel at the beginning of the story? How did he feel at the end?  
*(Understanding the emotional journey.)*
- What message do you think this story is trying to teach us?  
*(Encourage students to express the moral in their own words.)*
- Why is it important to believe in yourself?  
*(Critical thinking about the concept of self-worth.)*
- If a friend feels sad or not good enough, what could you say to help them?  
*(Build empathy and apply the story's message to real life.)*

### Sing the Song (10 minutes)



- Teach the children the “Ollie, You’re A Star” song
- Sing the song together a few times, encouraging the children to join the actions.

“Now, let’s sing a song about self-esteem! This song will remind us of how special we all are, just like Ollie and his friends.”

## "Ollie, You're A Star"

## Hand Movements

### [Verse 1]

Ollie the owl sat up in his tree  
Wishing and hoping to truly be free  
He saw the stars  
They sparkled so bright  
But he felt too small to join their light

Place hands on top of head to form owl "ears"

*Wiggle fingers in the air like sparkling stars*

### [Chorus]

Ollie, oh Ollie, you're a star inside  
Spread your wings and let your heart guide  
The world will glow when you believe  
Ollie, oh Ollie, it's time to achieve

Point to self with both thumbs, spread arms wide  
Flap arms gently like wings

### [Verse 2]

He flapped his wings but felt unsure  
"I'm just a bird  
Can I be something more?"  
A wise old breeze whispered in his ear  
"Trust yourself  
There's nothing to fear."

*Make a small flap with arms, then shrug shoulders*

*Cup hand to ear as if listening*

### [Chorus]

Ollie, oh Ollie, you're a star inside  
Spread your wings and let your heart guide  
The world will glow when you believe  
Ollie, oh Ollie, it's time to achieve

Point to self with both thumbs, spread arms wide  
Flap arms gently like wings

### [Bridge]

Up he soared into the night sky,  
With each flap, he felt he could fly  
The stars cheered loud  
"Ollie, you're brave!"  
He smiled big  
His self-doubt waved

Raise both arms slowly above head like soaring

Big smile, then wave one hand goodbye

### [Chorus]

Ollie, oh Ollie, you're a star inside  
Spread your wings and let your heart guide  
The world will glow when you believe  
Ollie, oh Ollie, it's time to achieve

Point to self with both thumbs, spread arms wide  
Flap arms gently like wings

## Song Wrap-up

“Wonderful singing! Each of you did an amazing job showing how proud you feel through your voices and actions.”

## Do an Activity (20 minutes)

- Students will recognize and express what makes them feel proud, unique, and confident using puppets and positive self-talk.

**Please choose from the following 2 activities:**



### Activity 1: Puppet Role-Play (15 minutes)

#### Introduce Activity

“Now, we’ll use puppets to talk about what makes each of Ollie’s friends feel special. I’ll start, then you can take turns sharing!”

#### Activity Instructions

Hold each puppet and say a self-esteem sentence using the examples below. Keep the tone upbeat and warm.

**Ollie the Owl:** “Hi, I’m Ollie the Owl. I’m wise and a great problem-solver. That makes me feel proud of myself!”

**Benny the Bear:** “Hi, I’m Benny the Bear. I’m strong and kind. I love helping my friends, and that makes me feel special!”

**Harriet the Hare:** “Hi, I’m Harriet the Hare. I’m fast and love to hop around. That makes me feel happy about who I am!”

**Buzz the Bee:** “Hi, I’m Buzz the Bee. I’m small, but I work hard and I never give up. That makes me feel important!”



**Sammy the Squirrel:** “Hi, I’m Sammy the Squirrel. I’m great at climbing, and I’m very curious. That makes me feel proud!”

**Betty the Beaver:** “Hi, I’m Betty the Beaver. I build amazing things with my paws. That makes me feel strong and special!”

### Student Turns

- Pass a puppet (or let students choose one)
  - Prompt each child:  
“What’s something that makes YOU feel proud or special? You can start by saying: ‘Hi, I’m [your name]. I’m proud that I...’”
  - Offer support if a child gets stuck:  
“Do you like to help others? Are you good at drawing, building, or making people laugh?”
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### Celebrate

After each child shares, lead a class cheer or say:

“Wow! That’s something really special about you. Thank you for sharing!”



### Activity 2: “I Am Special” badge (15 minutes)

#### Introduce Activity

- “Now we’re going to make an ‘I Am Special’ badge. Each of you will get a badge to decorate with colors and drawings.”

### Activity Instructions

- **Hand out badges and materials.** “On your badge, think about something that makes you feel proud. It could be a skill, a favorite thing, or a special trait, like being kind or helpful.”

- **While children work, circulate, and ask questions to help them reflect.**  
“What’s something you’re drawing that makes you feel happy about yourself?  
How does it feel to think about that?”
- **Encourage children to write or have help writing their special quality on their badge.** “Remember, this badge represents how special each of you is!”

**Teacher:** “Let’s all gather in our circle and show our badges. You all did an amazing job! Each badge shows how unique and special you are.”

**Ask a few children to share what they put on their badges and how it makes them feel.**

- “Would you like to share what you drew on your badge? How does it make you feel to think about that?”

## Wrapping it Up

Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- After students complete their reflections, invite volunteers to share what they learned from their reflections.
- Encourage students to continue using the strategy in their daily lives

## Review and Reflection Teacher Script



### 1. Gather in a Circle for Reflection:

- “Let’s all come back together in a circle.”

### 2. Closing

- “Today, Ollie taught us about self-esteem, which is about feeling proud of who we are. Each of you has qualities that make you special, and it’s wonderful to share that with others!”

“Great job, everyone! See how we each have something unique that makes us special? Just like Ollie and his friends, we all shine in our own way.”

Optional questions:

- “Was it easy or hard to think of something special about yourself?”
- “How do you feel when someone notices something good about you?”

## Home Connection Letter

### 1. Sending Information Home:

- “Before you go, I have a letter for you to take home that explains what we learned today in class.”
- Hand out the letters as the children prepare to leave.

## Parent Letter

### Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Families,

Today in class, we learned about self-esteem through the story "Ollie the Owl Learns About Self-Esteem."

This story teaches children that everyone has unique qualities that make them special and valuable.

Here's what we learned:

- Self-Esteem – Feeling good about who we are and recognizing our unique qualities.
- Expressing Uniqueness – Understanding what makes us special and sharing that with others.

We practiced these concepts through role-playing and/or making "I Am Special" badges.

You can help reinforce this at home by encouraging your child to talk about what makes them feel proud and unique.

With gratitude,



## ***“I Am Special” Badge***

