

ACNE

Subtopic: Our Skin and Our Self-esteem **Age Group:** 8-10 **Time:** 55 min

OBJECTIVE: SWBAT

- Provide basic explanation of self-esteem
- Identify at least three positive qualities of themselves
- Discuss self-esteem and how it affects people their ages

MATERIALS

- *This is me* handout (enough for class)
- Pencils, paper
- Glue (to share in groups)
- Old magazines (to share in groups)
- Scissors (either to share or for students individually)

ASSESSMENT

1. During Introduction to Material and Guided Practice, Facilitator will assess students' discussions to see if they are able to develop their ideas on self-esteem.
2. During Independent Practice, Facilitator will walk around and check on students' projects to see if they are focusing on their positive qualities.

OPENING

5 min

1. Facilitator asks students if they can help him/her define the term "self-esteem."
 - a. Facilitator can help guide students by saying, "You may have high self-esteem if you do really well in school or maybe if you are really good at a sport."
 - b. If students are still unclear, Facilitator can ask them to define "confidence." "When do we have confidence? What is it?"
2. Facilitator then explains that today they will be talking about our skin and our self-esteem.

INTRODUCTION TO NEW MATERIAL

15 min; Materials: None

1. Facilitator asks students who like to eat fruit (can be any fruit) to raise their hands.
 - a. If all students raise their hand, Facilitator should ask about another food like vegetables.
2. Facilitator looks around and says, "Aha. So some of you think fruit is delicious, and some of you don't. Ok, so you are trying to tell me that even though two of you might eat an apple, only one of you might like it?"
 - a. Students should say yes—they may laugh a little because of the obviousness of the question.
3. Facilitator asks students if they would stop eating fruit forever because the other students don't like it.
 - a. If students say "Yes," Facilitator can get more specific. S/he can ask what if it's their very favorite food. The most delicious food they've ever had, and it's right in front of them ready to be eaten...waiting—they wouldn't eat it because their friend told them s/he doesn't like that food?
4. Facilitator then says, "Beauty is the same way. We may think of beauty in one way because we are told it is supposed to be that way by magazines and TV or even our family and friends—you must have clear and glowing skin, for example—but beauty should not be determined by what others think about you. Your self-esteem/self-respect/self-worth shouldn't be determined by how other people view you. There is one person who knows you better than anyone else. Who is that? You."

GUIDED PRACTICE

15 min; Materials: None

1. Facilitator explains s/he will be saying a statement, and students have to say whether they agree or disagree with the statement and why.
 - a. Bullying always makes people stronger.
 - b. Beauty is more than looks.

INDEPENDENT PRACTICE

15-20 min; Paper, scissors, old magazines, glue

1. In this activity, Facilitator will have students fill in the *This is me* handout. After filling out handout, Facilitator will put students in groups and pass out paper, glue, and magazines to each group. Students will create a collage to portray their *This is me* handout, BUT they are not allowed to use any images of people in their collage.
 - a. If resources for collage are unavailable, Facilitator can have students make drawings to portray themselves.
2. Facilitator will explain that they are going to get five or so minutes to fill out the handout and then they can work on the collage. It is important to realize we are more than what we see, so this exercise will help us take all those qualities that you can't see and put them on paper.

CLOSING

5-7 min; Materials: None

1. After *This is me* activity is finished, Facilitator has each student hold up their collage and say, "This is me."
2. After each student does that, Facilitator explains how each person's collage is different because we see things differently and we are each unique. Notice how each collage is different but "very cool" at the same time.
3. Facilitator explains that having confidence and self-esteem is what shines the brightest. When someone meets you, if you are confident and believe in yourself, no one will remember you for your hair or acne or skin, they will remember you for your personality and confidence.

