



Developing a Positive Sense of Self

Lessons at a Glance
GRADE 8 | Unit 2

For all lessons in this unit: students will need paper and writing supplies. Expect to spend less than 5 minutes on each slide of the presentation, unless otherwise indicated.

	Lesson Title	Objective	Key Concepts	Vocabulary	Materials	Teacher's Notes
Lesson 8	Agency	Students will be able to explain what agency is by describing how it appears in their lives.	Everyone has more agency in some situations and less agency in others. Focusing on the areas where you can make changes and decisions can help you feel empowered.	Agency (n.) the power to make and act on your own decisions	Whiteboard or chart paper	Students create two lists in the Warm-Up and reference them throughout the lesson.
Lesson 9	Sources of Confidence	Students will be able to name a specific source of confidence that led to a personal success.	Confidence comes from four sources: your physical and emotional state, observing others, encouragement, and past experience.	Confidence (n.) your belief in your ability to do something	Sticky notes	
Lesson 10	How to Build Confidence 1	Students will be able to name a time when they built confidence by preparing their physical and emotional states or by observing others.	You can build confidence by (1) using a strategy to prepare your physical and emotional state, or (2) watching someone else and learning from what you observe.	Visualization (n.) imagining how something would look, sound, and feel		This lesson includes a visualization activity. Students are not expected to write well in cursive; encourage them to focus on visualization and whether it helps them feel confident.
Lesson 11	How to Build Confidence 2	Students will be able to name a time when they built confidence using encouragement from others or past experience.	You can build confidence by (3) getting encouragement from others and (4) using your past experiences.		Whiteboard or chart paper	In the second Learn section, be prepared to help students think of less obvious successes, like being on time or having strong relationships with family.
Lesson 12	Agency and Confidence	Students will be able to make a plan to build confidence in a given area.	There are multiple strategies you can use to build confidence as you look ahead to ninth grade.		Whiteboard or chart paper	In the Apply section, students will alternate between working as a class and working independently. Keep class-created lists visible throughout the activity.
Lesson 13	Your Confidence-Building Plan	Students will be able to make a plan to build confidence in an area of their choice.				Students should spend 10–15 minutes creating their confidence-building plans.



Performance Task: Your Confidence-Building Plan

In this performance task, students make a plan to build confidence in an area of their choice. In this performance task, students make a plan to build confidence in an area of their choice.

Instructions to Teachers

The performance task is an opportunity for students to demonstrate the skills and knowledge they acquired throughout **Unit 2: Developing a Positive Sense of Self**.

The rubric below can be used as a tool to guide you as you observe and listen to your students during the performance task. If you're uncertain

that students are meeting criteria, you can check their understanding by asking questions that encourage further elaboration or clarification. If students are struggling with criteria, you can provide support as needed. In addition, there are suggested resources for ways to reinforce or continue to practice the skills and knowledge.

UNIT GOAL	SKILL OR KNOWLEDGE TO BE DEMONSTRATED	EVALUATION CRITERIA		UNIT RESOURCES FOR REINFORCEMENT AND CONTINUING PRACTICE
		Approaching	Meeting	
Apply agency and confidence to a future goal	Identifying an area of their life where they have agency and would like to have more confidence	The plan does not include an area of their life where they'd like to have more confidence. OR The plan does not include an area of their life where they have agency.	The plan includes an area of their life where they'd like to have more confidence.	<ul style="list-style-type: none">• L8: Agency• L9: Sources of Confidence• L10: How to Build Confidence 1• L11: How to Build Confidence 2
	Generating confidence-building strategies using one or more of the four sources: <ul style="list-style-type: none">• Preparing your physical and emotional state• Observing others• Encouragement• Past experience	The plan does not include confidence-building strategies. OR The plan includes confidence-building strategies but does not identify a source of confidence for each. OR The plan includes confidence-building strategies that are not realistic, appropriate, or within their agency.	The plan includes confidence-building strategies and identifies a source of confidence for each. AND Strategies included are realistic, appropriate, and within their agency.	



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Additional Observation Notes