

HIGH SCHOOL SELF-ESTEEM & IDENTITY UNIT

A 3-Week Project-Based Unit

Topics Covered:

- Self-Concept & Strengths
- Cultural Identity
- Social Media & Self-Image
- Goal Setting
- Personal Manifesto Project

Includes:

- 15 Lesson Plans
- Student Activity Packet (30+ Pages)
- Discussion Slides
- Manifesto Template & Rubric

Teacher Guide & Resources

Overview: This unit guides students through a journey of self-discovery, culminating in the creation of a Personal Manifesto. It aligns with ASCA Mindsets & Behaviors for Student Success.

Pacing: 3 Weeks (15 Days), 45-50 minute periods.

Resource List:

- **VIA Character Strengths Survey:** (Free online assessment)
- **The Paper Crumple Activity:** (Anti-Bullying metaphor)
- **Smart Goals Template:** (Included)
- **Magazines/Printouts:** For Vision Boards (Lesson 11)

Lesson 1: The Self-Concept Circle

Objective:	Define self-concept and identify internal/external factors.
Activity:	Self-Concept Map
Standard:	ASCA M1: Belief in development of whole self.

Procedure

1. **Hook (5 min):** Discussion question on the board.
2. **Instruction (15 min):** Introduce concept using discussion slide.
3. **Activity (20 min):** Students complete workbook page.
4. **Closure (5 min):** Share out.

The Self-Concept Circle

Student Workbook Activity

Instructions: Draw a circle with 'Me' in the center. Add layers for family, friends, school, and personal traits.

Lesson 2: Strengths Inventory

Objective:	Identify personal strengths and talents.
Activity:	VIA Strengths Survey
Standard:	ASCA M1: Belief in development of whole self.

Procedure

1. **Hook (5 min):** Discussion question on the board.
2. **Instruction (15 min):** Introduce concept using discussion slide.
3. **Activity (20 min):** Students complete workbook page.
4. **Closure (5 min):** Share out.

Strengths Inventory

Student Workbook Activity

Instructions: List your top 5 strengths. Describe a time you used one of these strengths effectively.

Lesson 3: Values Auction

Objective:	Clarify personal values and what matters most.
Activity:	Values Bidding War
Standard:	ASCA M1: Belief in development of whole self.

Procedure

1. **Hook (5 min):** Discussion question on the board.
2. **Instruction (15 min):** Introduce concept using discussion slide.
3. **Activity (20 min):** Students complete workbook page.
4. **Closure (5 min):** Share out.

Values Auction

Student Workbook Activity

Instructions: You have \$1000 to spend on values (Family, Wealth, Health, Fame). Record your bids and winnings.

Lesson 4: Inner Critic vs. Inner Coach

Objective:	Address negative self-talk.
Activity:	Re-framing Thoughts
Standard:	ASCA M1: Belief in development of whole self.

Procedure

1. **Hook (5 min):** Discussion question on the board.
2. **Instruction (15 min):** Introduce concept using discussion slide.
3. **Activity (20 min):** Students complete workbook page.
4. **Closure (5 min):** Share out.

Inner Critic vs. Inner Coach