

PBIS COOL TOOL

School-Wide Expectation: Building Self-Esteem

Name of the Skill: Respect Yourself and Others

PURPOSE: Introduce the Rule/Why It's Important

"Today we are going to learn about self-esteem. Self-esteem is the collection of beliefs or feelings we have about ourselves, really the way we view ourselves. How we look at ourselves makes up our motivations, attitudes, and behaviors. Positive self-esteem is a very important piece to a good and healthy life. Patterns of self-esteem start early in life. This can be seen when a baby teaches itself to roll over. This concept of success teaches us at a young age to have a "can-do" attitude. As kids you try, fail, try again, fail again, and then finally succeed. This is okay because you are developing your ideas about your own capabilities. Positive self-esteem also comes from feeling safe and loved."

TEACHING EXAMPLES: Demonstrate the Rule

(expected behavior vs. problem behavior—Good vs. Bad)

The following is a list of behaviors that build positive self-esteem:

smiles, hugs, eye contact, praise, acceptance, warmth, listening, quality time, encouraging, being supportive, communicating, no put-downs, cooperating, non-judgmental attitudes, giving responsibility, and respecting others.

Ways to enhance your self-esteem:

1. Spend time with people who like you and care about you.
2. Ignore (and stay away from) people who put you down or treat you badly.
3. Do things that you enjoy or make you feel good.
4. Do things you are good at.
5. Reward yourself for your successes.
6. Develop your talents.
7. Be your own best friend – treat yourself well and do things that are good for you.
8. Make good choices for yourself, and don't let others make your choices for you.
9. Take responsibility for yourself, your choices, and your actions.
10. Always do what you believe is right.
11. Be true to yourself and your values.
12. Respect other people and treat them right.
13. Set goals and work to achieve them.

KID ACTIVITIES/ROLE PLAY

1. Have your students' write a journal entry about how they view themselves.
2. Have your students' draw a picture of themselves with a list of 5 things that define who they are.
3. Have your students' write down 3-5 goals they would like to achieve before the school year is out.

FOLLOW-UP/REINFORCEMENT ACTIVITIES

1. During the week take a moment to re-discuss how to build positive self-esteem. See if your kids have identified with any of the behaviors listed above.
2. Hand out Respect Rockets to any student showing behaviors that enhance positive self-esteem.

For success and happiness in life, work to build your self-esteem, and help others build theirs!



- **Face your fears to increase confidence and boost your self-esteem!**
 - **Set goals and keep trying**
 - **until you succeed!**
- **Move on from past failures – learn from them and become wiser and stronger!**
 - **Develop your natural talents when you discover them!**
- **Live a respectful life so others will respect you, increasing your self-esteem!**

 Share your problems
with someone special.

 Educate yourself to
make good choices.

 Learn to respect
yourself and others, too.

 Follow the advice
of people you love.

 Expand your unique
talents with practice.

 Stay safe — *stay away from
gangs, alcohol, and other drugs.*

 Think before you act —
you can be a problem solver.

 Earn the respect of your
family by acting responsibly.

 Everyone makes
mistakes — *don't stop trying.*

 Make the best of who you are —
your dreams will come true!