



Homeroom Virtual Learning

Middle School SEL Lesson

April 13-17, 2020



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Objective/Learning Target:

Students will identify how their self-esteem impacts themselves and others.

Filling up my bucket



Self- Esteem

Self Esteem

- Self esteem is how **YOU** think and feel about yourself.
- Self-esteem has been compared to a bucket of water. It starts out full when we are born.



Think for a moment about an invisible bucket that is filled with “*good feelings*” and is overflowing. This invisible bucket determines how we feel about ourselves, and how we feel about and get along with others. When we feel good about ourselves, and things seem to be going well, our bucket is said to be full



All sorts of things can fill our bucket

-A Smile

-A Kind word



The simplest of things can add drops in to our bucket allowing us to feel good about ourselves. When our bucket is filled up we usually are more likely to act kindly towards others. By adding to others buckets, we can keep our bucket full!

How do we protect, raise, or refill our self-esteem?

Take a moment and brainstorm things you can do, or say, to yourself, or to others, to protect and refill your self-esteem bucket.

- 1.
- 2.
- 3.
- 4.
- 5.



something to think about.....

There are times we take our dippers and dip into others peoples buckets!

- **This might be an unkind word spoken to or about someone.**
- **Excluding someone**
- **Criticizing someone**
- **Pointing out someone's mistakes**

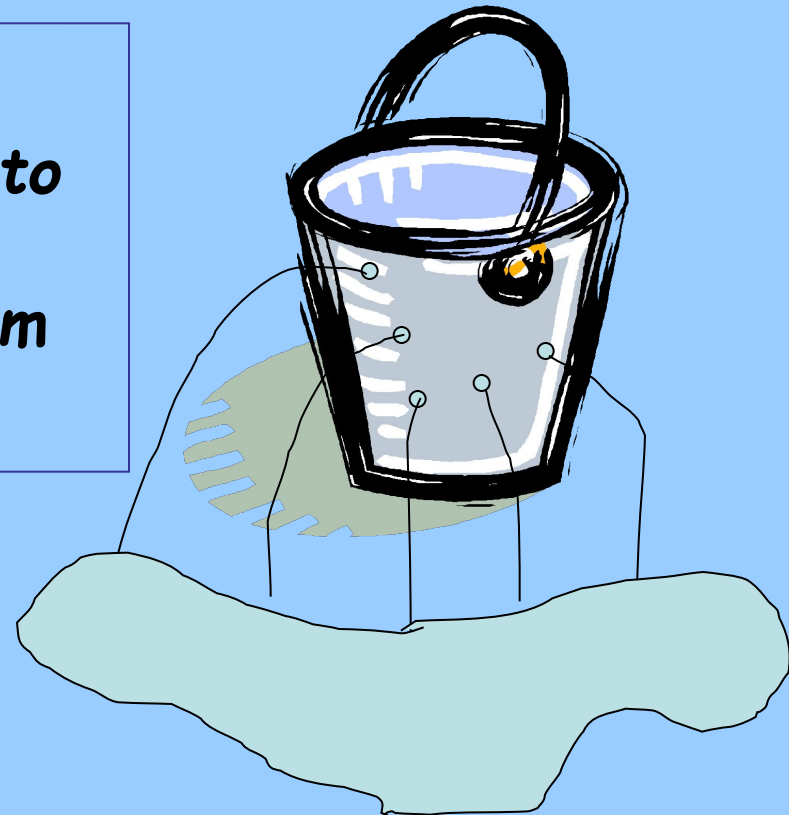
When we empty someone's bucket, we we then spread the unkind words and deeds. People with empty buckets feel bad about themselves and spread those unfriendly feelings. Using our dipper has another downside, when we empty someone's bucket, we empty ours too!

What drains your self-esteem?

Whenever we develop negative feelings about ourselves, it's like poking little holes in that bucket and our self-esteem drips out.

Can you brainstorm a list of things you might do, or say, to yourself, or to others, that pokes holes in the self-esteem bucket?

- 1.
- 2.
- 3.



Things I can do right now to help keep my bucket full.

- *Daily exercise*
- *Eating healthy*
- *Taking time for rest.*
- *Meditating*
- *Spending time with Nature*
- *Expressing gratitude*
- *Laughing*
- *Doing little things for others*

All of these would help in keeping your bucket full.

*In our world right now, a lot of things
are challenging and it's tough!*

WHEN YOU FIND YOURSELF FEELING DOWN OR MISERABLE, AND
YOUR NOT SURE WHY. THINK OF YOUR BUCKET, AND PICK ONE
THING TO DO THAT WILL PLUG THE HOLE IN THAT BUCKET! IT REALLY IS
AMAZING HOW QUICKLY THAT BUCKET FILLS AGAIN.



Making Goals

Goals are very important in life. This gives you ability to keep track of your improvement.

Come up with at least 5 goals to reach to improve your self esteem.

1.

2.

3.

4.

5.



"Nobody can make you feel inferior without your permission."

- Eleanor Roosevelt



Need to talk to someone?

(note: in an emergency, call 911!)

- [Crisis Text Line](#) - Text HOME to 741741 and a crisis worker will respond. Their website also has extra resources.
- [Suicide Prevention Lifeline](#) - You can chat online or call 1-800-273-8255. Their website also has extra resources.
- [Domestic Violence Hotline](#): 816-468-5463 (call)