

Self-Esteem

Lesson Plan for Instructor

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils

Handout(s):

Self-Esteem

Suggested Format for Discussion:

- Write the word “Self-Esteem” on the board or flip chart followed by four questions written underneath:
 - What is it?
 - Where does it come from?
 - What does it have to do with weight control?
 - What can we do to improve our own self esteem?
- Ask participants to answer those questions, focusing the most time and attention on ways to improve self-esteem. Write participants’ suggestions on the board.
- Pass out the *MOVE!* handout called “Self-Esteem”.
- Discuss the handout.
- Ask participants if they feel that their self-esteem could be improved.
- Ask participants to comment on how they personally may use the suggestions.
- If participants are willing, ask each to set a realistic self-esteem enhancement goal.

