

Self Esteem Lesson- Middle School  
Lessons taught: Self Esteem and Math  
Materials: Notebook paper, pen, and rulers

1. Begin with the “Two by Two Activity” from More Activities that Teach. You will need to divide the students up into even groups of no more than 5 and no less than three.
  - a. There are several different ways I divided my classes. Once I made it boys against girls, but the most effective seemed to be trying to make it a fair mixture of sizes.
2. Give each group directions that in order to learn about differences in people you will give them some directions.
  - a. First they need to make a chart on the paper that looks like this.

Name	Shoe	Hand	Elbow	Fist

- You can have them have as many measurements as you want. Making the chart this way just proved to be easiest when they try to average their scores.
- b. They will measure the items you tell them and then at the end come up with an average score for their group.
  3. Tell them the items you want them to measure. Remind them to what degree to measure, ex. To the nearest quarter inch. Those included in the book are
    - a. Left Shoe
    - b. Distance from the tip of the thumb to tip of the little finger when hands are spread out as much as possible.
    - c. Distance from the bottom of the knee cap to the floor.
    - d. Distance from the elbow to the end of the little finger
    - e. Distance across the knuckles when you make a fist.
- You can always come up with different ones.
4. After they measure everyone in their group, they will find their group average to compare with the other groups.
  5. Continue this process until all items have been measured.
  6. After they are done proceed with discussion questions.

Be prepared to help students with reading a ruler and with being able to do averages. They should know how, but probably will need help.

Discussion Questions:

- What could be the purpose of this exercise?
- Why do we find such a difference in measurements?

- Explain if you think the group with the largest hand size (or any measurement you want) means that they are the best?
- Why shouldn't we make fun of people who are different than us?
- How did you feel if your measurement was a lot different than the other members of your group?

This is a self-esteem lesson that I would use with grades six through eight. Normally I have 30 to 45 minutes with each group. The lesson plan is written in the style we use at Talent Search for our lesson book. The discussion questions I included were designed to get students thinking about the differences in people. I first tried to question students at different points in the activity, but learned they didn't respond well to this method. I question them at the end of the activity.

➤ What could be the purpose of this exercise?

The reason I use this question is to find out what the students think about the activity. I prompt students to build on their classmates ideas until we reach a response along the lines of "all people are different." There are several possible responses that we might also discuss. I have seen the kids give really great purposes.

➤ Why do we find such a difference in measurements?

I use this question to see if students are thinking about things such as gender, ethnic, growth, and genetic differences. Often the discussion will migrate toward the make up of their families.

➤ Explain if you think the group with the largest hand size (or any measurement you want) means that they are the best?

I use this question to get students thinking about body size and jobs. We talk about things such as large hands might be good for basketball whereas small hands might be better for surgery. Long fingers could be an asset for piano players. The kids love giving examples of what each person could be good at doing.

➤ Why shouldn't we make fun of people who are different than us?

I use this question to get kids to think about the differences around us. Going back to the question before, I want them to think about differences as assets instead of problems. Hopefully they are also thinking about the reasons we found earlier.

➤ How did you feel if your measurement was a lot different than the other members of your group?

I use this question to get them talking about how it felt to be different than others. I really like this question, and often the topic of answers will spin toward how others feel when you make fun of them.