

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. They are on page 311 in the book.

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.