

PREPARATION AND PLANNING

Child Care

Relationship-building Solutions

LESSON

3

Introduction To Self-Esteem

LINKS TO CURRICULUM

- **Literacy and Language Development**
- **Language Expectations:**
 - listen and respond to others for a variety of purposes and in a variety of contexts
 - use language in various contexts to connect new experiences with what they already know
- **Personal and Social Development Expectations:**
 - Social –**
 - act and talk with peers and adults by expressing and accepting positive messages
 - Emotional –**
 - recognize personal interests, strengths, and accomplishments
 - interact cooperatively with others in classroom events and activities
- **Health and Physical Activity:**
 - discuss what makes them happy and unhappy, and why

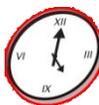
BACKGROUND TEACHER NOTE

- ✓ This is a two part lesson. Be prepared to repeat the Put-Ups concept.



RESOURCES NEEDED

- ✓ Poster – Put-Ups
- ✓ Paper and crayons for making thumbs-up gesture or paint for thumbprints
- ✓ Put-Up Cards



PREPARATION REQUIRED

- ✓ Enough Put-Up Cards for the facilitator or teacher to fill out one for each child

REVIEW & INSTRUCT (*ITALICIZED WORDS INDICATE INSTRUCTOR'S SCRIPT*) **POSSIBLE CHILD'S RESPONSE**

<p>Open with an action song: <i>If you're happy and you know it, clap your hands, If you're happy and you know it, and you really want to show it, If you're happy and you know it, clap your hands If you're sad and you know it, cry, boo hoo ... If you're angry and you know it, cross your arms ... If you're afraid and you know it, hide your face (cup face in hands) ...</i></p> <p>Then introduce the next poster (Put-Ups). <i>This is a girl named Lucy. Take a good look at her face and her body. Is Lucy happy or sad? Is Lucy angry or happy? Is Lucy afraid, or is she happy?</i></p> <p><i>You seem sure that Lucy is happy. How do you know Lucy is happy? Did you notice her hands? Why are her thumbs up? (Draw them toward, "Thumbs up means happy, great, well done.")</i></p> <p>Act out a sad face and "thumbs down." <i>What if Lucy did this? Would she still be looking happy?</i></p>	<p><i>Happy Happy Happy</i></p> <p><i>Thumbs up means happy, great, well done</i></p> <p><i>NO</i></p>
<p><i>Lucy's thumbs are up because she is saying happy things that make her friends happy. She is saying: "You are great at that!" "Good job!" "You are kind!" "Wow!" "You are nice!" "You can do it!" "Way to go!" and "Nice try!"</i></p> <p><i>Her friends like to hear all of the happy things – or Put-Ups – that she says. (Make the "thumbs-up" gesture when you say this.)</i></p> <p><i>What if Lucy said "You are not my friend!" or "You can't play here!" or "I don't like your painting." Would her friends like to hear those things? You're right. They wouldn't like them. Those things are not kind, sometimes they make people sad. They're called Put-Downs. (Make the "thumbs-down" gesture when you say this.)</i></p> <p><i>Today we are going to practice doing a game called "Thumbs up for Put-Ups".</i></p> <p><i>A Put-Up is something you say or an action that you do for another person to make them feel good about themselves. Getting Put-Ups feels great, and giving them feels even better.</i></p> <p><i>When I say nice words, I want you to all show me your thumbs up and say "Put-Up". Sometimes, I will say things that don't feel that great, and I want you to put your thumbs down and say "Put-Down".</i></p>	<p><i>NO</i></p>

It is important that we learn the difference so we make sure that we are just giving “Put-Ups”. We need to remember that “Put-Downs” hurt people. Let’s try and see if we know how to tell the difference between “Put-Ups” and “Put-Downs”.

- | | |
|---|------------|
| 1. You have a nice smile. | (Put-Up) |
| 2. You worked really hard today. | (Put-Up) |
| 3. My picture is better than yours. | (Put-Down) |
| 4. Would you like to play together? | (Put-Up) |
| 5. You can’t play with us! | (Put-Down) |
| 6. I am playing with the trucks, not you. | (Put-Down) |
| 7. I like you! | (Put-Up) |
| 8. He is younger so he can’t do it. | (Put-Down) |

Sometimes, we really have to think about how we say things to other people, and if it deserves a thumbs up for a Put-Up or a thumbs down for a Put-Down. Giving a Put-Down is never okay.

End the lesson with a **craft** based on tracing knuckles and thumb (thumbs-up gesture) or making thumb prints. Ask each child to come up with a Put-Up, and print it beside their creation. Display all the Put-Up crafts on the Relationship Skills Building Center bulletin board.

PLACE INTO RELATIONSHIP SKILLS BUILDING CENTER

- ✓ Put-Ups Poster

FOLLOW-UP ACTIVITIES FOR THE CLASSROOM TEACHER

Part 2

The teacher could use the Put-Ups activity as a form of positive reinforcement – **from the teacher to each individual child**. When the teacher sees a genuine act of kindness that qualifies as a put-up, the teacher could reinforce the act by expressing delight and printing a recap of the event on a put-up card. The teacher would find a situation for each child and would post all the put-ups on a Relationship Skills Building Center bulletin board.

When this **Teacher to Child Put-Up** (role modeling of how to offer genuine positive regard) exercise is completed, and when the teacher is **confident that the children understand the concept** which may mean repeating Part 1, the teacher may send home the next poster, “Feelings”.

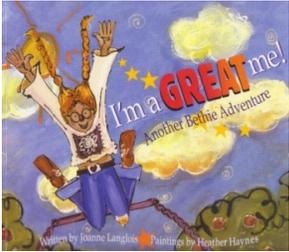
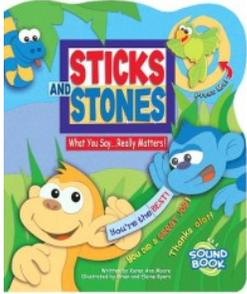
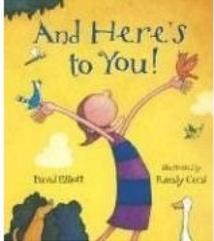
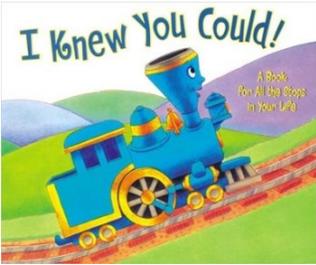
FOLLOW-UP ACTIVITIES FOR THE PARENTS / GUARDIANS

- ✓ Put-Ups Poster and Discussion Questions on the back

A+ Additional Resources

Special Me Photos: using a digital camera take individual photos of each child making a silly face. Once they are printed mount the photo for each on construction paper and have the child write his or her name on it. They can also decorate it and make it unique. Cover with contact paper or laminate to protect picture cards. This activity promotes self-expression and self-awareness.

Story Books

	<p>I'm a great me!</p> <p><u>Author:</u> Joanne Langlois (2003)</p>
	<p>Sticks and Stones What you say...Really Matters</p> <p><u>Author:</u> Karen Ann Moore (2006)</p>
	<p>And Here's to You!</p> <p><u>Author:</u> David Elliot (2004)</p>
	<p>I Knew You Could!</p> <p><u>Author:</u> Craig Dorfman (2003)</p>