

# ARISE LIFE-SKILLS FOR MIDDLE SCHOOL - VOLUME 3

## INSTRUCTOR'S MANUAL

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# SECTION ONE: SELF-ESTEEM

## INTRODUCTION

### *Information to share with students:*

Think of how many unpleasant things we're burdened with every day. This makes it very difficult to keep self-esteem high. Teach students that when negative thoughts come to mind, like, "I'm stupid," "Why is everyone prettier than me?" or someone says, "You're lazy, fat, forgetful, or clumsy," youngsters should say to themselves, "Cancel, cancel, cancel!" They musn't allow nasty, negative, or gloomy thoughts inside. It's important to keep in mind that each person is a very significant member of the human race.

Have students write down and count the gloomy, unfriendly things they say or think about themselves and others. Include bad news on TV, too. Then, have them write down positive statements to cancel the negatives. Turn negatives into positives by complimenting, praising, and protecting; giving smiles, not frowns; pats on the back, not kicks in the pants.

Kids are the future of our country; the best America has to offer!

**The goal for students in this section is:**

**To learn how to feel good about themselves.**

## ACCOMPLISHING GOOD THINGS FOR SELF-ESTEEM

### Learner's Worksheet: *None*

1. Explain that people develop self-esteem by doing good things. They feel a wonderful sense of accomplishment in doing what's right.
2. Have students practice the self-esteem builder below that really works. Have them write the following on 3x5 index cards -- one statement per card:

- I am proud to be me.
- I believe I will achieve!
- I feel good about myself.
- I am a good brother, sister, student, friend.
- I am a good earth-keeper.
- My parents and teachers are proud of me.

They should carry one card a day, repeating it to themselves over and over during normal activities.

## SUCCESS LOG

### Learner's Worksheet: *Pages 1-3*

1. Have students begin keeping a visible record of their progress in developing and maintaining self-esteem. Tell them to begin by filling out the sample "Success Log" on workbook pages 1-3.
2. Explain that they should write down something successful that happens every day. For example: helped mom with the dishes, helped my brother with his homework, met the bus on time, congratulated a friend who won a game, or aced the test. It doesn't have to be anything big, just things they feel good about. When they're feeling low, they can flip through this "Success Log" to find out how absolutely great they are. (Once they fill up these three pages, encourage them to begin keeping a notebook of their own.)



## **BE A FRIEND**

**Learner's Worksheet:** *None*

1. Self-esteem really kicks into high gear when people do friendly things and make new friends at the same time. Some examples of friendly things you can do: sit near someone new at lunch, help a student who is having difficulty in a school subject, pick up something someone else dropped or lost, or share lunch with someone who forgot theirs.
2. Encourage students to practice being a good friend every day. This will definitely increase their self-esteem.

## **THE PLEDGE OF SELF-ESTEEM**

**Learner's Worksheet:** *Page 4*

1. Explain to students that they are very important people. Each person is very special and the future of our country depends on how they feel about themselves, what they do with their time, and how they do it.
2. Select a volunteer to read page 4 to the group. Discuss the pledge together.

## **SELF-ESTEEM DEFINED**

**Learner's Worksheet:** *None*

1. Ask students if they know what "self-esteem" means. Have several volunteers share their definitions. Then write the following on the board or a large piece of paper where all can see: *Self-esteem is how you feel about yourself.* Discuss our definition with the class.
2. Instruct them to list all the things they do that make them feel good.
3. Where everyone can see, write down some of the nice things people say about them.

## **FEEL-GOOD STORY**

**Learner's Worksheet:** *None*

1. On a separate sheet of paper, have students write about a time they helped someone else feel good about himself or herself.
2. After everyone has finished, share the stories as a class.

## **AFFIRMATIONS**

### **Learner's Worksheet:** *None*

1. Give each student three index cards and tell them to write down some positive thoughts. If they want to improve in math, they should make up a card that says, "I am good in math" or "Every day, my math is getting better and better." Other examples include: "I feel good about myself," "I'm a good writer," "I draw really well..."
2. Instruct them to carry one card a day in their pocket, saying the affirmation on that card many times during the day (to themselves, not out loud).

## **POSITIVELY HAPPY**

### **Learner's Worksheet:** *Page 5*

1. Positive thoughts make you feel good. Negative thoughts create the opposite effect. Have students keep track of the positive statements they use on page 5.
2. Direct them to bring back the worksheet in a week and make a group list of all the positive things they said.

## **I LIKE ME BECAUSE...**

### **Learner's Worksheet:** *None*

1. Encourage students to write: "I like me because..." followed by all the things they like about themselves.
2. Ask volunteers to share their statements out loud.

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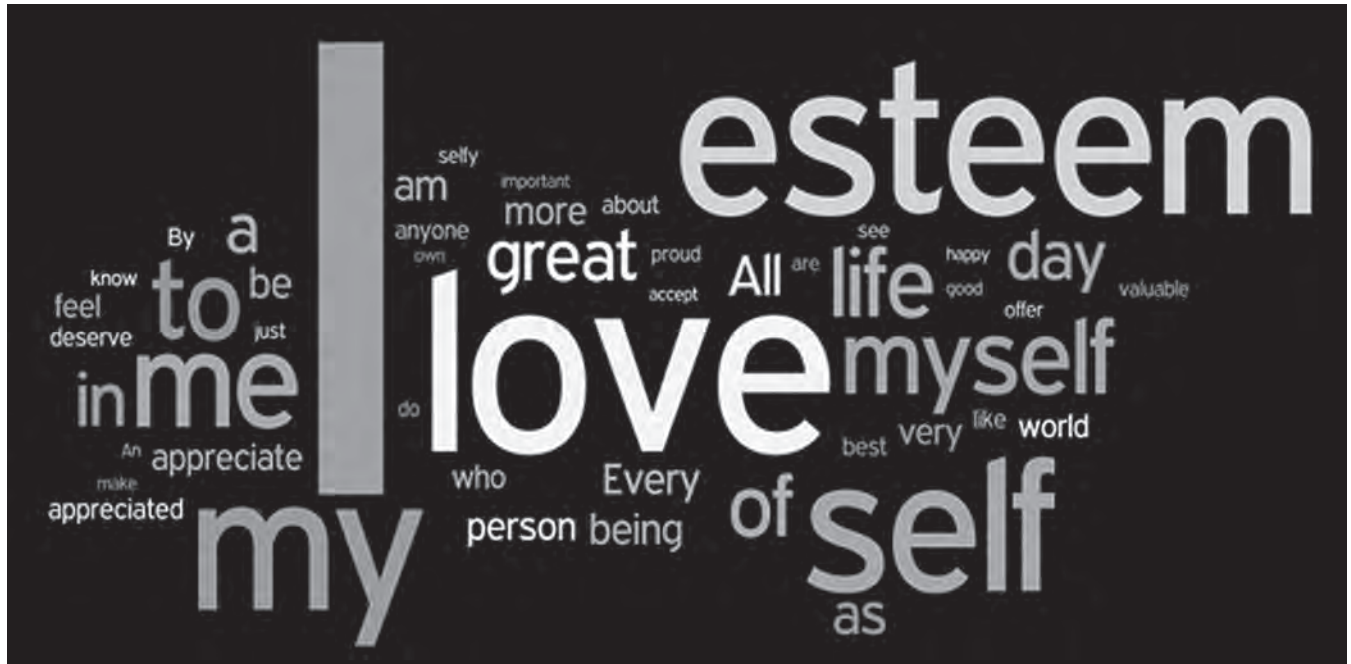
# THE PLEDGE OF SELF-ESTEEM

I pledge allegiance to nature's gift:

ME

and all the miracles that I contain:

*one beautiful mind  
wrapped in a healthy body,  
feeling good about myself  
and others.*





# POSITIVELY HAPPY

Keep track of your positive statements. What did you do or say each day to put a smile on someone's face?

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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