

## Introduction

- This curriculum is designed to educate students on the concept of self-love, confidence and wellness.

Students will gain the following knowledge:

- The concept of wellness and the relation to health
- The concept of love and the relation to self love
- The concept of confidence and its relation to interpersonal communications

## Objectives

As a result of this activity, students will be able to:

- Understand the impact of wellness
- Positive thought patterns
- Develop healthy habits in self evaluation

## Materials

- Chalkboard/ Whiteboard
- Chalk/ Markers/ Pens

## Activities/ Discussion Points

1. **Arrange seating in a wide U-shape pattern with students facing volunteers and board.**

2. **Warm-up:** Ask students what they currently know about health and wellness. Record answers on chalkboard/whiteboard. Discuss their answers. Use this information to stress areas of focus for lesson.

3. **Teach:** What is love? How do you know when love is felt? What is your response to love? Review this with the students. Discuss the difference between traditional depictions of love and personalized experiences

4. **Discuss:** How often do you put yourself down? If you did this to another person, is this love? What is self love? Why is there a difference between love and self love? You were not born disliking yourself but you grew to believe this.... Change the mentality.

5. **Discuss:** Move on to discuss the 5 love languages and the test. Have students share their own example of this in context of loving another person. In parenthesis are examples of examples to provide but of self version:

\* Words of affirmation (Self affirmations, reading daily inspirations, reading books of motivation, declarations)

\* Acts of service (Cleaning your room, cooking a meal, eating a healthy meal, exercising)

\* Receiving gifts (Shopping treat, quality meal, special activity, concert tickets (Remind students buying for good causes is doubly good-their money regardless of an amount can hold greater buying power than the dollar value)

\* Quality time (Facial, massage, acupuncture, meditation, exercising)

\* Physical touch (Massage, facial, stretching, exfoliating/lotioning, playing with animals)

6. **Discuss:** Go through the following questions:

- What do you value?

- How often do you show this value to yourself?

- Do you value loving yourself as much as loving others? Stress why loving yourself comes first in any healthy relationship

\* Self Respect

\* Speak your truth

\* Understanding what you need without insecurity

7. **Highlight:** Self love is not vanity, it is not arrogance, it is not boastful. It is self fulfillment to understand ones worth and ones value

8. **Discuss:** Positive Mental Health. Practice self love can help...

- Increase confidence
- Decrease anxiety
- Decrease depression
- Increase optimism
- Reduce stress
- Develop healthy patterns

9. **Discuss:** Positive steps to achieve self love

- Be honest with yourself. Accept yourself flaws and all. Where you see flaws, work to improve them; don't hide from them.
- Be kind to yourself. You're your own toughest critic but don't be so tough- everyone makes mistakes. Forgive yourself.
- Practice self care techniques; establish a routine
- Determine your boundaries and stick to them.
- Meditation
- Write a grateful list
- No comparisons.
- Take care of your body
- Spirituality
- Let things go.

10. **Activity:** (Optional) Ask students to write their best expression of self love on 2 pieces of stationary. Let student keep one version while sharing the other at random. Distribute letters amongst class.

11. **Wrap-up:** Questions to check for understanding:

- What is self love?
- What are love languages?
- How can you show love to yourself?
- How does loving yourself first allow you to love and help others?

*This curriculum meets the National Health Education Standards as defined by the Center for Disease Control. The curriculum is adaptable to a variety of settings, including special populations, integrated teaching, and even non-traditional classrooms like after school programs and physical activity programs. [HealthyExcitedYouth.org](http://HealthyExcitedYouth.org) is a complementary website with further information, infographics, and interactive activities.*