

Teen Health Course 1

Chapter 2 Mental and Emotional Wellness

VIDEO SUMMARY

In the video, Lisa is hesitant to sign up for soccer tryouts because she lacks confidence in her abilities. Lisa's friend Faith helps to boost Lisa's confidence and encourages her to try out for the team. Faith offers to help Lisa improve her soccer skills in exchange for Lisa's help with math.

[Click here to watch video; 00:06:10](#)



Discussion Questions

1. What traits does Lisa exhibit that reflect her poor self-concept?
Lisa lacks confidence in herself, and she is reluctant to try something new.
2. What does Faith say to Lisa that encourages her to try out for the team?
Faith listens to Lisa's concerns and offers her help and encouragement.
3. What can you say to encourage a friend who struggles with a poor self-concept and is about to try something new?
Answers will vary.

Activity

OBJECTIVE

Students will write dialogue that demonstrates the negative effects of having a poor self-concept.

Skill Summary: Stress Management; Goal Setting; Analyzing Influences

MATERIALS

- Paper and pencil

PROCEDURES

1. Form groups of 3-5 students. Have each group write a script about a student who is struggling with a poor self-concept.
2. Have students include a scene in the script in which friends provide positive feedback and encouragement. Scripts should demonstrate students' understanding of self-concept, self-esteem, and resilience.
3. As a class, discuss other factors that help teens develop positive self-concepts.

EXTENSION

Perform scripts as short skits, having classmates identify positive statements used to develop a healthy self-concept. As a class, observe skits to identify a single tag line that can accompany a poster with a large drawing.

WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- Visit TeenGrowth.com for suggestions on dealing with negative emotions.
- Go to KidsGrowth.com to learn how to avoid negative peer pressure.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

Teen Health Course 1

Chapter 2 Mental and Emotional Wellness

VIDEO SUMMARY

In the video, Lisa is hesitant to sign up for soccer tryouts because she lacks confidence in her abilities. Lisa's friend Faith helps to boost Lisa's confidence and encourages her to try out for the team. Faith offers to help Lisa improve her soccer skills in exchange for Lisa's help with math.

[Click here to watch video; 00:06:10](#) 

After you have watched the video, write your responses to these questions.

1. What traits does Lisa exhibit that reflect her poor self-concept?

2. What does Faith say to Lisa that encourages her to try out for the team?

3. What can you say to encourage a friend who struggles with a poor self-concept and is about to try something new? _____
