

**SEVENTH GRADE**  
**PERSONAL/SOCIAL**

Concept: 7.0 Students will acquire attitude, knowledge, and interpersonal skills to help them understand, respect and advocate for self.

7.1 Develop an understanding of and respect for self as an individual.

I. Activity: "Power Poster"

- A. Have each student come up with 5 positive words for each of the letters in his/her first and last names. Remind them that words must be positive. (Counselors can assist by writing words on the board, this can assist those with spelling difficulties.)
- B. Give each student paper and a marker. Students will make a poster similar to the sample (put on overhead).
- C. While students are working on posters engage students in discussion using questions such as:
  - Why is it important to think positive thoughts about yourself?
  - What may happen if you start having many negative thoughts about yourself?
- D. Distribute "Power Poster Evaluation." Have students complete #1. As students share posters, classmates will complete #2 of the worksheet.
- E. As a group discuss question #3 - Why is it important to think positive thoughts about yourself?

Resources: Growing Through Transitions

Materials: paper, markers, "Sample Power Poster" and "Power Poster Evaluation"

Evaluation: Students will develop an understanding of and respect for self as an individual by answering the following questions beside #4 on "Power Poster Evaluation" "Some positive characteristics about me that I respect are \_\_\_\_\_ because \_\_\_\_\_." The counselor will note responses shared during the discussion or collect the response sheet at the end of the lesson to determine immediate student mastery of the competency.