



LESSON PLAN: Note to Self!

Topic: Mental Health & Self-Esteem

Subject | Stream:

Creative Writing

English

Health

Social Studies

Grade Level:

Junior to Intermediate | Grades 5 to 8

Objective(s):

- Express feelings of confidence and positivity
- Strengthen character development
- Demonstrate healthy self-image and self-identity

Brief Summary:

Self-esteem is essential for mental health, and often declines with age as we become more critical about ourselves. Through this activity, participants will reflect on how they perceive themselves and provide themselves a little treat for the future. Their letters will be written in hopes to motivate them and uphold their self - esteem in the future.

Background Information:

Living with a brain tumour diagnosis is extremely difficult and can take a toll on an individual's mental health. To add on, individuals in their teenage years tend to be more criticizing of themselves; consequently, having a diagnosis may be more burdensome to this cohort. Some people may have low self-esteem, and when that is compounded by a disease like a brain tumour, it could cause someone to have even more challenges with their mental health.

Resources | Materials Required per student:

- 1-2 sheets of paper
- Pen
- 1 envelope





Activity Instructions:

Step 1: In this activity, participants will write a letter to their future selves; how they feel about themselves and what they envision themselves to be in the future. In addition, participants are to write what they love about themselves along with reminders for their future selves.

Step 2: Once the letters are completed, participants are to write their names on the envelopes provided to them and seal the letter into the envelope. Teachers are to then collect these letters and have them stored in a good place. Four to five years down the road, teachers are to send the letters to the participants.

