

Find all Power Chargers here

Learn about Health Powered Kids here

Find all lessons here

Search for anything here

Search for anything here

Health Fueled By Fun

A collection of activities to help young people make healthy eating, exercise and life choices.

Filter by age, duration or topic

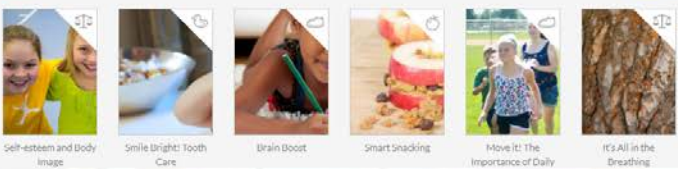
Filter lessons and activities by topic

Search activities by keyword... All ages - All durations - All topics - Go

Topics Explore the ways we're helping kids be healthy. Be active. Find balance. Keep clean. Eat well.

The icons depicted here indicate the topic of the lesson!

Featured Activities



See featured activities here

Find Power Chargers here – the lightening icon indicates the activity is a Power Charger!

Power Chargers



Browse Lesson Plans here

Lesson Plans



Browse all activities here

All Activities



Learn about Health Powered Kids' partnership with Girls Scouts River Valley!

Find Health Standards here

Blog sign-up Be the first to know when new lessons come out. example@email.com Submit

Sign up for the Health Powered Kids blog!



Contact Us



Connect with us on social media

Contact us any time!



Find our mental well-being partner program for teens – Change to Chill!



SEE ALL LESSONS >

Self-esteem and Body Image

Who is this lesson for?

You will think about the things that make you special and unique. They will learn some ways to have a positive attitude and a good body image.

Ages
9-14 Years Old

How long will this take?

Duration
45 Minutes

What You Need
• White board or flipchart
and markers

Lesson Overview

This lesson helps young people reflect on the messages they get and give (including to themselves) about personal worth and value. They learn steps they can take to feel confident and good about themselves.

What additional resources will I need?

You may want to review the following resources. These facts can be shared with young people.

Resources
Healthy Families Newsletter
[English \(pdf\)](#)
[Spanish \(pdf\)](#)

Parent newsletters – in English and Spanish!

• Self-esteem is how you feel about yourself. These feelings can change as things in your life change, such as going to a new school or becoming a brother or sister.

• Self-esteem can be positive (you love, respect, and trust yourself) or negative (you feel insecure and helpless).

To find out how this lesson fits Physical Education and Health Education standards [click here](#).

Is this lesson linked to Education Standards?

• Body image is part of self-esteem. It is how you feel about how you look. Body image also includes how you think others see you. Having a positive body image means that you:
• are comfortable in your body and with the way you look
• are confident about the things your body can do
• feel empowered to take good care of your physical health.

Print this lesson

How do I print this lesson?

Conclusion

Self-esteem can't be taught, but it can be strengthened. This lesson could spark difficult feelings for young people who are highly insecure, depressed or otherwise struggling. Encourage young people to talk to a trusted friend or adult if they find themselves feeling down about themselves on a regular basis or over a long period of time.

Continuing the Conversation

Hand out the [Healthy Families Newsletter in English](#) or [Spanish](#), so that families can continue discussing positive self-esteem and body image at home.

Another place to find the HPK newsletter for parents

Find related HPK blog posts here

Related Health Powered Kids Blog(s)

- [Boosting self-esteem among first graders](#)
- [Self-esteem and body image: Feeling good about being you](#)

Additional Instructor Resources:

- [Eating Disorders and the Family from PBS](#)
- [BodyWorks from WomensHealth.gov](#)
- [Developing Your Child's Self-Esteem](#)

Are there additional resources I can find?

Share this lesson via social media or email!

TWEET SHARE 0 EMAIL

Health Powered Kids™ FAQs

Health Powered Kids™ is a free health and wellness program offered by Allina Health. It provides fun, easy-to-use lessons and activities on nutrition, physical fitness, hygiene and mind-body balance for educators and parents to use in the classroom or at home.

Below is everything you need to know about using Health Powered Kids lessons and resources in your classroom, home or community!

How do I get to Health Powered Kids?

Health Powered Kids is accessible on all devices (including desktops, laptops, tablets and smart phones). Simply visit healthpoweredkids.org!

What are the topics covered on Health Powered Kids?

Health Powered Kids covers four pillars of health: (1) [nutrition](#), (2) [physical activity](#), (3) [hygiene](#) and, (4) [finding balance](#).

Allina Health's topic area experts, curriculum writers and patient education team write all lessons at a 6th grade reading level or lower to ensure that content is understandable by all – even if you're not an expert in nutrition, mindfulness or hygiene!

Should I use a single lesson or a lesson plan?

Health Powered Kids offers [single lessons](#) and [pre-formatted lesson plans](#) – all aligned with [National Health and Physical Education Standards](#).

If you are looking for a one time activity to fill a gap in existing curriculum or are interested in using Health Powered Kids occasionally, an [individual lesson](#) may be the best fit for you. You can search lessons by topic area, age range and activity duration. See the [Homepage Breakdown](#) for more information.

If you are looking for a way to integrate Health Powered Kids as an ongoing and regular part of curriculum, or want to focus on one of the four pillars of health in-depth, the [pre-formatted lesson plans](#) could be the best choice for you. Lesson plans are formatted by topic area (nutrition, physical activity, hygiene or finding balance) and by duration. You can choose lesson plans by topic area or by 6, 8 or 12 week plans, which feature a mix of content from all four pillars of health.

What are Power Chargers?

[Power Chargers](#) are a collection of short exercises designed to give kids a quick activity break throughout the day. Choose from 2, 5 or 10 minute Power Chargers, and filter by ability level. Use Power Chargers to wake up kids in the morning, energize them after lunch or help them focus before a big assignment.

What ages can use Health Powered Kids resources?

Health Powered Kids is designed for adults to use with youth ages 3-14. Each lesson and Power Charger indicates the estimated appropriate ages for the lesson and activity, as determined by our team of topic area experts and curriculum writers. Appropriate age level is listed on the upper left hand panel of each lesson page. See the [Lesson Page Breakdown](#) for more information.

How long do the lessons and activities take?

Lessons and activities range from 20 minutes to 1 hour in length. The estimated time needed to complete a lesson and activity is listed on the upper left hand panel of each lesson page. See the [Lesson Page Breakdown](#) for more information.

How can I stay in the loop about new Health Powered Kids content?

Want to be the first to know when new content is posted to the website? Stay in the loop by signing up for the Health Powered Kids blog! See the [Homepage Breakdown](#) for more information.

You will receive *one email per month* which includes a short overview of a timely or new topic and a link to the lesson on Health Powered Kids. Your information is kept private and will not be shared with other parties.

Can I find Health Powered Kids content on social media?

You can find Health Powered Kids on [Facebook](#) and [Pinterest](#). Follow, share and like today!

How do I contact Health Powered Kids?

You can always contact Health Powered Kids via email at healthpoweredkids@allina.com or by clicking “Contact Us” on the website. See the [Homepage Breakdown](#) for more information.

