

Grade 7 Literacy
Week of November 23 – November 27

Lesson 2: Reading – About Self-Image

What is self-image and how does it become shaped and define us?

Self-image is how *YOU* perceive yourself. It is a number of impressions that have built up over time. What are your hopes and dreams? What do you think and feel? What have you done throughout your life and what did you want to do? Your self-image can be very positive, giving you confidence in your thoughts and actions, or negative, making you doubtful of your capabilities and ideas. How we perceive ourselves is shaped by how we interact with our world and allow our mind to shape the perception of those interactions. Throughout this unit, we will explore how:

- **language constructs personal, social, and cultural identity (self-image)**
- **we exchange ideas and viewpoints to build shared understanding and extend our thinking (of ourselves)**

If you project a positive self-image, people will be more likely to see you as a positive, capable person. However, it can be very difficult to control our thoughts as our mind does not distinguish between reality and perceived reality. We have an internal voice. In some people, that internal voice can be too critical and harsh, leading to low self-esteem. In others, it may be so weak that they don't notice when they are mean or insensitive to others.



Take a moment to look at the power of our mind: <https://youtu.be/cLqjK3ddSy0>

Preview

Get ready to learn by thinking about this:

How has your self-image been shaped by your cultural identity, social interactions and internal voice?

So, what things have shaped self-image and how do you feel about yourself?

Overview of Lessons:

- 1. Read/view a variety of texts about self-image.
- 2. Complete the activities in the learning guide and submit.
- 3. Complete a reading project.
- 4. Take a short test to show your understanding.
- 5. In the writer's workshop, you will go through the writing project to create your own persuasive essay.

How Do YOU Define Yourself

Throughout this unit, you will be challenged to investigate your own self-image and ensure you have created a positive one. Let's begin by looking at a video by Lizzie Velasquez who discusses how she suffers from a rare disorder which prevents her from gaining weight and has caused blindness in her right eye. She has been cyberbullied and labeled "the world's ugliest woman". As a result of her upbringing and positive outlook on life, she decided to turn things around and create her own definitions of beauty and happiness.

Lizzie asks the audience to consider what defines them. Is it their backgrounds? Friends? Families? She reminds us that if we can find happiness within, and be the drivers of our own lives, bullies will always lose and you will be victorious! **If you project a positive self-image, people will be more likely to see you as a positive, capable person.**



Complete the activity on the next page as you watch this video:

<https://youtu.be/QzPbY9ufnQY>

Positive Self Image

How positive is your self-image? Answer these true or false statements and find out. Give yourself 1 point for each question you answered with a "true".

1. My glass is always half-empty, not half-full.
2. I'm always apologizing for things.
3. I'm always telling myself I "should" be doing this or that.
4. I constantly criticize myself.
5. What other people think about me dictates how I feel about myself.
6. I am critical of my mistakes and relive them over and over.
7. I always let the people who care about me down.
8. I feel like I have the weight of the world on my shoulders.
9. A partial failure is as bad as a complete failure.
10. I bend over backwards to please others.
11. I am not sure I have done a good job unless someone else points it out.
12. It's hard for me to forgive and forget.
13. I have to work harder than others for relationships and am afraid that the relationships I have will fail.
14. If I don't do as well as others, it means that I am not as good as them.
15. If I can't do something well, there is no point in doing it at all.

Results:

0 - 4: You have a generally positive way of thinking and should feel good about yourself. Keep it up!

5 - 8: You may be struggling with some negative emotions. Take time to review your good qualities.

9 or more: You can be very critical of yourself. Challenge yourself to change your way of thinking!

Name: _____

Date: _____

3.1 How Do YOU Define Yourself

Reading for Information

1. What difficulties did she face in life? How was she treated in school?

2. What are some of Lizzie’s positive traits (perseverance, resilience, positive attitude, focus on what is important in life, etc.) that contribute to her positive self-concept?

3. What about her do you most admire?

4. How might her positive traits inspire and help others?

5. How does Lizzie demonstrate that “beauty is on the inside”?

6. Who in her life supported her, and how did this help build her self-esteem?

7. If she were a student at your school, how could the school community support her?
