**Lesson 2: The Me to Be**
**Grade 5- Health and Puberty Education Alternative Health Lessons**
**Davidson County Schools**

**Focus: Student will celebrate the person they will become as they grow up.**

**Concept: Building Self-esteem**

**Materials:**
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Arts and crafts materials (Poster boards, glue sticks, scissors and markers)
Magazines, newspapers and print ads
LCD projector/screen/laptop
"The Me to Be" Keynote presentation

**ACTIVITY:**
1. Display "The Me to Be" presentation. Stop throughout for discussion.
2. Explain the collage project:
    - Cut pictures or words out of magazines which represent your personal interests.
    - Glue the pictures and words onto a page to form a collage.
    - Put your name somewhere within the collage.

*3.*Have students make a collage about themselves using the materials provided from the classroom (magazines, ads etc).

******An alternative to the collage could be using the computer program "Wordle" to create a word collage about themselves.***