

# 4-H Grab and Go: Feeling Good About Myself

## Concept:

Self-efficacy affects choices regarding healthy behaviors.

## Age/Grade Level:

Middle School: Ages 12-15

## Education Standard:

National Health Education Standard 7: Practice health-enhancing behaviors and avoid or reduce health risks.

## Life Skill:

Self-Esteem, Self-Responsibility

## Success Indicator:

Youth will demonstrate skills that build and maintain self-efficacy.

## National 4-H Curriculum:



**Health  
Rocks!**

4-H ■ HEALTHY LIFE SERIES

## PREPARATION

Time: 30 – 45 minutes

Space:  
Classroom

## Materials:

### Activity One

- Pencils/pens
- Paper
- Chalkboard/chalk or Flip-chart/markers

### Activity Two

- String/yarn 3 - 4 feet long (1 piece per participant)

## Background Information:

When youth accomplish things and are able to experience success, they feel good about themselves and have a strong sense of self-efficacy. Youth who feel good about themselves are also more resistant to substance abuse and other risky behaviors. Self-efficacy is one factor that appears to help youth resist destructive behaviors.

Self-efficacy can be defined as one's belief in one's ability to accomplish something, to be able to do something, or to be able to act on something. Self-efficacy is impacted by four factors:

1. The ability to finish a task once started;
2. Receiving positive support;
3. Seeing others complete tasks successfully;
4. Reacting to a situation.

## Instructions:

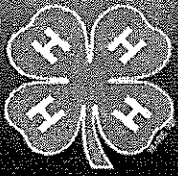
### Activity One

1. Give each participant a pencil/pen and paper. Have them draw a box with 16 squares. Tell them that they have three minutes to count the total number of squares in the diagram. At the end of the three minutes, have them share how many squares they found.
2. If someone gets the correct answer, make sure to give them positive feedback. Have them come up and show the rest of the group how they got their number on the chalkboard/flipchart.
3. If no one got the correct answer, give them the correct answer but do not tell them how to get it. This time walk around the room and give people encouragement and support. If someone gets the correct answer, make sure to give them positive feedback and give them the opportunity to demonstrate how they got their number. If no one gets the correct answer yet, show them how to do it and have them try it one last time. **Answer Key: 16 small squares, 1 large square, 9 squares of 2 x 2, 4 squares of 3 x 3 = 30 total squares.**

*How does knowing the answer and sharing it with others make you feel? How did it feel once you learned how?*

### Activity Two

1. Divide the group into pairs. Have them decide who will be Partner A and Partner B.
2. Have Partner A loosely tie one string to both wrists of Partner B. Then have Partner B tie one end of the other piece of string to one of partner A's wrist. Then loop the string over partner B's string and tie the second end to partner A's other wrist. They should now be hooked together. The goal is to get unhooked without untying or breaking the string. (Note: It might make it easier for some teams to have the team leaders stand in front demonstrating how to tie the strings together.)



# Feeling Good About Myself

## Youth Development Tip:

To divide groups give each person a slip of paper with a number on it. Each number will be on two slips of paper. Each person is to laugh the number of times that are on their paper. They are to find the other person who is laughing the same number of times and that person becomes their partner.

## Open Ended Questions:

- How does learning how to do something you didn't think you could do make you feel?
- Think about someone you know who does things that are risky (drinks, smokes, cheats at school, steals, etc). How would you rate their self-esteem and self-efficacy?
- Now think about some of the people you know who you think really have it all together. How would you rate their self-esteem and self-efficacy? Can you see a trend? What is it?
- How would that rating relate to their behaviors?

3. Give them about three minutes to get unhooked. Observe the emotions and reactions.
4. When time is up, use the following questions to discuss:
  - How did you feel about this activity?
  - Did you think it was possible to get untied?
  - If someone got unhooked, ask them how they felt. (Ask them to show the rest of the group how to do it. Remind participants that one factor that impacts their ability to succeed might be how they are reacting to the situation.)
  - Were you stressed? Frustrated? Did you want to give up? If you can start to think positive and control those emotions, it helps to increase your belief that you can succeed (self-efficacy.)
3. If no one got unhooked, demonstrate the solution, then have the pairs get unhooked. Now that you know how to do it, could you show someone else?

**Solution:** There are two ways to solve this, depending on how the strings are crossed. If Partner B's string was looped over Partner A's string from left to right, one of the partners needs to push the center of one string through the loop on the inside of the other person's wrist. They need to take that loop from the arm down towards the fingers, bring this new loop back over that person's hand and draw it back through the wrist loop.

### OR

If Partner B's string was looped over Partner A's string from right to left, one of the partners needs to push the center of one string through the loop on the outside of the other person's wrist. They need to take this new loop back under that person's hand and draw it back through the wrist loop.

6. Review the **Open Ended Questions**.

## Additional Notes/Extension/Glossary

**Positive feedback** - praise, encourage, applaud, pat on the back, cheer, support, give confidence, and reassurance.

**Self-efficacy** - a person's belief about his or her ability and capacity to accomplish a task or to deal with challenges of life.

## Learn More

Suggest the book the following book to the participants or include it in the session as part of the discussion: *The Curtain Went Up, My Pants Went Down* by Henry Winkler and Lynn Oliver. It talks about building self-efficacy. Check it out at <http://www.hankzipzer.com>.