

NOTE TO HOME

Number Eight: Self-Discovery

Points Covered in this Lesson:

- ✓ Completed a handout that discussed “How to Feel Better about Yourself.”
- ✓ Discussed the meaning of the word “value.”
- ✓ Discussed the meaning of the word “standard.”

Possible Discussion Topics at Home:

- ✓ Talk about different ways that people can feel better about themselves. See if you and your child can name specific examples.
- ✓ Talk about values and standards and how they affect our lives. What do they mean to you, and why are they important?