

Unit #1 Title: Who Am I?

Lesson Title: An Apple A Day

Lesson: 1 of 3

Grade Level: 3

Length of Lesson: 30 minutes

Missouri Comprehensive Guidance Standard:

PS.1: Understanding self as an individual and as a member of diverse local and global communities.

Grade Level Expectation (GLE):

PS.1.C.03.a.i: Identify positive characteristics needed to contribute to a classroom.

American School Counselor Association National Standard (ASCA):

Personal/Social Development

A: Students will acquire the knowledge, attitude and interpersonal skills to help them understand and respect self and others.

Materials (include activity sheets and/ or supporting resources)

3 fresh apples: 1 red, 1 green and 1 rotten

Apple worksheet

Crayons (red, green and brown)

Poster with the outline of a tree and branches (without leaves)

Show Me Standards: Performance Goals (check one or more that apply)

X	Goal 1: Gather, analyze and apply information and ideas 6. Discover and evaluate patterns and relationships in information, ideas and structures.
	Goal 2: Communicate effectively within and beyond the classroom
	Goal 3: Recognize and solve problems
X	Goal 4: Make decisions and act as responsible members of society 3. Analyze the duties and responsibilities of individuals in societies.

This lesson supports the development of skills in the following academic content areas.

Academic Content Area(s)		Specific Skill(s)
X	Communication Arts	6. Participating in formal and informal presentations and discussions of issues and ideas.
	Mathematics	
X	Social Studies	6. Relationships of the individual and groups to institutions and cultural traditions.
	Science	
	Health/Physical Education	
	Fine Arts	

Enduring Life Skill(s)

X	Perseverance	X	Integrity		Problem Solving
	Courage		Compassion		Tolerance
X	Respect	X	Goal Setting		

Lesson Assessment (acceptable evidence):

Students will color the apples the appropriate color to illustrate their awareness of their strengths and what areas of personal characteristics they need to strengthen.

Lesson Preparation

Essential Questions:

How can you tell how someone feels about himself or herself?

Engagement (Hook): The teacher will display 3 fresh apples—one red, one green (unripe) and one with a rotten spot on it.

Procedures

Instructor Procedures:	Student Involvement:
1. The counselor displays 3 fresh apples and asks students to describe the apples: color, texture, stages of development, and effects of rotten apple on the others. Possible responses might include a rotten apple can cause the other apples to decompose more quickly.	1. Students describe apples.
2. Counselor distributes and explains the apple worksheet.	2. Students color the apples on the worksheet, coloring their strengths red, the areas they are working on green and the ones that disrupt the classroom brown.
3. The counselor instructs students to cut out the apples, and glue on the community tree (if red or green) and on the ground section of the poster picture of a tree if they are brown.	3. Students cut out the apples and place on the tree poster.
4. The counselor asks students to think of other characteristics important to a classroom community. The counselor tells students they may make more apples if they can think of other qualities not already listed.	4. Students brainstorm and write down other positive characteristics on the blank apples. Students add these apples to the tree.
5. The counselor tells students that they tree	5. Students look at the completed poster.

will be displayed all week and they need to be thinking of how the positive characteristics contribute to the class community.	
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Teacher Follow-Up Activities

Classroom teacher will display the tree prominently in the classroom and refer to it frequently regarding students displaying proactive behaviors.
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Counselor reflection notes (completed after the lesson)

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What Color Is Your Apple?

If the apple lists a quality that is helpful in the classroom color it red. If the apple lists a quality that is one the classroom needs to improve on color it green. If the apple lists a quality that hurts the classroom community color it brown.

