

**Unit #1 Title:** Who Am I**Grade Level:** 3**Number of Lessons in Unit:** 3**Time Required for each lesson:** 30 min.**Best time of year to implement this Unit:** Autumn**Lesson Titles:**

Lesson 1 An Apple a Day

Materials/Special Preparations Required

3 fresh apples (one red, one green, and one rotten)

Apple Worksheet

Tree poster (counselor made)

Plain paper

Lesson 2 What Color is Your Apple?

Materials/Special Preparations Required

Tree with apples from previous week.

Paper for writing

Pencils or crayons

Chart paper

Lesson 3 Fly Your Kite

Materials/Special Preparations Required

Kite to fly

Kite worksheet

String or Yarn

Kite Venn Diagram sheet

Crayons

**Missouri Comprehensive Guidance Standard:**

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

**Grade Level Expectation(s):**

PS.1.A.03.a.i: Identify positive characteristics and areas for personal growth.

PS.1.B.03.a.i: Reflect on personal roles at home and at school and identify responsibilities.

PS.1.C.03.a.i: Identify the personal characteristics needed to contribute to the 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.

**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  |
| X | Goal 2: Communicate effectively within and beyond the classroom<br>2. Review and revise communications to improve accuracy and clarity<br>3. Exchange information, questions, and ideas while recognizing the perspectives of others |
|   | Goal 3: Recognize and solve problems   |
|   | Goal 4: Make decisions and act as responsible members of society   |

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

| <b>Academic Content Area(s)</b> |                           | <b>Specific Skill(s)</b>  |
|---------------------------------|---------------------------|---|
| X                               | Communication Arts        | 1. Speaking and writing standard English<br>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.<br>7. The use of tools of social science inquiry |
|                                 | Science                   |   |
|                                 | Health/Physical Education |   |
|                                 | Fine Arts                 |   |

**Unit Assessment (acceptable evidence):**

The student will display and explain their kites, which will reveal an understanding of their personal positive characteristics and how they help them in their roles at school and home.

**Brief Summary of Unit:**

This unit provides opportunity for students to recognize their roles and responsibilities. The unit focuses on how their personal characteristics and strengths help them in their life roles. The unit uses art activities to motivate students.

**Unit Goals:**

The unit goal is to help the students recognize their personal characteristics that affect their roles at home and school.

**Student Prior Knowledge: What prior knowledge do students need (e.g. the steps to solving a problem) to be successful in this unit?**

Understanding of the following:

Personal roles

Feelings

Responsibilities