

Unit #1 Title: How Do I Fit In?

Lesson Title: I'm Thumbbody!

Lesson 3 of 3

Grade Level: 4

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.04.a.i: Identify the personal characteristics that contribute to the school community.

American School Counselor Association National Standard (ASCA):

Personal/Social Development

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

Materials (include activity sheets and/ or supporting resources)

Baby wipes
 Pencils and "I'm Thumbbody!" worksheets for each student
 Picture of a detective (attached)
 Stamp pad, washable ink, or paint

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

	Goal 1: Gather, analyze and apply information and ideas
X	Goal 2: Communicate effectively within and beyond the classroom 1. Plan and make written, oral, and visual presentations for a variety of purposes and audiences 3. Exchange information, questions, and ideas while recognizing the perspectives of others
	Goal 3: Recognize and solve problems
X	Goal 4: Make decisions and act as responsible members of society 1. Explain reasoning and identify information used to support decisions

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

Academic Content Area(s)	Specific Skill(s)
X Communication Arts	1. Speaking and writing standard English (including grammar, usage, punctuation, spelling, capitalization) 6. Participating in formal and informal presentations and discussions of issues and ideas
Mathematics	
Social Studies	
Science	

Missouri Comprehensive Guidance Programs:

Linking School Success to Life Success

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	Health/Physical Education	
	Fine Arts	

Enduring Life Skill(s)

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

Lesson Assessment (acceptable evidence):

Students will be able to write positive statements about themselves.

Lesson Preparation

Essential Questions: How does it help when someone feels good about himself or herself?

Engagement (Hook): Dress up like a detective with trench coat, magnifying glass, briefcase, and man's hat. Have theme to the Pink Panther playing in the background. Or show a picture of a detective with a magnifying glass.

Procedures

Instructor Procedures:	Student Involvement:
1. Walk into room dressed up like detective and announce you are looking for positive thinkers. (Or you can also show a picture of a detective and do the same.) What does it look like to be a positive thinker? What does it sound like to be a positive thinker?	1. Students brainstorm ideas of what a positive thinker looks like and sounds like. Students will compare and contrast positive and negative thinking.
2. Ask what thinking positive sounds like vs. negative thinking.	2. Students make suggestions.
3. Distribute pencils and "I'm Thumbody" worksheets to each student.	3. Students will complete worksheets.
4. Ask students to begin filling out worksheets and tell them you will be stamping their thumbprints today to find who is a positive thinker.	4. Students will place individual thumbprints on the worksheet.
5. After doing thumbprints, use baby wipes to clean off ink/paint from hands.	5. Students clean off ink/paint from their hands.
6. Students will share one positive statement from their worksheet aloud at end of class.	6. Students share the statement of their choice.

Teacher Follow-Up Activities

Teacher can be given sheets to post in the classroom as a reminder of positive thinking.

Counselor reflection notes (completed after the lesson)

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I'm Thumbbody!!

My name is _____.

Directions: Using a washable ink pad, cover your thumb with ink and put your thumbprint in the center square above your name.

I like when I...

At home I help...

In class I am respectful when...

With friends I share...

_____ 's Thumbprint

At recess I play fair by...

I know how to...

I am good at...

3 Things I like best about me...

1)
2)
3)

I am looking for a positive thinker...

What does it look like to be a positive thinker?

What does it sound like to be a positive thinker?

