Unit #1 Title: How Do I Fit In?

**Lesson Title:** I'm Thumbody! **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 Thumbody!" 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)

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X	Communication Arts	<ol> <li>Speaking and writing standard English (including grammar, usage, punctuation, spelling, capitalization)</li> <li>Participating in formal and informal presentations and discussions of issues and ideas</li> </ol>
	Mathematics	
	Social Studies	
	Science	

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:**

- 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?
- 2. Ask what thinking positive sounds like vs. negative thinking.
- 3. Distribute pencils and "I'm Thumbody" worksheets to each student.
- 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.
- 5. After doing thumbprints, use baby wipes to clean off ink/paint from hands.
- 6. Students will share one positive statement from their worksheet aloud at end of class.

#### **Student Involvement:**

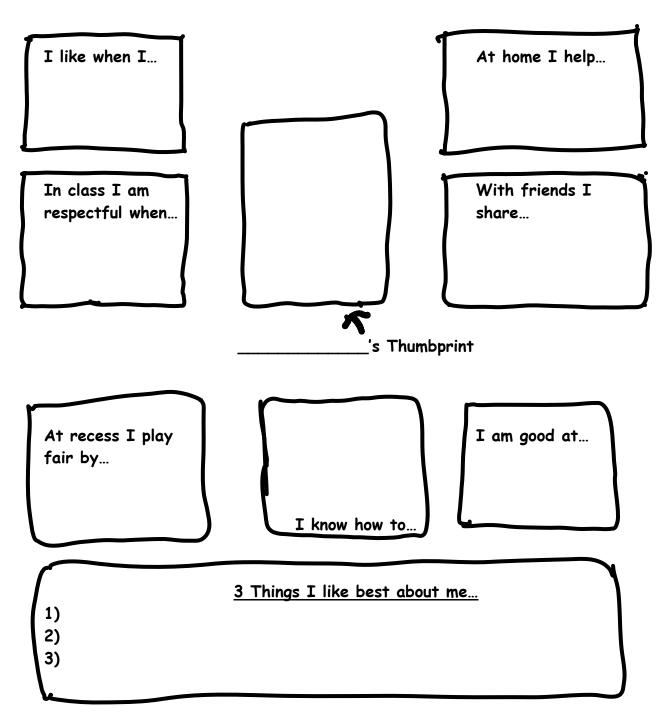
- 1. Students brainstorm ideas of what a positive thinker looks like and sounds like. Students will compare and contrast positive and negative thinking.
- 2. Students make suggestions.
- 3. Students will complete worksheets.
- 4. Students will place individual thumbprints on the worksheet.
- 5. Students clean off ink/paint from their hands.
- 6. Students share the statement of their choice.

PS1-Gr4-Unit1-Lesson3.doc Page 3 of 5 Created by: K. Churchman, J. Evans, S. Hiatt

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)			

# I'm Thumbody!! 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 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?

