

<b>Unit #1 Title:</b> How Do I Fit In?	<b>Grade Level:</b> 4
<b>Number of Lessons in Unit:</b> 3	
<b>Time Required for each lesson:</b> 30 minutes	
<b>Best time of year to implement this Unit:</b> Anytime of the year, could be used in small groups.	
<b>Lesson Titles:</b>	
Lesson 1: Think Positive!	
Materials/Special Preparations Required	
Skit tickets, books like “Fortunately” by Remy Charlie or “Alexander and the Terrible, Horrible, No Good, Very Bad Day” by Judith Viorst	
Lesson 2: I’m A Star!	
Materials/Special Preparations Required	
Dice, One (1) per group	
Pencils	
“I’m a Star” game worksheets for each student	
Lesson 3: I’m Thumbbody!	
Materials/Special Preparations Required	
Pencils	
Baby wipes	
“I’m Thumbbody” worksheets for each student	
Picture of a detective	
<b>Missouri Comprehensive Guidance Standard:</b>	
PS.1: Understanding Self as an Individual and as a Member of Diverse Local and Global Communities.	
<b>Grade Level Expectation(s):</b>	
PS.1.A.04.a.i: Recognize positive self-talk and communicate personal thoughts and feelings.	
PS.1.B.04.a.i: Reflect on personal roles in the community and identify responsibilities as a community.	
PS.1.C.04.a.i: Identify the personal characteristics that contribute to the school community.	
<b>American School Counselor Association National Standard (ASCA):</b>	
Personal/ Social Development	
A: Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.	

**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
X	Goal 3: Recognize and solve problems 3. Develop and apply strategies based on one's own experience in preventing or solving 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.**

<b>Academic Content Area(s)</b>		<b>Specific Skill(s)</b>
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	
	Health/Physical Education	
X	Fine Arts	1. Process and techniques for the production, exhibition or performance of one or more of the visual or performed arts

**Unit Assessment (acceptable evidence):**

Students will be able to identify the difference between positive and negative thoughts and feelings in "Think Positive!" by performing a skit that turns a negative situation in a positive one. In "I'm a Star!" students will be able to answer questions about being responsible community members by playing a game and writing what constitutes being a star community member. In "What Do I Think About Me?" students will be able to write positive statements about themselves on the "I'm Thumbbody" worksheets.

**Brief Summary of Unit:**

This unit addresses positive self-talk, communicating personal thoughts and feelings, identifying the responsibilities of a community member and becoming a contributing member of school community. The unit lessons will use small groups, board games, and performance art to demonstrate the students' acquired knowledge of the subject areas being taught.

**Unit Goals:**

In this unit, students will be recognizing positive self-talk and communicate personal thoughts and feelings. They will be able to consider what personal roles they possess and will identify the characteristics needed to be a positive community member.

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

What are personal roles?

What is a positive self-concept?

<p>The meaning of personal characteristics. Knowledge of how people express feelings differently.</p>
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