

Unit #2 Title: How Life-Changing Events Affect My Life

Lesson Title: The Changing Times of My Life

Lesson 1 of 2

Grade Level: 1

Length of Lesson: 30 minutes

Missouri Comprehensive Guidance Standard:

PS.3: Applying Personal Safety Skills and Coping Strategies

Grade Level Expectation (GLE):

PS.3.C.01.a.i: Recognize the effects of life changes or events related to self.

American School Counselor Association National Standard (ASCA):

Personal/Social Development:

C: Students will understand safety and survival skills.

Materials (include activity sheets and/ or supporting resources)

Picture of four trees

Life Timeline

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

	Goal 1: Gather, analyze and apply information and ideas
	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 7. Identify and apply practices that preserve and enhance the safety of self and others.

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	
	Social Studies	
	Science	
	Health/Physical Education	
	Fine Arts	

Enduring Life Skill(s)

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

Lesson Assessment (acceptable evidence):

Formative assessment relates to the summative assessment for unit (performance outcome for goals, objectives and GLEs). Assessment can be question answer, performance activity, etc.

Each student will complete a timeline of life changing events in their life from birth until the present time.

Lesson Preparation

Essential Questions: How does it affect you when something changes at home? How does it affect you when something changes at school?

Engagement (Hook): Show the students a picture of four trees (show it as a picture/transparency). The picture is titled: A year in the life of a tree. What is happening in the life of the tree in these four pictures? What is happening in picture 1,2,3 and 4? Do we go through changes in our life that affect us like the tree? The students discuss the changes they recognize in pictures. Possible answers: The tree is planted. It grows taller. The tree blooms. The tree loses its leaves each year.

How does the tree's life compare to our life as a human? We are born. We grow taller. Our body changes.

Procedures

Instructor Procedures:

1. Introduce two puppets. The puppets talk about how life is different for them now in first grade compared to when they were babies.
2. How did some of these changes affect your life from then until now?
3. The puppets say to the students...think about your life changes and brainstorm what they might be. The instructor gives the students a timeline story sheet to complete. Make your own timeline story of the changes you have had in your life so far.

Student Involvement:

1. Students respond. They discuss the different changes (bathing, dressing, diapers, eating, crawling, walking, etc.) Parents had to help me bathe. vs. Now I can bathe myself. Parents helped me get dressed vs. Now I can dress myself. I stayed at home/went to daycare. vs. Now I go to school...
2. Students brainstorm ideas. Possible ideas: I crawled when I was younger. Now I can walk and run. I stayed at home/went to daycare and now I go to school. Other ideas are shared.
3. Students brainstorm and complete their story.

Teacher Follow-Up Activities

Counselor reflection notes (completed after the lesson)

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A Year In The Life of a Tree.

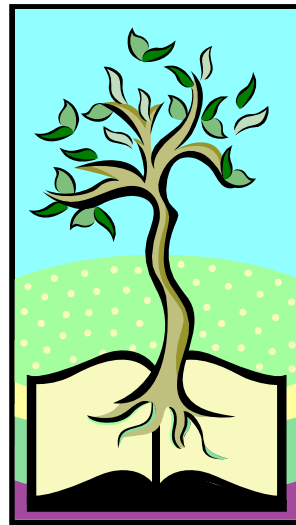
What changes does a tree go through during the year?

What changes does a tree go through during its lifetime?

1.



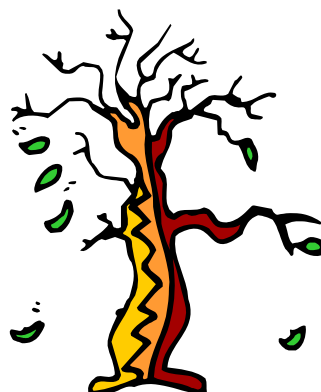
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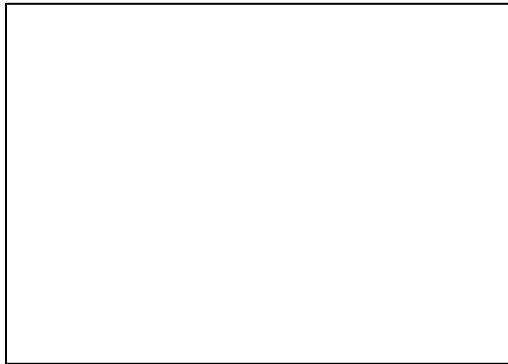
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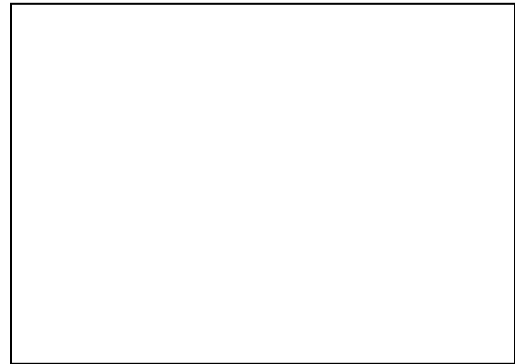
My Timeline Life Changes Story

Write your age at the top of each picture and draw a picture of your life change that happened at that time.

My life change at age _____.



My life change at age _____.



My life change at age _____.



My life change at age _____.



My life change at age _____.



My life change at age _____.

