

Unit #1 Title: What Are Safe And Healthy Life Choices And How Do I Keep Myself Safe?

Lesson Title: Can You Erase the Damage?

Lesson: 2 of 2

Grade Level: 3

Length of Lesson: 30 minutes

Missouri Comprehensive Guidance Standard:

PS.3: Applying personal safety skills and coping strategies.

Grade Level Expectation (GLE):

PS.3.A.03.a.i: Apply effective problem-solving, decision-making, and refusal skills to make safe and healthy life choices at school.

PS.3.B.03.a.i: Identify issues that impact personal safety.

American School Counselor Association National Standard (ASCA):

Personal and Social Development

C: Students will understand safety and survival skills.

Materials (include activity sheets and/ or supporting resources)

Large sheet of butcher paper, marker, sheet of paper for each student, tape

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

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| | Goal 1: Gather, analyze and apply information and ideas |
| X | Goal 2: Communicate effectively within and beyond the classroom 3. Exchange information, questions, and ideas while recognizing the perspectives of others |
| X | Goal 3: Recognize and solve problems 1. Identify problems and define their scope and elements 2. Develop and apply strategies based on ways others have prevented or solved problems 3. Develop and apply strategies based on one's own experience in preventing or solving problems 4. Evaluate the processes used in recognizing and solving problems 6. Examine problems and proposed solutions from multiple perspectives 7. Evaluate the extent to which a strategy addresses the problem 8. Assess costs, benefits, and other consequences of proposed solutions |
| X | Goal 4: Make decisions and act as responsible members of society 7. Identify and apply practices that preserve and enhance the safety and health 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 | |
| X Social Studies | 6. Relationships of the individual and groups to institutions and cultural traditions |
| Science | |
| Health/Physical Education | |
| Fine Arts | |

Enduring Life Skill(s)

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|---|--------------|---|--------------|---|-----------------|
| | Perseverance | | Integrity | X | Problem Solving |
| X | Courage | X | Compassion | X | Tolerance |
| X | Respect | | Goal Setting | | Responsibility |

Lesson Assessment (acceptable evidence):

Observation and ability to define nice, caring things to say to others.

Lesson Preparation

Essential Questions: Why is it important to treat people the way you want to be treated? Can you ever undo the damage caused by mean words and teasing?

Engagement (Hook): Today and today only, you are going to get to say mean things to me without me correcting you (use words that are appropriate for school).

Procedures

| Instructor Procedures: | Student Involvement: |
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| 1. Put up large piece of butcher paper. Ask students to say mean things, without using bad words. Write these down on the butcher paper. | 1. Students share their mean words. |
| 2. Talk about the damage these things cause in friendship. Discuss how people feel when they are told these things. | 2. Students discuss. |
| 3. Now, we are going to try to repair the damage. Hand out a sheet of paper to each student and ask him or her to write down nice things to say instead. | 3. Students write down kind words on their paper. |
| 4. Call each student up to say what he or she wrote and tape it over the mean words on the butcher paper. | 4. Students share their ideas and tape the paper on the butcher paper. |

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| 5. When all students are finished, talk about how there are still words that can be seen on the paper. “Can you ever erase the damage done once the words are out?” | 5. Students discuss, and share times when they still remember mean words that were said to them and how it affected them. |
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Teacher Follow-Up Activities

Teacher will follow up to have students say or write 3 kind things for any mean or hurtful thing they say to someone.

Counselor reflection notes (completed after the lesson)

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