### Classroom Guidance Lesson Plan

**Sunset Ridge Elementary**

**Mindy Willard**

## Teacher/Grade Third Grade

**Date:**

**Lesson Topic:** Habit 1: Be Proactive

# Objectives

Students will understand what a habit is.

Students will be able to list things that they are in control of.

Students will understand that they are in charge of the choices they make.

# ASCA Standards

A: A1.5 Identify attitudes and behaviors that lead to successful learning.

A:A3.1 Take responsibility for their actions.

PS: A1.8 Understand the need for self control and how to practice it.

PS: A1.10 Identify persona strengths and assets.

# 3rd Grade Standards

 S1C1PO 1. Generate ideas through a variety of activities (e.g., brainstorming, graphic organizers, drawing, writer’s notebook, group discussion, printed material).

S1C1*PO 4. Use organizational strategies (e.g.,* ***graphic organizer****,* ***KWL chart****, logs) to plan writing.*

**Materials-** Squirrel puppet, 7 Habits of Happy Kids Book, Sammy Squirrel coloring sheet, strips of paper & blank paper for each student’s circle maps.

**Pre Assessment:** Prior to lesson ask students to make a circle map of things they have control over. (show example on board). Give a few examples for students of what they ARE in control of and a few examples of what they ARE NOT in control of.

**Anticipatory Set:**

1. Ask what a HABIT is. Something we do over and over again without much thought. Start a circle map on the board with HABIT in the center. Have students turn their papers over and write HABIT in the middle and brainstorm habits that they have.
2. Ask students to share in their groups one HABIT they wrote on their paper. Then have students share out loud and write answers inside circle map.
3. Tell students to discuss with their group whether they believe that is a good or a bad habit.
4. Introduce characters from the book (inside cover) and show Sammy Squirrel, the character in today’s story.

**Activity I – “Bored, Bored, Bored”**

1. Read chapter 1 from Happy Kids Book and facilitate discussion questions at the end.
2. Review Baby Steps at end of chapter.

**Activity II – “I choose to….”**

1. Create a circle map on butcher paper or board. Write in middle “I choose to…”
2. Students will brainstorm all the things they are in control of in their lives or things they choose to do (i.e. whether or not to make their beds, what to wear, how to behave etc.)
3. On the strip of paper, have students complete the sentence “I am in control of….” Or I can choose to…” and fill in the blank (they can do one on each side if desired).
4. Loop sentence strips into a chain or hang on the wall so students can see all the things they have control over.

**Post Assessment:** In another color, have students add more things that they realized they are in control of after the lesson.

**Homework:** Send home coloring sheet. Have students add a talk bubble and write “I am responsible, I choose my attitudes, actions and moods. I do the right thing, even when no one is looking” in the talk bubble**.**