### Classroom Guidance Lesson Plan

**Sunset Ridge Elementary**

**Mindy Willard**

## Teacher/Grade Third Grade

**Date:**

**Lesson Topic:** Habit 7: Synergize

# Objectives

Students will list ways to balance four areas of their lives.

# ASCA Standards

A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life.

PS:C1.11 Learn coping skills for managing life events.

# 3rd Grade Standards

S1C6 PO 4. Answer clarifying questions in order to comprehend text.

S1C1 PO 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, Blank sheet of paper for Balance Activity

**Pre Assessment:** On one side of the paper have students draw or write 4 things they really like to do.

**Anticipatory Set:**

1. Show students picture of a scientific scale (or a real one). Ask them what it is for? Demonstrate that what you do on one side, you need to do on the other to balance it out.
2. OR Have students stand up and stretch out one half of their body (left arm/leg etc). Then facilitate discussion about how their bodies feel off balance – and ask what we need to do to balance out our bodies.
3. “We’re going to read a story about how to balance out our lives so that we aren’t working too much or playing too much or being too lazy”

**Activity I – “Sleep Sophie”**

1. Read chapter 7 from Happy Kids Book and facilitate discussion questions at the end.
2. Review Baby Steps at end of chapter.

**Activity II – “Finding Balance Pie Chart”**

1. On the board make a large circle. Ask students how to divide the circle into four equal parts. Have a student come up and divide the circle into 4 parts.
2. Label the 4 parts: heart, body, soul, mind
3. Talk about how Lily cared for each area of her life to find balance. Write/draw in the circle how she found balance.
4. Brainstorm other ways to care for that area of your life. Write/Draw on the board.
5. On other side of paper, have students draw a large circle and replicate the activity on their papers – drawing/writing how they find balance.

**Post Assessment:** Have students now label the four things they wrote at the beginning with the correct area (heart, body, mind, soul).

**Homework:** Do something this week that cares for each area of your life.