

TO BE COMPLETED PRIOR TO CLASSROOM VISIT

For Rotary Champion and Room Captains

Acquire Materials:

Book (5 copies per classroom): e.g. ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY by Judith Viorst

Lesson Plan (enough copies for Classroom Captain and all Small Group Leaders):

Supplies per Classroom:

For example:

- A book bag to hold all books, lesson plans and supplies, including the following:
- Black or blue magic marker
- Scotch tape
- Large Ziploc bag to store supplies
- For extension activity have a pencil, pen, eraser, or some other such article handy for assigning speaking privilege

IMPORTANT: PRIOR TO THE CLASSROOM SESSION

Instructions are provided for any materials that need to be prepared prior to the classroom session.

LESSON PLAN FOR CLASSROOM VISIT

1st GRADE – LESSON #1

For Rotary Champion and Room Captains to Understand Purpose of the Lesson

Overview – Theme: Expressing Feelings

This is a lesson in which participants empathize with someone who is being or feeling put-down and work towards laying the groundwork for group agreements and commitments to be kind to one another.

The ability to empathize with others is recognized as an emotional skill that is linked to more positive social interactions, academic achievement, and career success. As children grow in their ability to name and recognize their own feelings, they can and should be encouraged to recognize the emotional experience of others.

Concept

Empathy is the ability to feel and share another person's emotions.

Emotions Focus

For the "Torn Heart" story – Disappointed, Confused, Hurt

For later in the discussion – Being Kind to Others

Objectives

1. Learn about empathy;
2. Develop a common language around put-downs, put-ups, and thumbs-down, thumbs-up behavior;
3. Become aware of actions that constitute put-downs and put-ups; and,
4. Become more aware of how words and actions can hurt or heal.

Book ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY by Judith Viorst

Song "Don't Laugh at Me" as sung by Peter Yarrow

STEP #1 - ROOM CAPTAIN

Welcome and Introduction of High School Students

Classroom Captain: *“Hi! We are from the _____ Club at _____ High School and we are here to present the Peaceful Schools Program.”* Have each high school student introduce him or herself – first name and one word that describes them or makes them memorable. (Example: My name is Bob and I am BRAVE. Or your favorite sport; Walt Disney movie; food; etc.) Determine in advance the theme and individual descriptors for each class meeting.

Remind children in all sessions that the program and books are provided by the Rotary Club.

1. Briefly Review Previous Lesson (1-2 Minutes)

- *“What do you remember from our last session together?”*
- Review any emotions that were discussed
- Recall the large group activity and anything else the children can remember

2. Review FAQs (Point out FAQ poster in the room)

- *“How have you used the FAQs since we saw you last time?”*

3. Emotions Chart (Point out the Emotions chart in the room)

- Talk about emotions that may be a part of your lesson today.

4. Introduce the book for today’s lesson

STEP #2 - ALL SMALL GROUP LEADERS

1. Read selected book to your small group.

2. Small Group Questions and Discussion

3. Book questions/Summary

4. Small Group Extension Activities if extra time

STEP #3 – ROOM CAPTAIN

1. Large Group Activity
2. Captain Introduction to Activity
3. Captain Debriefing Process
4. Review Four Awesome Questions (FAQs)

Connect FAQs and Lesson Theme to story and to daily life

**STEP #4 –
ROOM CAPTAIN AND SMALL GROUP LEADERS**

SING SONG selected for today's lesson

STEP #5 – Thank You and Good-bye!