

Flexible Lesson Plan

Unit: 2

Date: March 30, 2020

Your Lesson Plan:

Plan your lesson based on your time constraints. You may want to identify a time estimate and priority for each element as well as some alternative activities that you can use in case you need to change your approach to meet the needs of your group.

Attention-getter / Warm-ups / Brief movie clip:

Time: _____

<https://youtu.be/tpigNNT0ix8>

Priority: _____ Visual Walkthrough

Time: _____

Think about a time when you faced a challenge such as bullying, being blamed for something you did do, or trying to understand your homework. Challenges can be faced with a good or bad attitude. The choice you make is important.

Priority: _____ Music Activity

Time: _____

Listen to a favorite tune which encourages strength.

Priority: _____ Learning Activity

Time: _____

Positive Self Talk: Your teacher says you have a big test which is worth a big percentage of your grade. You feel frustrated and a bit angry. You tell yourself, I'm no good in math, I'm going to fail. But positive examples are: I can do it, I'm smart.

Priority: _____ Journal Activity

Time: _____

Draw a picture of someone who motivates you. Write down who it is and why they motivate you. Create a motto that will motivate you to be your best self. This will be your title of this drawing.

Priority: _____ Example Stories / Resources

Time: _____

Parents: share a time when someone or something motivated you to be your best self.

Total Lesson Time: _____