

Counseling Lesson Plan
Week of May 4, 2020
Desire, Time and Effort

Attention getter: Warm up, movie clips or art:

See the attached maze and work through it. Time yourself to see how long it takes you to finish it. Be aware of your actions as you work through the maze. What are you feeling? What is your overall feeling when you complete it? Was it hard, easy or you didn't finish it?

<https://whytryprogram.org/wp-content/uploads/wtp-dte-vm-elementary-pdf.pdf>

Visual Walkthrough:

Go for a family walk to a higher lookout than where you are at. Was the climb worth the effort and time you put into it. Look at the view and revel in the exercise you all did.

Learning Activity:

Anything worthwhile in life requires desire, time and effort. There are no shortcuts to achieving success. You must work hard to get ahead in life using your brains, being physical strong, and using time wisely. Sometimes you might put your homework aside and play. Both are good activities, but if the homework is due soon, then playing was not a good choice. As you grow, you must learn to set your priorities. What is important versus what can wait. Sometimes we will play even though we know that something needs to get done then we beat ourselves up over it because we didn't do it. Learning to complete important tasks in a timely manner is very important. Desire, time and effort are all parts of making you successful.

Setting your goals and writing them down is part of knowing what you want to do in life, the time it takes to work towards that desire, and the amount of effort you need to put it into action will make you successful at the end.

Journal Activity:

Draw a picture of someone who you observed or know who works hard and applies effort. Write down the characters that make them hard workers. How can you be a hard worker? Think of what you want to be when you grow up and make a list of the characters needed for you to be a hard worker and successful.

Example Stories/Resources:

To be successful in life, you have to work hard, have the desire to succeed, make the time to improve yourself, and to put in the effort needed to make the changes.

Time is always moving. You cannot stop time.

Ask yourself these questions:

How did I use my time today to create the future I want?

How did I use my time today to feel good about myself?

Am I spending my time in a way that will give more freedom, opportunity and self-respect?

CONTINUE TO JOURNAL AND DRAW WITHIN YOUR NOTEBOOKS.