

<p>Unit #1 Title: How Do I Fit In?</p> <p>Lesson Title: I'm Thumbbody! Lesson 3 of 3</p> <p>Grade Level: 4</p> <p>Length of Lesson: 30 minutes</p> <p>Missouri Comprehensive Guidance and Counseling Big Idea: PS.1: Understanding Self as an Individual and as a Member of Diverse Local and Global Communities</p> <p>Grade Level Expectation (GLE): PS.1.C.04: Identify the personal characteristics that contribute to the school community.</p> <p>American School Counselor Association (ASCA) National Standard: Personal/Social Development A: Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.</p>

Materials (include activity sheets and/ or supporting resources)

<p>Baby wipes Pencils <i>I'm Thumbbody!</i> worksheets for each student Picture of a detective (attached) Stamp pad, washable ink, or paint</p>

Show Me Standards: Performance Goals (check one or more that apply)

	Goal 1: Gather, analyze and apply information and ideas
X	Goal 2: Communicate effectively within and beyond the classroom 1. Plan and make written, oral, and visual presentations for a variety of purposes and audiences 3. Exchange information, questions, and ideas while recognizing the perspectives of others
	Goal 3: Recognize and solve problems
X	Goal 4: Make decisions and act as responsible members of society 1. Explain reasoning and identify information used to support decisions

This lesson supports the development of skills in the following academic content areas.

Academic Content Area(s)	Specific Skill(s)
X Communication Arts	1. Speaking and writing standard English (including grammar, usage, punctuation, spelling, capitalization) 6. Participating in formal and informal presentations and discussions of issues and ideas

	Mathematics	
	Social Studies	
	Science	
	Health/Physical Education	
	Fine Arts	

Enduring Life Skill(s)

	Perseverance	X	Integrity		Problem Solving
X	Courage	X	Compassion		Tolerance
X	Respect		Goal Setting		

Lesson Measurable Learning Objectives:

The student will compose ten positive statements about themselves.

Lesson Formative Assessment (acceptable evidence):

Assessment should relate to the performance outcome for goals, objectives and GLE.
Assessment can be question answer, performance activity, etc.
 Students will be able to write positive statements about themselves.

Lesson Preparation

Essential Questions: Why is it important for someone to feel good about himself or herself?
 Why are positive thoughts important?

Engagement (Hook): Dress up like a detective with trench coat, magnifying glass, briefcase, and man’s hat. Have theme to the *Pink Panther* playing in the background. Or show a picture of a detective with a magnifying glass.

Procedures

Instructor Procedures/Instructional Strategies:	Student Involvement/Instructional Activities:
1. Walk into room dressed up like detective and announce you are looking for positive thinkers. (Or you can also show a picture of a detective and do the same.) What does it look like to be a positive thinker? What does it look like to be a negative thinker?	1. Students brainstorm ideas of what a positive thinker looks like and sounds like. Students will compare and contrast positive and negative thinking.
2. Ask what thinking positive thinking sounds like. What does negative thinking sound like?	2. Students make suggestions.
3. Distribute pencils and <i>I’m Thumbbody!</i> worksheets to each student.	3. Students will accept materials and wait for instructions.
4. Ask students to complete worksheets and tell them that you will be stamping their	4. Students will complete worksheets and place individual thumbprints on the

thumbprints today to find who is a positive thinker.	worksheet.
5. After doing thumbprints, use baby wipes or paper towels to clean off ink/paint from student's hands.	5. Students clean off ink/paint from their hands.
6. Ask students to share one positive statement from their worksheets aloud at the end of class.	6. Students share the statement of their choice.

Teacher Follow-Up Activities

Teacher can be given sheets to post in the classroom as a reminder of positive thinking.

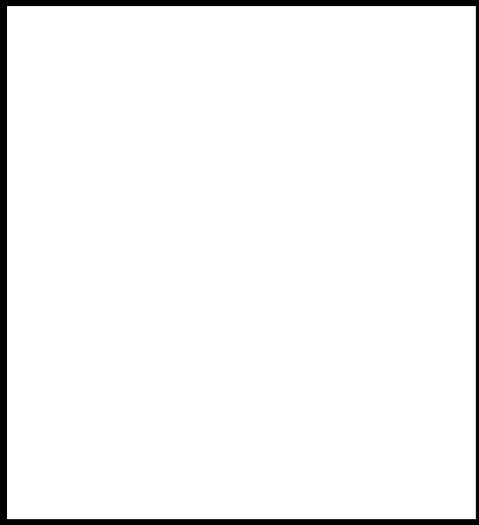
Counselor reflection notes (completed after the lesson)

I'm Thumbody!
My name is _____.

I like when I...

At home I help...

In class I am respectful when...



With friends, I share...

_____'s
Thumbprint

At recess I play fair when...

I know how to...

I am good at...

Three things I like best about me are...

- 1.
- 2.
- 3.

I am looking for a positive thinker...

What does it look like to be a positive thinker?

What does it sound like to be a positive thinker?

