

Unit #1 Title: Who Am I?	
Lesson Title: An Apple A Day	Lesson: 1 of 3
Grade Level: 3	
Length of Lesson: 30 minutes	
Missouri Comprehensive School Counseling Big Idea:	
SE.1 Understanding self as an individual and as a member of diverse local and global communities.	
Grade Level Expectation (GLE):	
SE.1.C.03 Identify the personal characteristics needed to contribute to the classroom.	
American School Counselor Association (ASCA) Mindsets & Behaviors:	
Social/Emotional Development	

Materials (include activity sheets and/ or supporting resources)

3 apples: 1 red, 1 green and 1 rotten
<i>What Color Is Your Apple?</i> worksheet
Poster with the outline of a tree and branches (counselor made)
Plain paper
Crayons (red, green and brown)

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

X	Goal 1: Gather, analyze and apply information and ideas 6. Discover and evaluate patterns and relationships in information, ideas and structures.
	Goal 2: Communicate effectively within and beyond the classroom
	Goal 3: Recognize and solve problems
X	Goal 4: Make decisions and act as responsible members of society 3. Analyze the duties and responsibilities of individuals in societies.

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

Academic Content Area(s)	Specific Skill(s)
X	Communication Arts
	6. Participating in formal and informal presentations and discussions of issues and ideas.
	Mathematics
X	Social Studies
	6. Relationships of the individual and groups to institutions and cultural traditions.
	Science
	Health/Physical Education
	Fine Arts

Enduring Life Skill(s)

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

Lesson Measurable Learning Objectives:

The student will determine positive and negative character traits from a list of fifteen character traits.

Lesson Formative Assessment (acceptable evidence):

Assessment should relate to the performance outcome for goals, objectives and GLEs. Assessment can be question answer, performance activity, etc.
 Students will identify positive and negative character traits utilizing the *What Color Is Your Apple?* worksheet.

Lesson Preparation

Essential Questions:

How can you tell how someone feels about himself or herself?

Engagement (Hook): The teacher will display 3 apples—one red, one green and one with a rotten spot on it.

Procedures

Instructor Procedures/Instructional Strategies:	Student Involvement/Instructional Activities:
1. The counselor displays 3 apples and asks students to describe the apples: color, texture, stages of development, and effects of rotten apple on the others. Possible responses might include a rotten apple can cause the other apples to decompose more quickly.	1. Students describe apples.
2. Counselor distributes and explains the instructions on the worksheet, explaining any terms that the students may not be familiar with.	2. Students follow instructions.
3. The counselor instructs students to cut out the apples and glue them on the community tree (if red or green) poster picture. Students are to paste brown apples on the ground of the illustration.	3. Students cut out the apples and place them on the tree poster.
4. The counselor asks students to think of	4. Students brainstorm and write down other

<p>other characteristics, which are important to a classroom community. The counselor tells students that they may make more apples if they can think of other qualities not already listed.</p> <p>5. The counselor tells students that the tree will be displayed all week and they need to be thinking of how the positive characteristics contribute to the class community.</p>	<p>positive characteristics on the blank apples. Students add these apples to the tree.</p> <p>5. Students use the completed poster as a visual reminder.</p>
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Teacher Follow-Up Activities

Classroom teacher will display the tree prominently in the classroom and refer to it frequently regarding students displaying proactive behaviors.

Counselor reflection notes (completed after the lesson)

What Color Is Your Apple?

If the apple lists a quality that is helpful in the classroom, color it red. If the apple lists a quality that the classroom needs to improve on, color it green. If the apple lists a quality that hurts the classroom community, color it brown.

