

<p><b>Unit #2 Title:</b> How Life-Changing Events Affect My Life</p> <p><b>Lesson Title:</b> The Changing Times of My Life <span style="float: right;"><b>Lesson 1 of 2</b></span></p> <p><b>Grade Level:</b> 1</p> <p><b>Length of Lesson:</b> 30 minutes</p> <p><b>Missouri Comprehensive School Counseling Big Idea:</b> SE.3: Applying Personal Safety Skills and Coping Strategies</p> <p><b>Grade Level Expectation (GLE):</b> SE.3.C.01: Recognize the effects of life changes or events related to self.</p> <p><b>American School Counselor Association (ASCA) Mindsets and Behaviors:</b> Social/Emotional Development</p>
--

**Materials (include activity sheets and/ or supporting resources)**

<p><i>A Year in the Life of a Tree</i> Activity Sheet  <i>My Timeline: Life Changes Story</i> Activity Sheet                  Puppets</p>
---

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

	Goal 1: Gather, analyze and apply information and ideas
	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 7. Identify and apply practices that preserve and enhance the safety of self and others.

**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	
Social Studies	
Science	
Health/Physical Education	
Fine Arts	

**Enduring Life Skill(s)**

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

**Lesson Measurable Learning Objectives:**

Students will identify six life changes he/she has experienced.

**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.**

Each student will complete a timeline of life changing events in their life from birth until the present time.

**Lesson Preparation**

**Essential Questions:** How does it affect you when something changes at home? How does it affect you when something changes at school?

**Engagement (Hook):** Show the students a picture of four trees (show it as a picture). The picture is titled: A year in the life of a tree. What is happening in the life of the tree in these four pictures? What is happening in picture 1, 2, 3 and 4? Do we go through changes in our life that affect us like the tree? The students discuss the changes they recognize in pictures. Possible answers: The tree is planted. It grows taller. The tree blooms. The tree loses its leaves each year.

How does the tree’s life compare to our life as a human? We are born. We grow taller. Our body changes.

**Procedures**

<b>Instructor Procedures/Instructional Strategies:</b>	<b>Student Involvement/Instructional Activities:</b>
<p>1. Introduce two puppets. The puppets talk about how life is different for them now in first grade compared to when they were babies.</p>	<p>1. Students respond. They discuss the different changes (bathing, dressing, diapers, eating, crawling, walking, etc.) Parents had to help me bathe. <u>vs.</u> Now I can bathe myself. Parents helped me get dressed <u>vs.</u> Now I can dress myself. I stayed at home/went to daycare. <u>vs.</u> Now I go to school...</p>
<p>2. How did some of these changes affect your life from then until now?</p>	<p>2. Students brainstorm ideas. Possible ideas: I crawled when I was younger. Now I can walk and run. I stayed at home/went to daycare and now I go to school. Other ideas are shared.</p>
<p>3. The puppets say to the students...think about your life changes and brainstorm</p>	<p>3. Students brainstorm and complete their story.</p>

<p>what they might be. The instructor gives the students a timeline story sheet to complete. Make your own timeline story of the changes you have had in your life so far.</p> <p>4. After the stories are completed the instructor gives students a chance to share and discuss how each change affected their life.</p>	<p>4. Students share stories and how the life changes affected their life.</p> <p>Examples:</p> <ul style="list-style-type: none"><li>a. When I was 4 my little brother was born. I was no longer the youngest in my family. I liked being an older brother.</li><li>b. When I was 5 I started school. I missed my mom.</li><li>c. When I was 6 my grandma died. I was sad.</li></ul>
---	---

**Teacher Follow-Up Activities**

The students will share their timeline stories with their teacher. The teacher posts the stories in the classroom or sends them home with the students to share the stories with their parents.

**Counselor reflection notes (completed after the lesson)**

## *A Year in the Life of a Tree*

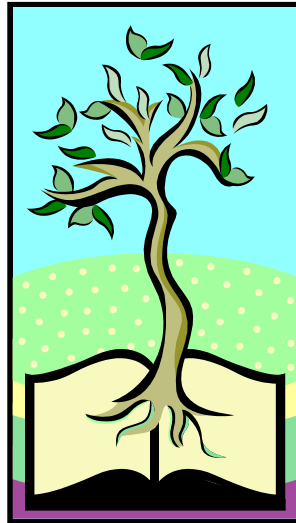
**What changes does a tree go through during the year?**

**What changes does a tree go through during its lifetime?**

1.



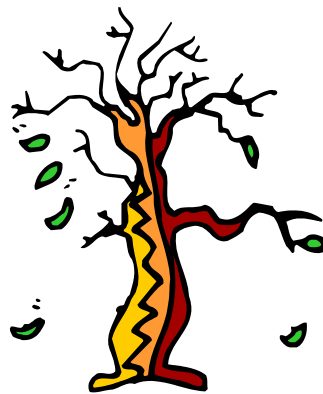
2.



3.



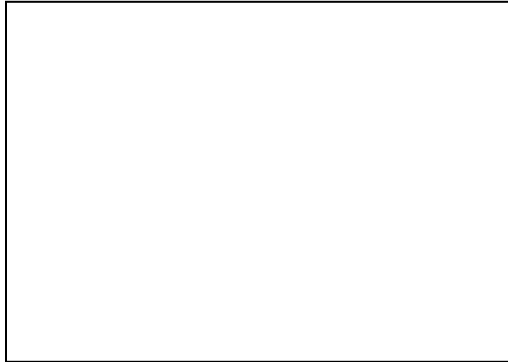
4.



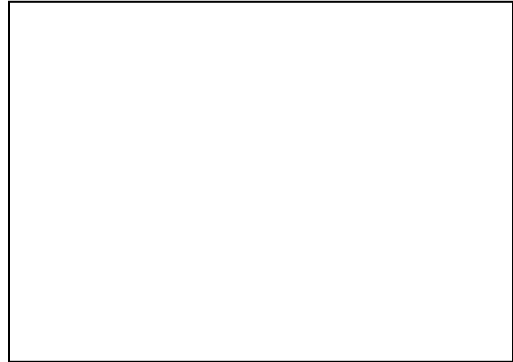
# My Timeline: Life Changes Story

Write your age at the top of each picture and draw a picture of your life change that happened at that time.

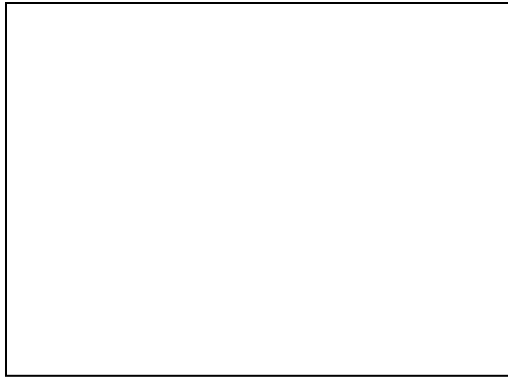
My life change at age \_\_\_\_\_.



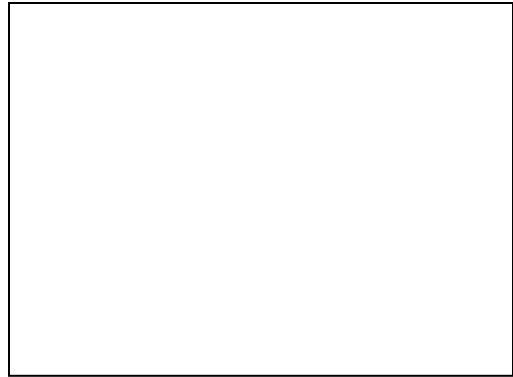
My life change at age \_\_\_\_\_.



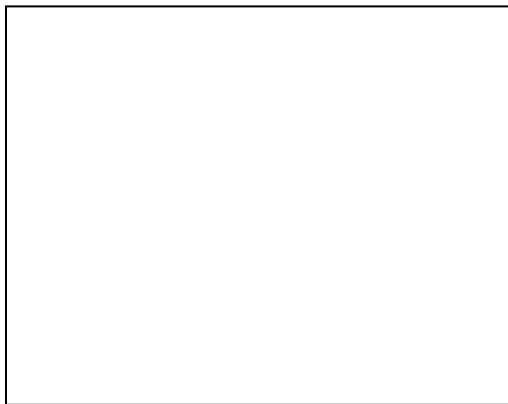
My life change at age \_\_\_\_\_.



My life change at age \_\_\_\_\_.



My life change at age \_\_\_\_\_.



My life change at age \_\_\_\_\_.

