

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

SOCIAL SKILL: RESISTING PEER PRESSURE
CASEL COMPETENCY: RESPONSIBLE DECISION-MAKING

BOOK INFORMATION

Book Title: *The Berenstain Bears and the In-Crowd*

Author: Stan and Jan Berenstain

Publisher: Random House Children's Books

Year: 1989

ISBN Number: 978-0-394-83013-1

Number of Pages: 29 pages

Reading Level: Pre-K - 6th grade

BOOK SYNOPSIS

Sister Bear and her friends are out of school for summer vacation. They go to the school playground to play and socialize during their leisure time. When they arrive at the playground, they encounter a new cub who has moved into the neighborhood. She dresses differently than Sister Bear with pierced ears and cool clothes. Queenie McBear even has a ten speed bike. Everyone thinks she is cool. When Sister Bear tries to join in with the group, Queenie McBear is mean to her and makes fun of the way she dresses, her name, and her hair bow. She continues to exclude Sister Bear and the others follow her lead. Sister Bear is very upset and tells her mom about the situation. Her mom tries to comfort her and even buys Sister some new clothes. Sister Bear decides she likes her real self after all, and signs up for a double-dutch jump rope competition to show off her own talents. A few of her friends join her team because they are beginning to tire of Queenie's snobbishness. Sister Bear's team wins the competition and Queenie doesn't do so well. In the end, Sister offers to give jump rope lessons to the others and even includes Queenie. Queenie has also learned an important lesson from Sister Bear on being yourself.

LESSON OBJECTIVE

Sometimes it feels like the end of the world if we are excluded from the group. However, instead of feeling badly and trying to change things about who we are to fit in, we should focus on the things we do well and feel good about our own talents. It is also mean to belittle others in an attempt to make ourselves feel better.

LESSON MATERIALS AND ADVANCED PREPARATION

Writing Activity

Materials: paper and pencil for each student

Preparation: None needed.

Drawing Activity

Materials: paper and coloring materials

Preparation: None needed.

Talent Show

Materials: None needed.

Preparation: Ask each student to prepare to share a talent with the class.

Video Clips

Materials: None needed.

Preparation: Review the video clips provided in the activity section below and choose which ones would be best for your class.

KEY VOCABULARY AND CONCEPTS

Confident - feeling good about yourself and about who you are

“Sharp” - (in this story) very “cool” and fashionable looking

“In-crowd” - a small group of students who are the leaders in the way they dress the things they do, and the way they talk; students may exclude others in order to make others feel like they are not as good as or not as popular as the “in crowd”

PRE-READING ACTIVITY

Ask students to help make a list of things that are cool to wear or participate in. What kind of things would make someone part of the “in-crowd” at school or in the community?

READ THE BOOK

POST READING DISCUSSION

Ask the following questions:

- What do you think made Queenie look “cool” to the other cubs?
- Do you think Queenie would be a good friend to have? Why or Why not?
- How did Queenie act when she was around Sister Bear?
- Why do you think Queenie was mean to Sister Bear?
- What did Sister Bear do to try and solve the problem?
- Do you agree with what she did? Why or Why not?

POST READING ACTIVITY

Writing Activity (For Grades 3-6)

Ask students to write a paragraph about a time when they felt left out of a group and felt “excluded.” Have them write about how it made them feel, and about what they did to resolve those feelings.

You can also ask students to write a list of their talents and things they do particularly well which makes them feel good about themselves. Suggest students write about how their talents give them confidence in their ability to contribute to helping others, or in entertaining others, or in simply enjoying a talent when they have some spare time.

Drawing Activity (For Grades Kindergarten – 2)

Ask students to draw a picture of one of their talents and have them share their drawings with the class.

Talent Show Activity

For all ages, plan a talent show or a day when students can bring something that demonstrates their talent or a hobby that they enjoy (this might be school-wide, on one grade level, or within one classroom).

Video Clips

Watch and discuss one or more of the YOUTUBE skits about being a good friend, friendship, and including others:

- <https://www.youtube.com/watch?v=oVdkGWmu3Ho>
This is about a small group of 3rd grade girls who reach out and include one girl who is playing alone.
- <https://www.youtube.com/watch?v=38Sxy5hrejo>
This is about how to be a good friend (song and pictures).
- <https://www.youtube.com/watch?v=L14QtTGtjF4>
This is a Bruno Mars song, “Count on Me,” and includes cute drawings
- <https://www.youtube.com/watch?v=HWolo5oZvlg>
This is a video with pictures and quotations (recommended for older students).
- <https://www.youtube.com/watch?v=H7w7yXkJTuo>
This is a video about “friendship soup.”

CLOSURE

Talk about things you can do to boost your own self-confidence without making someone else feel badly. It’s ok to be yourself. You shouldn’t have to change who you are in order to be a part of a group.



**Feel good about
jumping to the beat
of your own rope!**

