

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

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SOCIAL SKILL: BEING RESILIENT

CASEL COMPETENCY: SELF-AWARENESS

BOOK INFORMATION

Book Title: *Something Beautiful*

Author: Sharon Dennis Wyeth

Publisher: Bantam Doubleday Dell Publishing Group, Inc.

Year: 1998

ISBN Number: 0-385-32239-9

Number of Pages: 32 pages

Reading Level: Kindergarten – 3rd grade

BOOK SYNOPSIS

A little girl who grows up in a part of town that is littered with rough circumstances of life is inspired one day by her teacher. He writes the word beautiful on the chalk board and asks his students to look for beautiful things. She begins to look at the world through new eyes, seeing the positive in others and finding beauty, even in her difficult circumstances. She thinks about the meaning of beautiful, "something that when you have it, your heart is happy." She becomes happier and more positive as she looks for beauty and also finds small ways to beautify her world.

LESSON OBJECTIVE

We can face our challenging circumstances when we look for the beautiful things all around us.

LESSON MATERIALS AND ADVANCE PREPARATION

Create Your Own Something Beautiful (grades K-2)

Materials: Paper, markers

Preparation: None needed.

Discover Beauty (grades 3-6)

Materials: Paper, pencils, markers

Preparation: None needed.

KEY VOCABULARY AND CONCEPTS

Resilience- the inner strength and courage to face challenging situations

Giggle- to laugh in a silly way

Courtyard- an enclosed area that is open to the sky (no roof)

Launderette- a public place to take your laundry where you can wash and dry your clothes in coin operated washers and dryers

PRE-READING ACTIVITY

Show the book to the class and read the title (Something Beautiful). Ask for definitions of the word, beautiful. Write students' comments on the chalk board. Explain, that we are going to find out what this girl (point to the girl on the cover) thinks is beautiful and how she searches for something beautiful.

READ THE BOOK

POST READING DISCUSSION

Ask the following questions:

- What is this girl's definition of beautiful?
- In this book, what are some of the beautiful things that she discovers?
- What does this girl do to the outside door of her home?
- If you were this girl, how would you continue to make the courtyard outside her home into something beautiful?
- Something beautiful can be an act of kindness. What act of kindness has someone done for you that could be called beautiful?
- How would finding something beautiful help you face your challenges and tough times?

Help the students understand that by looking for the beautiful things around them they will be happier, even in tough circumstances. Also, we have the power to do something --even something very small-- to make our life and circumstances more beautiful.

POST READING ACTIVITY

Create Your Own Something Beautiful (grades K-2)

Pass out a blank white sheet of paper and several markers for each student. Have students think of something that they think is beautiful, something that helps them stay positive during hard challenges. Give them one minute to silently think to themselves of this beautiful thing. Now ask students to draw their "something beautiful" on their papers. Once they have finished, ask students to share (one at a time) why their "something beautiful" is beautiful to them.

Discover Beauty (grades 3-6)

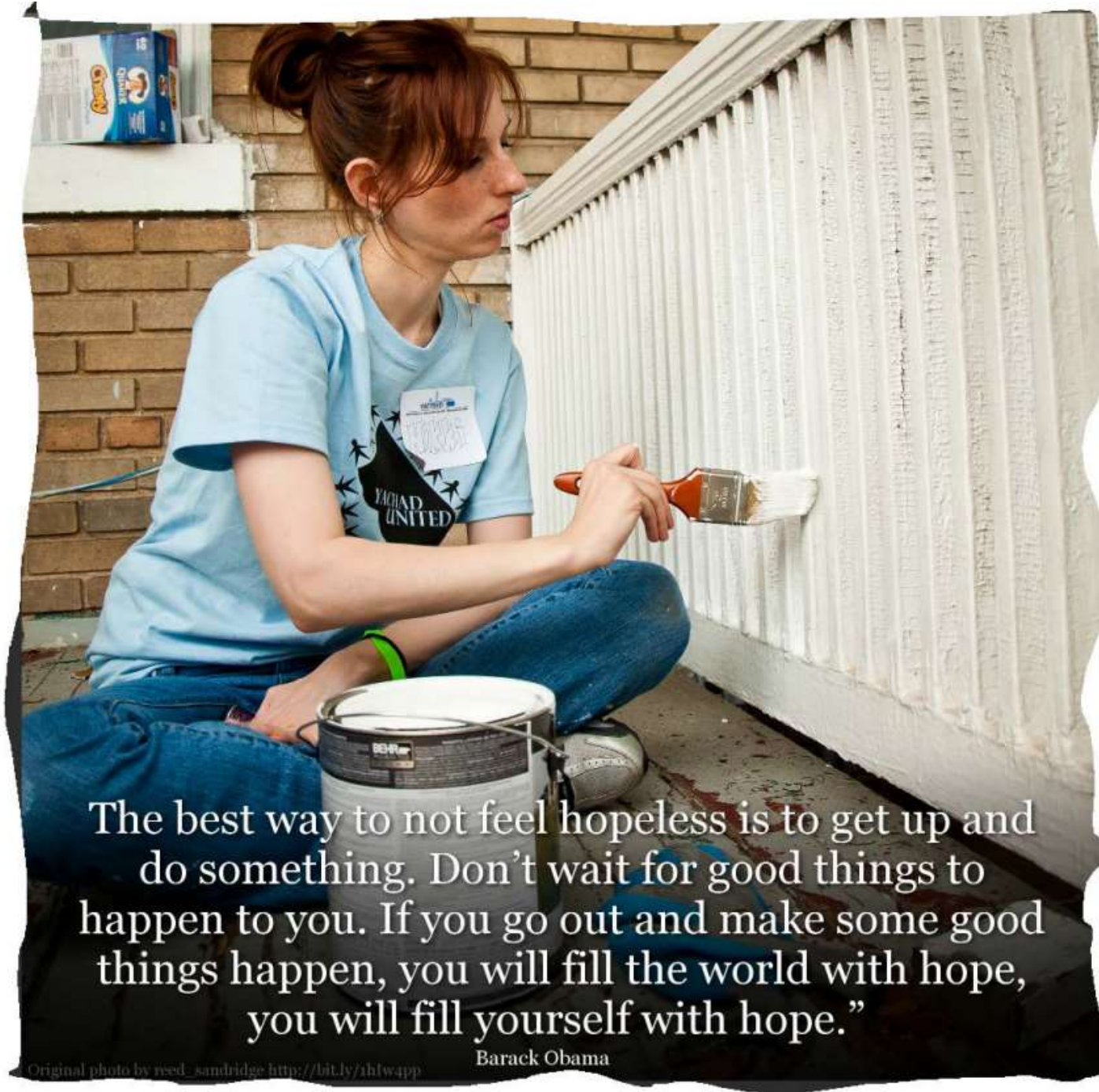
Discuss how the little girl in the book found beauty in the simplest of things. If the weather permits, take the class on a walk to find beauty. Explain that this walk is a silent walk --no talking. Quietly look around. First start by walking around the classroom and then go outside. The walk should last about 5 or so minutes. Ask the students to bring a paper and pencil on the walk so they can jot down the beautiful things they see around them. Once the walk is done and everyone is sitting in their seats, ask

the students to draw a picture of one of the beautiful things they saw while on the walk. Then have them describe their “beautiful thing” to the class.

CLOSURE

Hang the poster (provided on this Internet link) in the room.

<https://drive.google.com/file/d/oBzcWmUGiz3VlVnRsMVpaZUVjTjg/view?usp=sharing>



The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope."

Barack Obama

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