

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

CASEL COMPETENCY: RELATIONSHIP SKILLS

SOCIAL SKILL: BUILDING FRIENDSHIPS

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BOOK INFORMATION

Book title: A Sick Day for Amos McGee

Author: Philip C. Stead

Publisher and date of publication: Roaring Book Press

ISBN: 978-1-59643-402-8

Number of pages: 30

Reading level or interest level: K-2, but appropriate for all ages

BOOK SYNOPSIS

Amos is an elderly man who has the same routine every day. Each day he goes to the zoo where he plays chess with an elephant who thinks for a long time before making a move. He runs races with the tortoise who always wins. Amos sits with a penguin who is shy and blows the nose of a rhino who always has a runny nose. He reads stories to the owl who does not like the dark. One day Amos decided to not go to work because he felt sick. Each of the animals miss him and decide to go and visit him. In his own home, Amos joins in with the animals, doing their favorite activities. They drink a pot of tea together and he says good night to each of them as they fall asleep around his bed.

This book could be used to help students understand that friendship is based on giving and taking. Students need to understand that to have a friend, they have to be a friend.

LESSON OBJECTIVE

The goal of this lesson is for students to understand that to gain a friend they should be a friend. Students will understand that when they are kind to their friends, their friends will want to spend time with them and will do kind things in return.

LESSON MATERIALS AND ADVANCE PREPARATION

Advance preparation:

- For K-2, make sure to have an activity prepared for the students to play (10 to 15 minutes)
- For 3-6, make sure to have popular board games or activities for your students to play in small groups (10 to 15 minutes)

KEY VOCABULARY AND CONCEPTS

Reciprocate: to give back; to do something kind in return; to show kindness when kindness is shown to you.

PRE-READING ACTIVITY

Show the students the front of the book. Ask the students why the animals might be playing a game with Amos, who is sick. Explain that this book shows students how to show kindness to friends and how to return kindness when someone shows kindness to you. In friendship, kindness is a “two-way street.”

READ THE BOOK

POST READING DISCUSSION

Ask the students, “In the beginning of the book, is Amos’s life very exciting?”

Explain that it does not seem all that exciting until you see his friends.

Ask the students, “Do you think spending time with friends makes life more exciting?”

Ask the students,

“Why does Amos do nice things for his friends?”

“How do his friends reciprocate kindness?”

“When he was sick, how do you know he was missed?”

“Why was he missed?”

“Do you want to be missed when you are not around your friends?”

“What kind of things did Amos do that made the animals miss him?”

When we are kind to others and they are kind back, we have made a friend.

Explain that friends will be kind back to each other and will enjoy doing similar things.

POST READING ACTIVITY

K-2: Ask students to play a game in the classroom that they usually enjoy playing. Explain that this is not free time, but a chance to be like the animals and Amos in the book. Ask students to look for ways to be kind to another person playing the same game. When someone is kind to them, return kindness back in return. Observe the classroom and give positive feedback to those who are practicing kindness. For those who are struggling, coach them on ways to be helpful with their classmates.

3-6: Have students form groups of approximately four students to play a board game or small group activity. Explain that this is not free time, but a chance to be like the animals and Amos in the book. Ask students to look for ways to be kind to their game partners. Explain that when someone says or does something kind, find ways to reciprocate their kindness. Observe the classroom and give positive feedback to those who are showing kindness to their peers. For those who are struggling, coach them on things they could say or do to be helpful with their teammates.

CLOSURE

Ask the students to pay attention this week to who is being kind to you. Encourage students to show kindness to those who are kind to you. These people could become your friend, if they are not already. Also, look for others who could use some kindness and offer it to them. Ask the students to share with the class or with the teacher privately what they did to help build a friendship.



The only way
to have a friend
is to be one.

Ralph Waldo Emerson

