

# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS LESSON PLAN

### CASEL COMPETENCY: SELF-MANAGEMENT

### SOCIAL SKILL: WAITING PATIENTLY

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#### BOOK INFORMATION

Book title: The Carrot Seed

Author: Ruth Krauss

Publisher and date of publication: Harper Collins Publishers, 1945

ISBN: 978-0-06-443210-8

Number of pages: 24

Reading level or interest level: K-2

#### BOOK SYNOPSIS

A little boy plants a carrot seed but his parents and brother says it will not come up. But the boy keeps weeding it and water it and they still tell him it won't come up. So he continues to care for it and then one day a carrot comes up, just like the boy knew would happen.

This book would be good to address waiting patiently since the character did just that, along with what he could do to care for the plant. He even had people who doubted him but he kept hoping it would work.

#### LESSON OBJECTIVE

The goal of this lesson is for students to understand that when they wait with patience, good things can happen. Sometimes others may doubt us, but we can still do our part to make it happen.

#### LESSON MATERIALS AND ADVANCE PREPARATION

##### K-2 Materials

- Seeds
- Dirt
- Water

##### Advance preparation:

- K-2: Decide what seeds do best in your climate
- K-2: Prepare a spot on your window sill for the students' seeds
- 3-6: Make sure there is a place for your class to play tag uninterrupted

## KEY VOCABULARY AND CONCEPTS

Doubt: Feeling of uncertainty

Patience: The ability to accept a delay without getting upset

## PRE-READING ACTIVITY

Ask the students if they have ever helped plant a garden. What did they have to do to take care of it once it was planted? How did they have to be patient? Explain that this is a book about a little boy who plants a carrot seed.

## READ THE BOOK

## POST READING DISCUSSION

Ask the students how the boy did his part for getting the plant to grow? Ask them why he had to be patient. What could he have chosen if he were impatient?

Ask the students if it would have been easy to give up or get angry if your parents doubted that it would work? Explain that we can work hard and believe that with some time we can get what we hope for.

## POST READING ACTIVITY

K-2: Have students plant their own carrot seed, or another seed that may do well in your climate. Show them how to plant it. Have them put them on the window sill and remind them that they need to take care of it and then have patience.

3-6: Play a game of freeze tag with your students. One student is "it". They chase everyone around. When a student is tagged, they freeze and can only start playing again when another student "unfreezes" them. After, talk to the students about what it was like to not get impatient while waiting to be unfrozen.

## CLOSURE

Remind the students that good things come when they wait. Explain that it might be difficult, but it pays off. Challenge them to take a breath and smile each time they feel themselves becoming impatient.



“Patience is not the ability to wait, but the ability to keep a good attitude while waiting.”

- Joyce Meyer