

# LESSON PLAN

## CASEL SEL COMPETENCY: SELF-AWARENESS

## SOCIAL SKILL: FACING TRIALS, BEING OPTIMISTIC

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### BOOK INFORMATION

Book title: *The Road Home*

Author: Katie Cotton; Illustrator: Sarah Jacoby

Publisher and date of publication: Abrams Books for Young Readers, 2017

ISBN: 978-1-4197-2374-2

Number of pages: 23

Reading level or interest level: K-6

### BOOK SYNOPSIS

*Different animals invite their babies to join them in what they do: birds invite to fly, mice to build, Wolves to howl. Rabbits run from the wolves. For each of the invitations, they say, "the road is hard, the road is long, the road that leads us home." Eventually it is a new day and still the road is hard and long and they are not alone. But at the end they add "For you are here and I'm with you and so this road is home."*

*This book will be used for students who can learn that relying on the people they trust can make life's ups and downs worth it. They can be optimistic in life because they can rely on trusted others. This could be good for a child who has trust issues, and has adults in their life who are trustworthy. This book can also supplement lessons on metaphors.*

### LESSON OBJECTIVE

*The goal of this bibliotherapy lesson is for students to understand that they can trust people in their lives and can be optimistic even when they do not know what to expect because others will help them.*

### LESSON MATERIALS AND ADVANCE PREPARATION

- Pieces of paper
- Colored pencils, markers, crayons
- Pencil for labeling

### KEY VOCABULARY AND CONCEPTS

*Velvet sleep: A metaphor for smooth, uninterrupted, peaceful sleep.*

*Optimistic: Hopeful and confident about the future.*

## PRE-READING ACTIVITY

*Show the cover of the book. Ask about what they see. Point out that each of the animals are in pairs. Explain that this book is about mama animals explaining what they do to their babies in order to survive. Explain that even though it is about animals, it can also be about people.*

## READ THE BOOK

## POST READING DISCUSSION

*There was a phrase that was repeated throughout the book. What was it? What does it mean? At the end of the book you learn that the road itself is home. What does that mean?*

*Could the animals in the book trust their mothers? What if they did not have a mom? Would animals of their same breed be able to help them and show them around?*

*Some of the animals in the book were being hunted but they were still OK. Why? Who in your life do you trust? How does that help you feel optimistic?*

## POST READING ACTIVITY

*3-6: Draw a timeline of your life, making it look like a windy road. At each turn, write a challenge that you had to face. Between turns, label something that was fun or enjoyable. At the beginning, draw a picture of you and a person who was with you when you were little. At the end of the road, draw a person with you who is currently with you and that you trust for your next stretch of road. Have students share it if they would like. Explain that this is a past road and that even though you do not know what challenges you will face on your next road, you can be confident that you will be OK because you have the support of the second person you drew.*

*K-2: Do the above activity. For those children who cannot write, either have them tell you about each turn instead of labeling it, or come up with a symbol they can draw that represents what happened.*

## CLOSURE

*Just as the animals in the book had to rely on the animals they trusted, we too can rely on others we trust. When we rely on them we can have optimism that whatever happens we will be OK. This week, practice trusting the person your drew. When you get fearful or unsure, turn to them and you can feel optimistic.*



"This road is hard, this road is long, but we are not alone. For  
you are here,  
and I'm with you and so this road is home."  
- Katie Cotton

