

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

CASEL COMPETENCY: SELF-AWARENESS

SOCIAL SKILL: BEING OPTIMISTIC

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BOOK INFORMATION

Book title: What do you do with a chance?

Author: Kobi Yamada

Publisher and date of publication: Compendium Inc., 2017

ISBN: 978-1-943-20073-3

Number of pages: 34

Reading level: 1-3

Interest level: K-6

BOOK SYNOPSIS

The narrator is a little boy who once got a chance (pictured as a yellow origami). He almost reached for it as it fluttered around but he was unsure and pulled back his hand. He thought about it and wished he had taken it. He wanted it but didn't think he had the courage. When another chance came, he missed at catching it and felt embarrassed from falling. He then ignored the chances until they stopped coming at all. One day he realized that he does not have to be brave all the time, but maybe just at the right time. He told himself that he will be ready next time there is a chance. Eventually it came and he was able to let go of his fears and be full of excitement. He grabbed onto the chance and flew around. He realized that you should take it because it may be the start of something incredible.

This book could be useful for students who tend to see the negative side of change or for students who are fearful. This could be used to help students reframe change and things that scare them into something exciting.

LESSON OBJECTIVE

The goal of this lesson is for students to realize that they can be brave at the right time. They can acknowledge the good when there is a change or when something appears scary.

LESSON MATERIALS AND ADVANCE PREPARATION

Materials for K-2

- A piece of construction paper for each student
- Markers, crayons, colored pencils, etc.

KEY VOCABULARY AND CONCEPTS

Optimism: hopefulness about the future

Ignore: refuse to acknowledge something intentionally

Brave: to face something even when you are scared

Anxiety: worry about something you are uncertain about

Objectification: expressing something abstract in a concrete form

PRE-READING ACTIVITY

Ask the students if they have ever heard the phrase “take a chance.” Ask them to explain what they think it means and clarify anything you need to. Ask students why people may not always take chances? What is hard about taking chances and how can taking a chance pay off?

Explain that in the book, the narrator will see something yellow flying around. This represents a chance that he has the option to take. The chance has been objectified.

READ THE BOOK

POST READING DISCUSSION

Why does the boy choose to not take the chance? When he takes the second chance, he feels embarrassed and stops taking chances. Do you think he chose correctly? What could have been a better choice?

What was the important thing the boy realized? How did this help him? How could this help you when you feel anxious or when you have to face a change? When he finally took the chance, how did he feel? Did he want to take more chances?

POST READING ACTIVITY

K-2: Have students draw a picture that shows that their excitement being bigger than their fear. They can choose something they are afraid of and draw it small. Then next to it, have them draw something else that represents the positive of that thing they are afraid of. This should be something they are excited about and it should be bigger than the thing they are afraid of.

3-6: Have students sit in a group and say, “I feel anxious about _____, but I am also excited about it because _____.” This gives the students a safe place to express what they are anxious about and recognize that they feel another emotion, excitement, about the same thing.

CLOSURE

Introduce students to the poster. Explain how in the book, he was able to face his fear by realizing he only had to be brave for a little while at the right time. Introduce the poster to the students and challenge them to recognize when they are nervous about change that they only need to be brave for a few seconds.



"I learned a long time ago that a person can stand just about anything for 10 seconds, then you just start on a new 10 seconds. All you've got to do is take it 10 seconds at a time."

- Kimmy Schmidt