

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

CASEL COMPETENCY: SELF-MANAGEMENT

SOCIAL SKILL: SELF-MOTIVATION

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BOOK INFORMATION

Book title: *Clark the Shark*

Author: Bruce Hale; Illustrator: Guy Francis

Publisher and date of publication: HarperCollins Publishers, 2013

ISBN: 978-0-06-219226-4

Number of pages: 29

Reading level: K-2

BOOK SYNOPSIS

Clark is a shark who is kind-hearted and excited about everything, but this accidentally causes him to hurt or disrupt others. Because of this behavior, the other fish do not want to play with him. His teacher tells him that there is a time and a place for everything and sometimes he needs to stay cool. Clark tries to stay cool but soon forgets. He then comes up with a rhyme for different situations in school: staying in his seat, lunchtime, and recess. He is able to have self-control when he thinks of the rhyme. One day a new student comes who accidentally hurts other fish. Clark has a lot of fun with Sid and teaches him that if he wants to come to school he has to stay cool. When Clark gets home, he gets to let out all of his energy by playing with his younger sibling.

This book would be useful in helping students who struggle with impulse control. Letting them know when their impulses are appropriate and when they need to “stay cool.” This would be a good way to introduce strategies the student could use to control their impulses.

LESSON OBJECTIVE

The goal of this bibliotherapy lesson is for students to understand that there are times where they need to do expected work calmly even when they feel excited. They will still enjoy the different activities and others will enjoy being around them more.

LESSON MATERIALS AND ADVANCE PREPARATION

- Paper to paint or draw on
- Paint, water in cups, and paint brushes
- Markers, crayons, etc.

KEY VOCABULARY AND CONCEPTS

Tentacles: a thin limb of an animal used for grasping or moving about

Ginormous: very large

PRE-READING ACTIVITY

Show the book to the student "This is Clark the Shark. What do you notice about him? You can see that he is sitting in a classroom as expected, but his face looks a little different than would be expected in a classroom. How do you think Clark acts at school? What is he good at? What does he struggle with?

READ THE BOOK

POST READING DISCUSSION

(Show the pictures near the beginning when Clark yells, "School is awesome!") How do you know that Clark likes school? Based on these pictures, what do the other students think about him?

(Turn the page to where he is slumped on the floor). Why do you think Clark looks sad?

What do you think "Stay cool" means"? How have you tried to "stay cool?"

How is Clark able to eventually have self-control? Does he still enjoy school when he is staying cool?

Why is Clark able to make friends with Sid the Squid?

(Show the last picture in the book) When is the time and place for Clark to get a lot of his energy out?

POST READING ACTIVITY

K-2: Put students in pairs and have the students come up with a good rhyme for different parts of school, especially in contexts where they struggle to "stay cool". Have them come up with rhymes and at the end have them share some of those rhymes. Choose one or two to have the class practice during the next week.

K-6: Have the students paint or color a picture of two different settings. The first should be a setting where they seem to struggle with staying cool and need to stay cool, and another in a setting where they can let loose a bit more. Have them include themselves in the picture and the faces of their classmates. Have the student share what they drew and how their classmates' faces indicate that they will likely be included in the activities.

CLOSURE

The goal of this bibliotherapy lesson is for students to understand that there are times where they need to do expected work calmly even when they feel excited. They will still enjoy the different activities and others will enjoy being around them more.

Sometimes, especially in school, we need to stay cool. We can do that by remembering important phrases like (Insert chosen phrase for the week). I will be here to remind you of that. School is still fun even when we stay cool.



"There are times when my greatest accomplishment is just keeping my mouth shut"
- Anonymous