

# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS LESSON PLAN

SOCIAL SKILL: WAITING AND INTERRUPTING APPROPRIATELY  
CASEL COMPETENCY: SELF-MANAGEMENT

### BOOK INFORMATION

Book Title: *If You Want to See a Whale*  
Author: Julie Fogliano  
Publisher: Neal Porter Books-Roaring Book Press  
Year: 2013  
ISBN #: 9781596437319  
# of pages: 32 pages  
Reading Level: Kindergarten - 6<sup>th</sup> grade

### BOOK SYNOPSIS

A boy wants to see a whale. He talks about all the things that could potentially distract him from seeing a whale. After an extended period of time the boy gets to see the whale.

### LESSON OBJECTIVE

The objective of this lesson is to create an environment where students can apply the principles of patience and not interrupting.

### LESSON MATERIALS AND ADVANCED PREPARATION

**Materials:** poster board (made to look like water); tape; whale cutouts (one for each student); pencils (one for each student); (image of humpback whale included in the activity plan)

**Preparation:** Cut out whales (one per student) or buy whale sticky notes (\$8.95, Sticky notes-  
<http://www.mochithings.com/sticky-notes/smiley-whale-sticky-note-set/5934>). Create a poster board that looks like water, or dedicate part of the chalkboard (whiteboard) as a place where students can put their whales with their thoughts (use to display whales in a background that looks like water).

### KEY VOCABULARY AND CONCEPTS

**Patience** - the ability to wait, while keeping a good positive attitude

**Interrupting** - getting someone's attention at an inconvenient time; when someone is busy, you ask questions or demand something

**Realize** - the moment when you understand something

### PRE-READING ACTIVITY

Book Preview: <https://www.youtube.com/watch?v=AfTNRCGy6o> (optional)

Pass out one whale cutout or a sticky note (with whale on it) to each student. Make sure each student has a pen or pencil. Ask them to write their name on their whale (or sticky note) and also the answer to a question you are going to ask.

Explain that you will ask a question which might distract them from listening to the story you are going to read. Explain that the whales (or the sticky notes) are to write down their answer and that—at some point-- they will get to share what's on their sticky note.

Ask one question (examples listed below) before you start reading and have the students either draw (younger kids) or write down their response.

(Purpose of asking the question before is to help students practice patience and not interrupting. If they start getting too impatient---or if anyone blurts out an answer, feel free to stop the book and remind them that they need to wait to share their answer.

**Examples of questions:** (choose one)

1. What animal would you want to see?
2. What is your favorite food?
3. What is your favorite holiday?
4. What are your plans this weekend?
5. What do you want for Christmas?
6. When is your birthday?

## READ THE BOOK

## POST READING DISCUSSION

Ask your students the following questions:

- Why does the boy want to see a whale?
- How is he patient?
- When do we need to be patient?
- What can we do to be more patient at school and at home?

## POST READING ACTIVITY

### Whale and Dance Activity

Ask the students, "Who wants to share the answer to the question---what they wrote on the whale?"

Ask each student to put their "whale" in the "ocean" (tape whale cutout or place a sticky note) on the poster board or chalkboard. Tell them you will play a song. During the song they may quietly dance. When you randomly pause the music, everyone must freeze in place and pay attention. (TOTAL SILENCE) You will call one or two whales that are in the ocean (taking the whale with the student's name---calling out the student's name and returning the whale to them). Students who are called on must take the whale back to their seat and sit down, patiently waiting until all the whales are returned to their owners. Repeat until all the whales are taken down and returned back to their owner.

Suggested song:

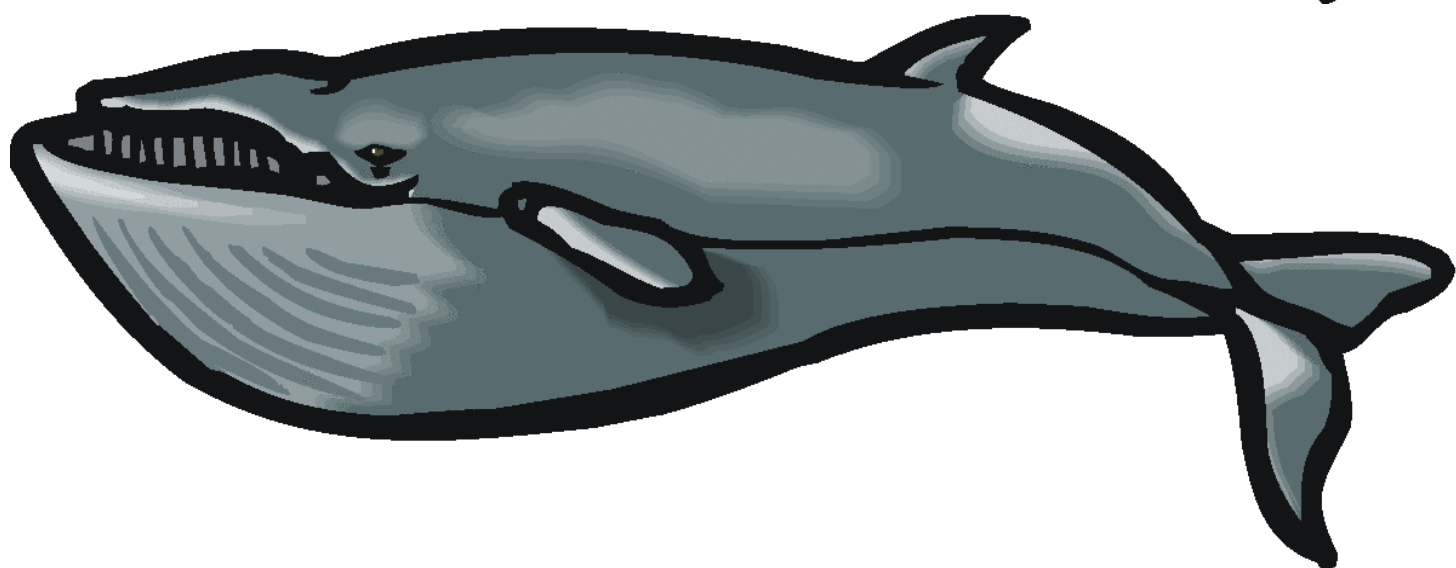
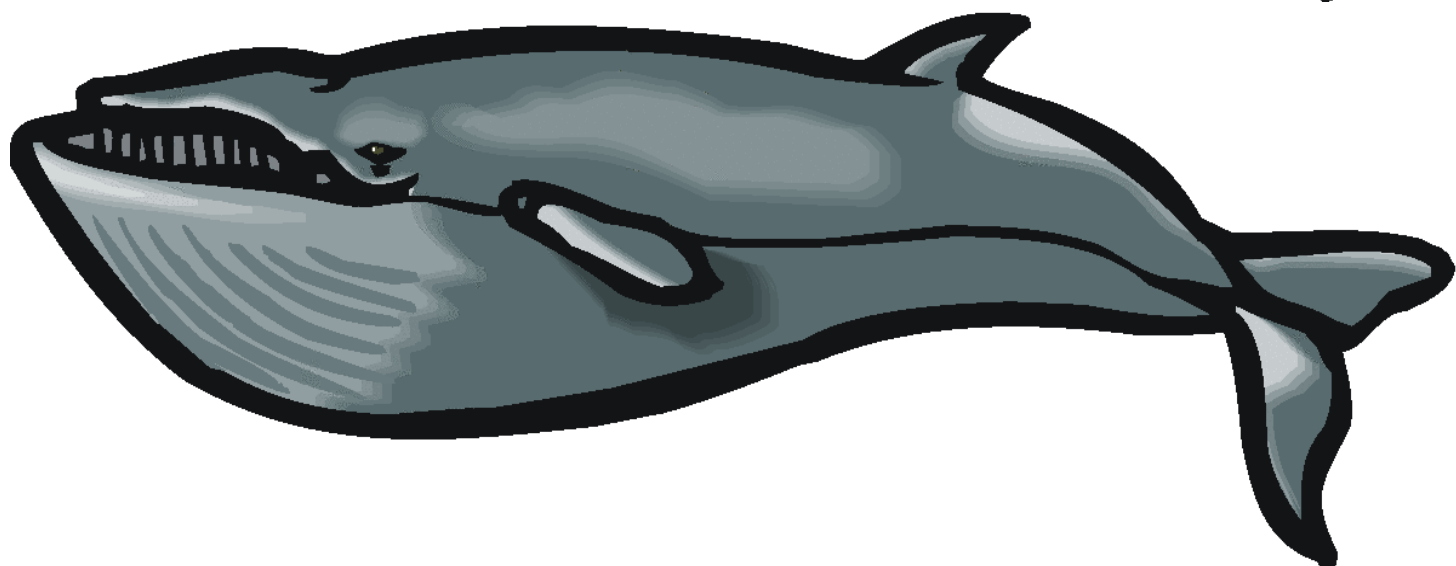
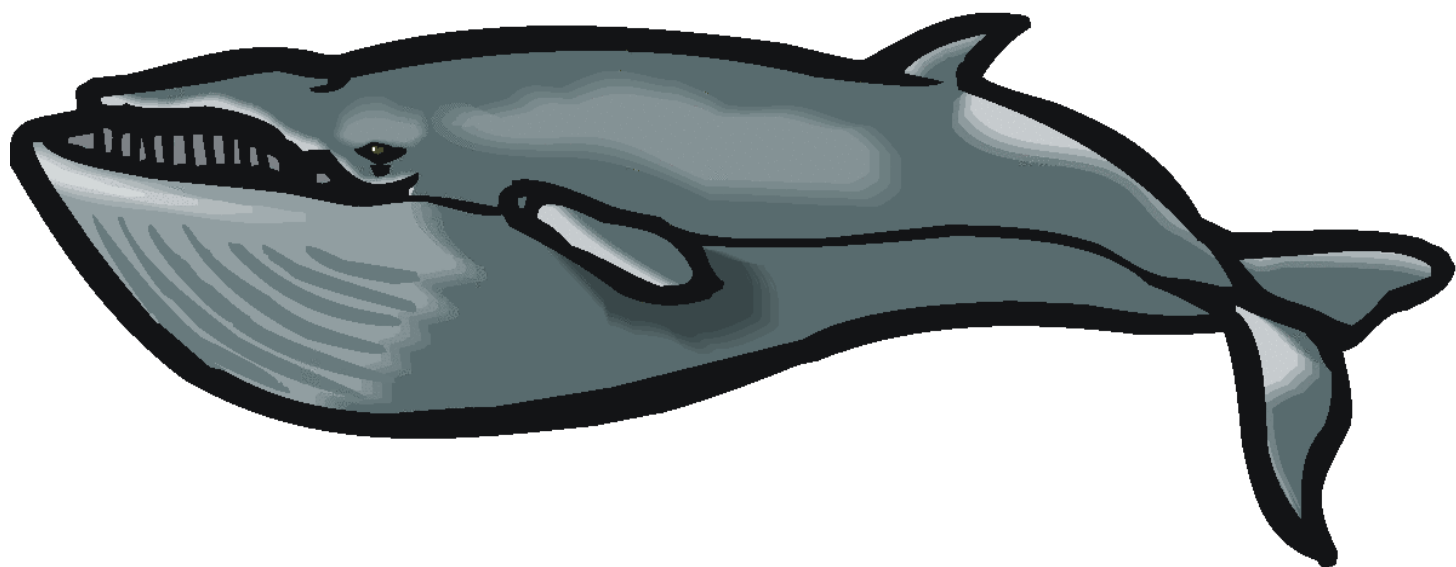
"Waiting for a Chance to Come"

<https://www.youtube.com/watch?v=zAWIqDuBtBg>

Place 20 to 30 blank cutout whales by the "water." Let the students know that if they have something they need to say while the teacher is busy, they can quietly come to the poster board or blackboard--a designated place--- to write their question or to write down what they need. Make sure to set a few simple rules for using the whales. The whale will stay in the water until the teacher has time to respond. The teacher, at some point, will go to the whale, read what is on the whale, respond to the student, and take the whale down from the poster board/chalkboard.

## CLOSURE

Hang the poster (provided) in the room and remind the students of how important it is to be patient and not to interrupt.





Wait...

...and you will...

...have your chance.

