

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

CASEL COMPETENCY: SELF-MANAGEMENT

SOCIAL SKILL: SELF DISCIPLINE/PATIENCE

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BOOK INFORMATION

Book title: *Owl Moon*

Author: Jane Yolen

Publisher and date of publication: Philomel Books

ISBN: 0-399-21457-7

Number of pages: 29

Interest level: 4-6

BOOK SYNOPSIS

The narrator and her "Pa" walk into the woods, past the sound of trains. The narrator explains that to go owling you have to be quiet, and she has been waiting to go owling for a long time. Eventually, after listening to all of the sounds of nature, the Pa makes the sound of a Great Horned Owl. He then waited, listening. He does this a few times and an owl never comes. The narrator is not disappointed because sometimes there is an owl and sometimes there is not. They keep going deeper into the woods and hear and feel different sensations from nature. The narrator asks about what is hiding behind the trees because "when you go owling you have to be brave." Finally, Pa stops and calls out and just when he is about to call out again, the owl responds. The narrator describes the heat in their mouths, "the heat of all those words we had not spoken." Pa turns on his flashlight and they and the owl stare at each other. The owl soon flies away. They walk back towards the house and the narrator shares that Pa says that when you go owling, "you don't need words, or warm, or anything but hope."

This book shows the beauty of waiting and enjoying your surroundings as you wait for something to occur. In group counseling, the book will be used to teach how to use your senses while you wait for something you want to happen

LESSON OBJECTIVE

The goal for the bibliotherapy lesson is for students to appreciate and practice using their senses while waiting for something that is outside their control. They will learn that it is well worth the wait when they finally get what they are hoping for.

LESSON MATERIALS AND ADVANCE PREPARATION

None

KEY VOCABULARY AND CONCEPTS

Owling: making owl sounds in the hope that an owl will come to you and communicate back to you.

Narrator: The person who is telling the story

PRE-READING ACTIVITY

This book is all about the sense. What are our five senses?

(Show the cover of the book). What kinds of things do you think you would hear, feel, taste, smell, and touch if you were walking in the woods during winter?

READ THE BOOK

POST READING DISCUSSION

How were the senses used throughout the book? How could relying on our senses help us be patient?

Throughout the book, the narrator does not talk. How do you think refraining from talking helped her achieve her goal of seeing the owl?

In the book, the narrator seems OK with not having the Owl come. What kind of things do you hope for, but recognize may not happen? What do you do to handle that?

POST READING ACTIVITY

(4-6th grade):

For the activity, the students will practice mindfulness through meditation. "Close your eyes and take a deep breath through your nose and out your mouth. (Have them do this a few times). Now, notice three things that you can hear...notice two things you are touching...notice one thing you can smell (or taste)."

After they meditate, discuss how it was refraining from talking. What did they liked about noticing each sense and what did they not like. Then ask them how this could be used when they are trying to be patient or when things are outside their control. How could relying on the senses help us be OK when we don't get what we hope for?

CLOSURE

When we practice using our senses we can become patient. Sometimes things are outside our control, but when we pay attention to our senses, time passes, we can stay calm and eventually we may get what we have been hoping for.



*Adopt the pace of
nature; her secret is
patience*

Ralph Waldo Emerson