

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

CASEL COMPETENCY: SELF-AWARENESS

SOCIAL SKILL: SELF CONFIDENCE

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BOOK INFORMATION

Book title: The Dandelion Seed

Author: Joseph Anthony

Illustrator: Cris Arbo

Publisher and date of publication: Dawn Publications, 1997

ISBN: 1-883220-67-X

Number of pages: 29

Reading level: K-2

Interest level: K-6

BOOK SYNOPSIS

A little dandelion seed was afraid to let go of the dandelion. But the wind picked it up and was carried away. It was blown over town, the city, the ocean. It discovered that the world was more lonely and beautiful than it thought. The more it saw, the smaller it felt. It wondered where it belonged. It landed and snow covered it. In the spring it started to grow. Deer could eat from it and bees gathered nectar. Eventually all of the seeds except one blew away. The dandelion tells the seed to not be afraid since the wind, sun, and rain will take care of it. A child picks it up and blows the seed off.

This book could be used to help students build self- confidence. By understanding that everything and everyone has a place and a purpose, students can learn what their place and purpose is.

This book could be used in conjunction with science lessons on plants.

LESSON OBJECTIVE

The goal of this lesson is for students to understand that everyone and everything has a place and a purpose. Students should become more confident by understanding what their place and purpose is at home, at school, and with friends.

LESSON MATERIALS AND ADVANCE PREPARATION

Advance Preparation:

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- K-2: Create your own "places" and "purposes" with your students or know which of the examples you want to share.

- 3-6: Be prepared to share with students what your purpose is at home, at school, and with your friends.

K-6 Lesson Materials

- A dandelion

KEY VOCABULARY AND CONCEPTS

Personification: Attribution of a human characteristic to something nonhuman

Metaphor: A figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable

Place: Where a person belongs

Purpose: The reason for which something exists

PRE-READING ACTIVITY

Show the class a dandelion. Explain that most people do not like having dandelions in their yards because it is considered a weed. Blow on the dandelion and watch the seeds spread. Explain that the book is about a dandelion seed that is afraid to leave the dandelion but eventually goes on an adventure.

READ THE BOOK

POST READING DISCUSSION

Reread the pages from the seed blowing above the house to the ocean. Ask the class if they have ever felt lonely, afraid, or amazed by beauty. Ask them to share.

Show the page of the seed over the mountains. Ask if they have ever felt small. Have you wondered where you belong?

When the seed landed, the book says that "peace covered it like a blanket." How does the seed feel after all that uncertainty and then landing? What makes you feel secure?

Show the class the picture of the bright new dandelions. Explain that it finally grew into what it was meant to be. Ask the class what that could mean for people? In what ways do people become what they are meant to be? Explain that just as the bee and the

Show the class the picture of the last seed on the dandelion. Ask the class why the dandelion was able to give such good advice? How do you think that helped the seed on its journey?

POST READING ACTIVITY

K-2: Ask students to stand in a circle. Explain that you are going to read some common "places" and "purposes" that kids have at school, at home, and with friends. Ask students to step into the circle if

this is a common purpose. Examples are included, but you can make your own depending on your students' needs and development. Do the activity for as long as students can focus on it.

School examples:

- Going to school to learn
- Going to school to read
- To play
- To do art
- To see your teacher

Home examples

- At home, I have a brother or sister
- At home, I help with chores
- At home, I play
- At home, I talk with my mom or dad
- At home, I play with my pets

Friend examples

- I help my friends
- I joke around with my friends
- I get help from my friends
- I talk with my friends
- I play with my friends

3-6: Explain to students that just as the seed needed time to blossom and provide food for deer and nectar for bees, sometimes people need time to find their place and purpose. Ask students to write a paragraph each for ways that they have a purpose in their homes, at school, and with friends. Explain to students if they think they do not have a purpose yet or they do not like their purpose, have them write what they want their purpose to be. Be ready to share what you would right for each of the three paragraphs so students have a concrete example of this abstract concept.

CLOSURE

Everybody and everything has a place and a purpose. You can do a lot at home, at school, and with friends. We can have confidence that we will continue to have abilities to do what we are meant to do, just like the seed did.



"Each time we face our fear, we gain strength, courage, and confidence in the doing."

- Theodore Roosevelt