

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

CASEL COMPETENCY: SELF-AWARENESS

SOCIAL SKILL: SELF-CONFIDENCE

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BOOK INFORMATION

Book title: The Rabbit Listened

Author: Cori Doerrfeld

Publisher and date of publication: Dial Books for Young Readers, 2018

ISBN: 9780735229358

Number of pages: 30

Reading level or interest level: K-6

BOOK SYNOPSIS

Taylor built something special and was really proud of it. But then some birds ran into his blocks and they fell everywhere. All the animals noticed and suggested ways that Taylor deal with the emotions: talk, shout, remember, laugh, etc. But Taylor did not want to do what the suggested so they left until he was alone. Then a rabbit came and moved closer to Taylor until he was leaning against Taylor. They stayed in silence until Taylor asked the rabbit to stay. The rabbit listened as Taylor did all of the things the other animals suggested. The rabbit did not leave and did not speak. And when the time was right, the rabbit listened to Taylor's plan to rebuild as he got excited again.

This book could be used in counseling to help students understand that grieving is a process that goes through different stages. It could be used to help students understand that simply being with a grieving person is the best thing that they can do for them.

LESSON OBJECTIVE

The goal for this lesson is for students to understand the different emotions and reactions they feel when they experience grief. They should also understand the importance of just being with someone when they are sad can be better than trying to fix it for them. It is OK to be silent and to listen.

LESSON MATERIALS AND ADVANCE PREPARATION

Materials for K-2 activity:

- Dress ups for each character
- Blocks

Materials for 3-6:

- Paper
- Markers, colored pencils, or paint
- Pencils

KEY VOCABULARY AND CONCEPTS

Grief: a deep sadness

Disappointment: feeling of sadness caused by an expectation or hope not being fulfilled

Empathy: the ability to understand and share the feelings of another

PRE-READING ACTIVITY

Show the students the front of the cover. Explain that this is a story about a boy who is disappointed. Ask the students why they think he is hugging the rabbit? What could the rabbit have done to make the boy feel better?

READ THE BOOK

POST READING DISCUSSION

Ask the students what all of the animals tried to do? What did the boy really need? Explain that even though the boy eventually did all of those things they suggested, what he really needed was first for someone to listen to and sit with him. Once he knew they would stay, he was able to deal with the emotions in many different ways. What emotions do you think he felt when he yelled? Planned to hide? And planned to throw everything away?

Ask the students what Taylor did once he was done planning to ruin things for everyone else? How did the rabbit help him prepare to plan again?

POST READING ACTIVITY

K-2: Have the students act out the book. Each student should be assigned a role and something simple to suggest (e.g. "Yell," by the bear). One student can play Taylor and one can play all of the different animals. The teacher should be the director and narrator. Shout "cut" whenever you want to point out a different emotion that Taylor is feeling. Whisper lines to students when necessary.

3-6: Explain to the student that we all handle grief differently. Have students make a comic strip of themselves and the rabbit. Explain that the rabbit could represent someone they know who is helping them in a meaningful way or how they wish people in their life would help them. Have students draw out 3-6 boxes on a piece of construction paper. The first square should show a problem that gives the student grief. Squares after should show how the rabbit helps the student in a way that is meaningful to the student. Encourage students to label each box with the different

emotion they feel. The last box should show the student doing something constructive to deal with the problem. Explain that sometimes before a problem is fixed, we need to feel the disappointment we feel.

CLOSURE

Sometimes we experience disappointment and grief. When we do, we will likely feel different emotions and deal with it in different ways. And sometimes we may not know how to help someone who is feeling sad. The most important thing is to just stay with them and listen.

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“But feelings can’t be ignored, no matter how unjust or ungrateful they seem.”

- Anne Frank

