

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

CASEL COMPETENCY: RELATIONSHIP SKILLS

SOCIAL SKILL: COOPERATING WITH OTHERS

Created by: Robyn Orr

BOOK INFORMATION

Book title: The Berenstain Bears and the Trouble with Friends

Author: Stan and Jan Berenstain

Publisher and date of publication: Berenstains Inc., 1986

ISBN: 0-394-87339-4

Number of pages: 29

Reading level: 1-2

Interest level: K-2

BOOK SYNOPSIS

Sister Bear can be bossy and she usually plays with Brother Bear. But sometimes he spends time with bears his own age. One day a bear, Lizzy, who is Sister's age, moves in and they play together. She is competitive and likes to do many of the same things Sister likes. After Lizzy invites Sister to play at her house, Sister goes over to play school and Lizzy insists on being the teacher. Sister gets upset and they get in a fight. Sister leaves and Mama Bear points out all of the fun Sister had with Lizzy and says that she is a lot more enjoyable than being lonely. Lizzy comes over to bring Sister's favorite stuffed animal back and they decide they can take turns being the teacher.

This book could be used to help students understand that disagreements are common among friends but that there are ways to compromise.

LESSON OBJECTIVE

The goal of this lesson is for students to understand that friends will have disagreements and that is OK. Students will understand how to cooperate with their friends when they disagree.

LESSON MATERIALS AND ADVANCE PREPARATION

K-2 Lesson materials:

- A piece of construction paper for each student
- Markers, colored pencils, and crayons for each student

Advance preparation:

- Be prepared to share a story about yourself or someone you know who got in a disagreement but were able to solve it.

- K-2: You may want to fold the construction paper in equal parts ahead of time if your students cannot
- 3-6: decide ahead of time what students you want in each group

KEY VOCABULARY AND CONCEPTS

Cooperate: To work towards the same result

Compromise: To settle a disagreement by both people choosing a middle ground

PRE-READING ACTIVITY

Describe a disagreement you once had or once witnessed between friends. What were they upset about? What did they both want? How did it end?

Show the students the cover of the book. Ask them what they think the title might mean? Ask them to look at the bears' faces. Ask the students how they think the bears might be feeling. Will that stop them from being friends?

READ THE BOOK

POST READING DISCUSSION

Ask the students how Sister Bear felt before she met Lizzy and how she probably felt when she and Lizzy played nicely. What kind of stuff did she like to do with Lizzy? What kind of stuff do you like to do with your friends?

Ask the students why Sister and Lizzy got in an argument. Why did Sister decide to play with Lizzy again? What does this tell us about arguments with friends? Sometimes we disagree with our friends. That happens because you each know what you want. But for a friendship to end over a disagreement is usually not expected. So what can we do when you disagree with a friend? Explain that the bears made a compromise. They both probably would love to always be the teacher, but the love playing with their friend even more.

Ask the students how to make up after an argument. Share that by saying sorry to what you did wrong and then suggesting ways to compromise, both will feel happy in the friendship.

POST READING ACTIVITY

K-2: Have the students divide a piece of construction paper into three parts. Explain that in the first they need to draw a picture of themselves doing something they like but their friend not liking it. In the next, they should draw a picture of their friend doing something they like and themselves not liking it. In the third, they should draw an activity that incorporates both of the activities that were in the two other pictures. Both people should be enjoying it.

3-6: Tell the students that people compromise when they agree to make concessions, or “meet in the middle.” Neither person gets exactly what she wants, but each gets some of what they want. It is often necessary to compromise when two people have a difference of opinion on how something should be done, or what they each want to do. If you can learn this skill, it will help you get along better with others. Divides the students into groups of three or four students to discuss the following scenarios with the students and ask what the children could do to compromise. Make sure they have two ideas for each one to show that there are multiple ways to compromise. Have groups share what they decided on.

- a. Both you and your friend need the same crayon
- b. Both you and your friend want to the last of the cereal in the box.
- c. You and your friend each want to watch something different on TV.

CLOSURE

Remind the students that it is expected that they will disagree with their friends from time to time. Explain that there are ways that they can compromise so that both of them are happy. Explain that when we apologize and decide how to compromise we are able to cooperate with them. Ask the students to practice compromising throughout the week and to report to you how it is going.



"Friendship first, Competition second.
Winning or losing is only temporary.
Friendship is everything."
- Chinese sporting philosophy