

# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS LESSON PLAN

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

### BOOK INFORMATION

Book Title: *This Monster Cannot Wait*  
Author: Bethany Barton  
Publisher: The Penguin Book  
Year: 2013  
ISBN #: 978-0-8037-3779-2  
# of pages: 32 pages  
Reading Level: Kindergarten - 3<sup>rd</sup> grade

### BOOK SYNOPSIS

A monster is told that his family will go camping on the weekend. He wants to go so desperately that he has trouble being patient for the weekend to come. He has trouble waiting. Time goes by very slowly. Then he realizes he can make the most of life until the weekend comes. He can be patient and it will soon be time to go camping.

### LESSON OBJECTIVE

Help the students know that "good things come to those who wait."

### LESSON MATERIALS AND ADVANCED PREPARATION

#### Scavenger Hunt

Materials: candy or treats  
Preparation: Create a roughly drawn map showing the school locations where you will go (e.g., janitor closet, office, cafeteria).

#### Jitters Activity

No materials or preparation needed.

### 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

### PRE-READING ACTIVITY

Let the children know that waiting is important-- especially when it comes to the classroom. Let them know that it is polite to raise your hand to make a comment. It is polite to wait on the teacher to finish what they are saying or doing before breaking in with a comment or question.

### READ THE BOOK

### POST READING DISCUSSION

Ask the following questions:

- Where was Stewart's family going?
- How many days did he have to wait?

- Was he patient at the beginning of the book? How do you know?
- Was he patient at the end of the book? How do you know?
- What can you do when you have a question or something to say?

## POST READING ACTIVITY

### Scavenger Hunt

Let the class know they are going on an adventure. Divide the class into 4 groups. Each group will be able to help you solve one clue and find the next clue. Go together as a class.

Have the class line up with their group. Have the first group gather around you (in the classroom) and share with them the first clue (make up clues that will make the students think). Let them solve it. Show them the map and let them make sure their answer is on the map. After one group is done with their clue, have them go to the end of the line. Go to the first destination and get the next clue. When this group's clue is solved, go on to the next location and have the group help figure out the clue----repeat this process until you arrive at the last spot and find the treasure. Place a bag of candy or treat at the final destination. After finding the treat, take the treat back to the classroom and eat.

Suggested clue locations: (1) Library; (2) Cafeteria; (3) Office; (4) Auxiliary room (PE, Nurse, Counselor, another teacher)

Clue examples: (1) There is a book that you want to read, but it is checked out. You can reserve it at the BLANK. (2) You forgot to eat breakfast on your way out the door this morning. Your stomach is growling very loud. You must wait until 11 a.m. to go to the BLANK and eat! (3) Open your mouth when you are called on. First raise your hand. Find a place to write your thought. Interrupting is not polite. Can you wait? Everyone can wait. What are the first letters of each sentence? What does that spell? (OFFICE); (4) When you need help because you are not feeling well, where do you go? (nurse office)

### Jitters Activity

Let the students get their jitters out---jump up and down in place for 15 seconds---and then ask them to sit quietly in their seat not make any noise for 15 seconds. Ask them to notice the difference in these activities. There are different feelings inside of us and outside of us when we are anxious/hyper versus when we are calm.

Create an open space in the room. Tell them you are going to watch a video (or play a song). During the video they can dance around and join in with the actions. As soon as the video is over, ask the students to go to their seats and sit down for one minute. It is to be totally quiet for 1 minute. No noise, no activity. If they do this they can get a reward (small candy or sticker).

This link has the video about the "waiting game."

[https://www.youtube.com/watch?v=XsC2W587\\_Fc&list=PLpp6M\\_qko41rYyJwRqacGegOK8diKyjeY](https://www.youtube.com/watch?v=XsC2W587_Fc&list=PLpp6M_qko41rYyJwRqacGegOK8diKyjeY)

If you don't have the means to play the YOUTUBE video, play an upbeat song.

## CLOSURE

It is important to wait your turn when you have something to say. Everyone has the ability to wait. Review the social skills steps with your class and hang the poster provided in the classroom.

### Steps for Waiting & Interrupting Appropriately

1. Sit or stand quietly at arm's length.
2. Wait quietly for best time.
3. Politely say what you need and why.
4. Say "Thank you."

*This Monster*  
**CAN WAIT!**

