

# Flexible Lesson Plan

**Unit:** 2

**Date:** March 30, 2020

## Your Lesson Plan:

Plan your lesson based on your time constraints. You may want to identify a time estimate and priority for each element as well as some alternative activities that you can use in case you need to change your approach to meet the needs of your group.

Attention-getter / Warm-ups / Brief movie clip:

Time: \_\_\_\_\_

<https://youtu.be/tpigNNT0ix8>

Priority: \_\_\_\_\_ Visual Walkthrough

Time: \_\_\_\_\_

Think about a time when you faced a challenge such as bullying, being blamed for something you did do, or trying to understand your homework. Challenges can be faced with a good or bad attitude. The choice you make is important.

Priority: \_\_\_\_\_ Music Activity

Time: \_\_\_\_\_

Listen to a favorite tune which encourages strength.

Priority: \_\_\_\_\_ Learning Activity

Time: \_\_\_\_\_

Positive Self Talk: Your teacher says you have a big test which is worth a big percentage of your grade. You feel frustrated and a bit angry. You tell yourself, I'm no good in math, I'm going to fail. But positive examples are: I can do it, I'm smart.

Priority: \_\_\_\_\_ Journal Activity

Time: \_\_\_\_\_

Draw a picture of someone who motivates you. Write down who it is and why they motivate you. Create a motto that will motivate you to be your best self. This will be your title of this drawing.

Priority: \_\_\_\_\_ Example Stories / Resources

Time: \_\_\_\_\_

Parents: share a time when someone or something motivated you to be your best self.

Total Lesson Time: \_\_\_\_\_