

Group Lesson Plan

School Counselor(s)

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Date

Wednesday, March 11, 2020

Activity

Respecting Yourself & Others

Grade(s)

9th

10th

11th

12th

ASCA Mindsets & Behaviors (Domain/Standard):

M: 1

B-LS: 4, 6, 9

B-SMS: 1, 2, 3, 7

B-SS: 1, 2, 3, 4, 9

Learning Objective(s) (aligns with competency):

1. Students will define respect.
2. Students will create positive and supportive relationships with other students.
3. Students will demonstrate critical-thinking skills to make informed decisions.
4. Students will demonstrate empathy.

Materials:

- "Respect" Handout (a)
- Pens/pencils
- Marker
- Tape
- White Board

(a) SmithAuthor, C. L. (2017, November 15). Communication Skills for Kids {Free Printable}. Retrieved from <http://www.momentsaday.com/communication-skills-for-kids-free-printable/>

Procedure:

Icebreaker: Hangman

The group leader thinks of a word or phrase related to the discussion topic. The player draws a number of dashes equivalent to the number of letters in the word. The students try to guess the answer one letter at a time. If a guessing player suggests a letter that occurs in the word, the other player fills in the blanks with that letter in the right places.

Activity #1:

Students are given the "Respect" handout. The group leader allows participants to give their definition or explanation of each icon. The group leader then clearly explains each icon. See below.

ATTENTIVE EYES

When we look at a person as they are speaking, we show them that we are giving them our attention.

By looking at someone, we are reminded to concentrate on what they are saying and we can understand more by noticing their facial expressions and body language.

RESPECTFUL VOICE

Think about different tones and volumes of your voice when speaking, and what the variations convey to the listener. What does it mean to use a respectful voice? Experiment with your words and vocal tones to find out.

LISTENING

It is simple to hear what people are saying but true listening takes effort. Instead of thinking about how you are feeling in the moment or what you want to say next, listening means putting your own thoughts aside and trying to deeply understand what someone is saying to you.

OPEN MIND

At times we can enter into communication thinking we already know the whole story. Often when we have an open mind and listen to others, however, we find out there is much more that we did not know beforehand. Having an open mind is an important part of respectful communication.

KIND HEART

We all make mistakes and we are all on a different path in life. Even if you do not agree with someone's words or actions, you can be kind to them. You can express your opinion and be truthful without being mean spirited or rude. A kind heart is needed to do this.

PATIENCE

Breathing in and out can remind you to take a moment to remember the important quality of patience when you are communicating. It takes time to listen and understand and share. Patience is a gift to others as well as ourselves. When we are patient, we allow others and ourselves the time it takes to express what we are thinking.

Next, the group leads a discussion using the following questions:

- What is respect?
- Who automatically receives respect?
- Have you ever felt disrespected?
- How did you feel?
- What does respect look like?
- What is the most important part of respectful communication to you?

The group leader reads a series of scenarios Using the handout, students indicate (point to) which icon is related to the topic of respect and provide a brief explanation.

Plan for Evaluation: How will each of the following be collected?

Process Data:

10 students

Outcome Data:

Attendance

Perception Data:

Pre- & Post-Tests

Follow Up:

Students are encouraged to reach out to facilitators or other Student Personnel Services Staff if they

have questions or concerns between weekly sessions.