

Guidance Lesson Plan

Topic/Title: Friendship/Social Skills

Grade level: 3

Estimated time: 30 minutes

Objective/Goals:

By the end of this lesson students will be able to:

- Define the words: rumor and gossip
- State the possible outcomes of rumors and gossip

Virginia Standard(s):

EA8: Work cooperatively in small & large groups towards a common goal

EP1: Exhibit the principles of character, including honesty, trustworthiness, respect for the rights and property of others, respect for rules and laws, taking responsibility for one's own actions, fairness, caring and citizenship

EP2: Understand how to make and keep friends and work cooperatively with others

EP4: Demonstrate good manners and respectful behavior towards others

Materials:

- Book: *Trouble Talk* by Trudy Ludwig
- Small tube of toothpaste (sample size)
- Paper towels
- Paper plate

Procedure:

1. Counselor will ask for 6-10 volunteers to play the game "telephone" in-front of the class. After completing the game & listening to the ending & originating message (and comparing the two), the counselor will lead a brief discussion on the activity (what happened, how can this relate this to third grade, etc.)
2. Counselor will ask class if they can define the words rumor and gossip. Class will discuss meaning & how these words relate to game "telephone".
3. Counselor will read the book *Trouble Talk*. While reading the book the counselor stops after each segment to ask questions such as: what happened?, has this ever happened to you?, how does this character feel?, what should the characters have done differently?, etc.
4. After reading the book the class reviews the main points and discuss what they learned from the book.
5. The counselor asks for a student volunteer for an "experiment". The counselor will then squeeze a small tube of toothpaste onto the paper plate, while showing the class. Once all the toothpaste has been squeezed out, the counselor will give the volunteered their role: to get all of the toothpaste back in the tube in one minute. The student tries (and doesn't get it completed!). The counselor asks the volunteer if the task was easy or difficult. Then the counselor asks the class how this experiment was like the book *Trouble Talk* (eg spreading rumors is like squeezing out a tube of toothpaste, its easy to squeeze it out, or say the negative words, but much more difficult and even impossible to take the words back or put the toothpaste back. Overall message: once your words are out of your mouth, you can't take them back...)

Evaluation/Assessment:

Evaluation: Counselor asks the class verbally or in writing to define gossip/rumors and to state how it affects others.

Follow Up

- Teaching strategies to successfully deal with conflict
- Friendship Problem Solving sheet
- Role playing problem solving strategies

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