

Lesson Plans:

OBJECTIVE: Children will use effective communication and listening skills to resolve conflicts and create positive relationships.

American School Counselor Association standards alignment:

1. Mindsets: Self confidence in ability to succeed
2. Behavior: Self-Management
3. Strategies: Demonstrate effective coping skills when faced with a problem
4. Social Skills: Use effective collaboration and cooperation skills

Outline:

1. Engage students by asking them to predict what the new book is about by looking at the cover. Let everyone share an idea with a partner or the class and possibly write down his or her prediction.
2. Ask students what being sweet means to help them connect to prior knowledge.

3. Explain that you will read the short book all the way through without stopping the first time, but you will go back for them to discuss what happens on the pages and in the illustrations on the second reading. (This allows students to enjoy the rhyming singsong rhythm of the text.)
4. At the end of the book, ask students if they think Sophie is sweet. Have them share with a partner one reason why they think Sophie is sweet or not.
5. Ask for a show of hands of who agreed with their partner and who did not. We are going to go back and reread the book and see if Sophie always agreed with her friends.
6. This time after reading each page, allow the students to explore what is going on in the illustration as well as the text. Prompt students to share thoughts about what is happening and what they think about how Sophie and her friends communicate.

At an opportune time in the discussion of the text stop and allow students to get moving by having them stand up or move to a certain part of the room to reflect their answer to your questions. Some questions might be: a) Stand up if you have ever had a misunderstanding with someone. b) Stand by the door if you felt frustrated or it hurt your feelings c) Stand by the window if you have ever felt like a friend didn't listen to you. d) Stand by the board if you have felt frustrated by the way a misunderstanding was resolved.

7. Explain that today we will learn an acronym that will help us know what to do when we have a conflict and want to resolve it in a way that helps us be happy and keep our friends.
8. Reveal the entire acronym then explicitly describe and model how to do each letter