



Grade 1 Sample Lesson Plan: Unit 1 – Cooperating with Others

SOLs

- Describe characteristics that are unique to each individual.
- Identify cooperative behaviors, respect for others, adherence to school rules, acceptance of responsibility, and respect for the property of others.
- Explain the role of listening in building and maintaining friendships.
- Explain the importance of responsible behaviors when interacting with others.
- Demonstrate cooperation with friends and classmates.
- Demonstrate responsible behaviors when interacting with others.

Objectives/Goals

- Following are selected lessons, resources, and activity ideas for addressing these SOLs. Friendship and social skills should be introduced on the first day of class and reinforced throughout the year.

Procedure

Friendship Lesson Plans

- KidsHealth.org provides the following three teachers guides for building friendship and social skills:

Bullying

- <https://classroom.kidshealth.org/classroom/prekto2/problems/emotions/bullying.pdf>

Conflict Resolution

- https://classroom.kidshealth.org/classroom/prekto2/personal/growing/conflict_resolution.pdf

Getting Along

- https://classroom.kidshealth.org/classroom/prekto2/personal/growing/getting_along.pdf

Sportsmanship

- <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf>

“We are Different and the Same” Activities

Kiwis and Eggs

- Kiwis and eggs are two of many items that could be used to illustrate to children that "it's what's on the inside that counts." The outside of a Kiwi is rough and hairy and does not look edible. Inside, however, it is green, fruity, and deliciously sweet. From the external differences of brown and white eggs, one would assume that the insides would also be different. Crack them and your students will discover that they are actually the same. Sum up the activity by saying, "Even though we may all look different, we can be friends. "
- Source: <http://www.elementaryschoolcounseling.org/making-and-keeping-friends.html>
- Modified Simon Says Game
- Have children play a version of Simon Says that allows them to learn about similarities and differences. Tell students that each classmate must tell one new thing they learned about a classmate at the end of the game. Lead a game of Simon says. Provide directions such as:
 - Simon says, "Everyone with brown eyes, stand up."
 - Simon says, " Everyone who has a dog as a pet, put your right hand on your head." Simon says, "Everyone whose favorite sport is soccer, stand on one foot."
 - Simon says, "Everyone who speaks more than one language jump up and down." and so on, choosing categories appropriate for your students.
- At the end of the game, have students sit in a circle. Ask each student to name one way in which he or she and another student are alike. The trait they share must be something that they didn't know before playing the game. Students might say, for example, " I didn't know that Katie spoke spanish" or "I didn't know that Jose was left handed." Source: Linda Starr, Education World
http://www.educationworld.com/a_lesson/00-2/lp2061.shtml

Qualities of A Good Friend Activity

- Ask students to illustrate friendly actions (e.g.. sharing, taking turns, apologizing, helping others, being polite and giving compliments). Have each student show their illustration and to talk about the qualities of a good friend. Source:
<http://www.elementaryschoolcounseling.org/making-and-keeping-friends.html>

Collective Development of Class Rules

- State your desire that students be good friends to each other in this classroom and collaboratively create and post a set of class rules. Guide students to develop a set of rules that reinforce friendship and cooperative behaviors, respect for others,

adherence to school rules, acceptance of responsibility, responsible behaviors when interacting with each other, and respect for the property of others. Remind students of these rules and reinforce these behaviors throughout the school year.

Cooperative Activities

- Incorporate cooperative activities to begin or transition health and PE lessons throughout the year (e.g., Wave Stretching Students have fun together as they listen to one another, and physically repeat what they have asked them to do. They have to be attentive and work together to get the game rolling. Have students form a large circle (you may even choose to do this in small groups depending on the space).
- Begin by picking one student within the circle. Have them call out a stretch. Going either clockwise or counter-clockwise, every student must do the stretch one by one. The idea is to pass the stretch as you go along. Once the stretch gets back to the original student you chose, have the next student call out a new stretch. The other students will have to hold the initial stretch until the new stretch makes its way to them. You can play this activity for however long you'd like; however, depending on the age and grade level, you may want to limit the number of stretches and eventually increase in number as they become more familiar with the game, or as they learn additional stretches. Source: <http://www.teachhub.com/6-awesome-cooperative-classroom-games>).

Friendship and Respect Stories and Videos

- Reading stories about friendship or viewing brief video clips can reinforce student learning and kickstart class conversations about various aspects of friendship. Some examples follow:
- Always Respect Other People's Belongings (Hoopla Kids TV)
<https://youtu.be/iNZak5i4ceo> Better Listening Lesson (The Wiggle Tales)
<https://youtu.be/lesu0QtUo-w>
- Daniel's Neighborhood – Find A Way to Play Together (PBS Learning Media) video and cooperative activities <https://www.pbslearningmedia.org/resource/414fa9d8-b12d-46cd-840b-6671ffcbadb/414fa9d8-b12d-46cd-840b-6671ffcbadb/#.WL4ACGVNFho>
- Daniel's Neighborhood – Katerina Sneaks in Front (PBS Learning Media) video: Katerina gets mad when told it's not her turn. An activity is provided to help children manage angry feelings
<https://www.pbslearningmedia.org/resource/25bb2e63-2508-4926-a178-ed01518def6d/25bb2e63-2508-4926-a178-ed01518def6d/#.WL4BB2VNFho>
- Dinosaur Train - Hootin' Hadrosaurs! (PBS Learning Media) shows how one dinosaur learns to tone down her bossy behavior.
<https://www.pbslearningmedia.org/resource/ae957f2e-3361-431d-8c69-38dbba56ad82/ae957f2e-3361-431d-8c69-38dbba56ad82/#.WL3-D2VNFho>

- I am a Good Listener reinforces closing mouth and opening ears when others speak. <https://www.youtube.com/watch?v=bu100xyTkkU>
- Sesame Street: Come and Play – A song about how to make a new friend <https://youtu.be/LaTKfMJ3jd0>
- Sesame Street: Courteous – The Word on the Street - <https://youtu.be/lpMfYtd5IZs>
- Sesame Street: Respect – The Word on the Street - <https://youtu.be/GOzrAK4gOSo>
- Sesame Street: What is a Friend?
- <https://www.youtube.com/watch?v=iPux6QAkBdc>
- The Daves (Dr. Seuss) underscores the value of naming children different names. A reading of this is available on YouTube at <https://www.youtube.com/watch?v=zpNndX7yo8g>.)
- The Playground is For Everyone (HRSA.gov) teaches children what bullying is and that it is best to share and include others. https://youtu.be/---E_YtatRU
- The Sneetches (Dr. Seuss) depicts unfriendly behavior. The starbellied sneetches ostracize the plain bellied sneeches. A man appears and offers stars and star removal and the sneeches learn that neither plain belly nor star belly sneetches are best and they begin to get along and become friends. https://www.youtube.com/watch?v=PdLPe7XjdKc&list=PLkA4jpIp9sZU7zV_87WSkkOvLz7Va3buT
- The Zax (Dr. Seuss) teaches what happens when two people refuse to compromise. https://www.youtube.com/watch?v=LaQXOrbqAbM&index=1&list=PLkA4jpIp9sZU7zV_87WSkkOvLz7Va3buT
- Yes, That's Bullying (HRSA.gov) teaches children what bullying is and that it is not okay. <https://www.youtube.com/watch?v=XVnY8qPbP1U>

Friendly Behaviors Discussion

- Following are some questions that can facilitate a class talk where students share their ideas about how to be friendly and teachers reinforce positive social skills. These can be presented as question and answer discussions or acted out in role plays.
 - How can you let them someone know you want to be friends?

- What things can you do to be a good friend?
- What kinds of problems can happen with friends?
- When might you need an adult to help you with a friend problem?
- What can you say or do if:
 - You are playing a game and others want to join? How do you decide who can join and who cannot?
 - A group of older students are using the slide and have told all the younger kids that it is their slide and no one else can use it?
 - Your best friend is not at school today and you aren't sure how to find someone to play with at recess?
 - Someone just asked you if he/she could play a game with you and another friend?
 - You are playing by yourself and other boys and girls keep bothering you?
 - You want to play a game with some other students, but they tell you they already have enough people?
 - Another student grabs something you are playing with and says he/she wants to play with it now
 - Some students call you and your friends mean names whenever a grownup is not close by? When you tell an adult about the name calling, the other students say you are lying?
- Source: Olweus - Class Meetings that Matter – Grades K-5, Vicki Crocker Flex et al., Hazelden
http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=13746&sitex=10020:22372:US