Life skills lesson plan

**Warmer**
Introduction to the topic, language input

1 **Read/Watch/Listen/Look**
Input task to raise awareness

2 **Do**
Practical task to use the life skill

3 **Reflect**
Share reactions to the task

4 **Extend**
Transfer the skill to a personalised context
Sample lesson 1: Power poses (life skill: confidence)

Amy Cuddy’s TED Talk:
http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are

Amy Cuddy’s profile (Harvard Business School)
http://www.hbs.edu/faculty/Pages/profile.aspx?facId=491042
Sample lesson 2: A letter to a politician (life skill: respect)

February 11, 2016

Dear Mr. Trump,

My name is Jackson Wheelless. I am 8 years old, and in the third grade at Millis Road Elementary School in Jamestown, NC. My teacher, Mrs. Brown, encourages us to watch current world news and read current news articles. I have read several articles about you and have seen you on the television. I think you have been very rude to many people.

I would like for you to know that kids are watching you. The President of the United States is supposed to be our leader. You should be someone that we can learn from and hope to grow up to be like. I do not think you are doing a very good job of this. I know that you are talking to adults when you give your speeches, because they are the ones that can vote. It is important for you to remember that children are watching and hearing you, too. Someday, we will also be able to vote. Someday, we will be the ones running for President.

I learned about The Golden Rule when I was VERY young. How would you feel if people said some of these terrible things about you that I have heard you say about them? I would like to know if you would want your young children or grandchildren hearing the things that you say about people. Do you ever feel sorry about the things that you say that are harmful to others? I have never heard you apologize.

I saw a video of you making fun of a handicapped reporter, and I thought that was TERRIBLE! My friend and I talked about that at school. What would happen if young people decided that it was OK to make fun of handicapped people after watching you do that on national TV? Bullying is already a huge problem, and it is NOT OK! I feel like you could make that problem much worse!

You bragged that you "could stand in the middle of Fifth Avenue and shoot somebody" and wouldn't lose any votes. I REALLY hope this is not true! You make kids afraid when they hear that someone who could be our next President would ever think of doing something like that!

Please, Mr. Trump, start thinking about the children in this country. We may not be able to vote yet, but we are the future. I think it is important for us to have a kind, honest, caring person as our leader that we can look up to and respect. I am in the student government this year at my school. I try to be a student that everyone can look up to. I will grow up to be a husband, a father, hopefully a police officer, and a good friend. I will choose to be a better person than what you have been teaching me to be. I will live like my parents, teachers, and church leaders have taught me to be. Some kids don’t have great adults in their life like I do. Please try to remember that!

Sincerely,

Jackson Wheelless

Article

Article and video
Sample lesson 3: A video about bullying (life skill: empathy)

Video
https://www.stopbullying.gov/videos/2013/04/pablo-soberanis.html

Resources to help the prevention of bullying
www.stopbullying.gov

LIFE SKILLS RESOURCES

Beyond
mondadorieducation.it/libro/robert-campbell-rob-metcalf-rebecca-robb-benne/beyond/120900044032

The Life skills book (Macmillan Education/Mondadori)

Macmillan life skills
macmillanenglish/lifeskills.com

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