

Core Curriculum

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Title of Lesson: Habit 2: Begin with the End in Mind

Domain: Academic

Grade Level- K-5

Time Required: 40 minutes

ASCA Mindset(s): Belief in using abilities to their fullest to achieve high quality results and outcomes

ASCA Behaviors:

Learning Strategies: Use time management, organizational and study skills

Self-Management Skills: Demonstrate the ability to assume responsibility

Self- Management Skills: Demonstrate the ability to balance school, home and community activities

Self-Management Skills: Apply self-motivation and self-direction to learning

Essential Questions:

How do I plan ahead and set goals?

How can I begin with the end in mind?

Materials/Resources:

2 pitchers

Tomato, taco seasoning, salt, pepper, water, sugar, lemonade mix, lemon

Small cups

Large spoons

Lemonade recipe

Ormie the Pig video

The Berenstein Bears Go Up and Down Part 1 video YouTube

Activity: Begin the lesson by telling students that we are going to make a yummy drink. Have students gather around and start putting random items into the pitcher such as tomato juice, taco seasoning, etc. Allow the students to give suggestions on what to put in the 1st pitcher. Do not measure anything and put anything in. Stir up the “mixture” and pour it into a cup. Ask a volunteer if they would like to take a sample. Side Note: There is always that student that will say yes; however, when they smell it, they decide no. Ask the students why they do not want to drink this pitcher of drink. Discuss the reason and why it is not yummy and good and what did we do wrong. Explain that we did not follow a recipe, or a plan. Tell the students that we will follow the recipe this time and see the difference. Make the lemonade according to directions and measure everything. Allow a student to come sample. Did they like the drink? Why were we successful this time? Because we followed a plan. Discuss goals that we have and how we must accomplish them. We need to set up a plan to practice in order to be successful. Next, the students will watch The Berenstein Bears Go Up and Down Part 1 on YouTube. Pass out the lemonade to all students during the video. At the completion of the video, discuss how Papa and the cubs had difficulty and were not able to have ample amount of time fishing. Ask if Mama Bear tried to warn them about this. Ask students how the bears could have begun with the end in mind and what steps they could have followed in order to have a productive day. Finish with Ormie the Pig video. Discuss if Ormie was successful and the reasons that he was not able to get the cookies.

Evaluation: Are the students giving appropriate reasons on how The Berenstein Bears could have been successful?