



Lesson: Following the Group Plan

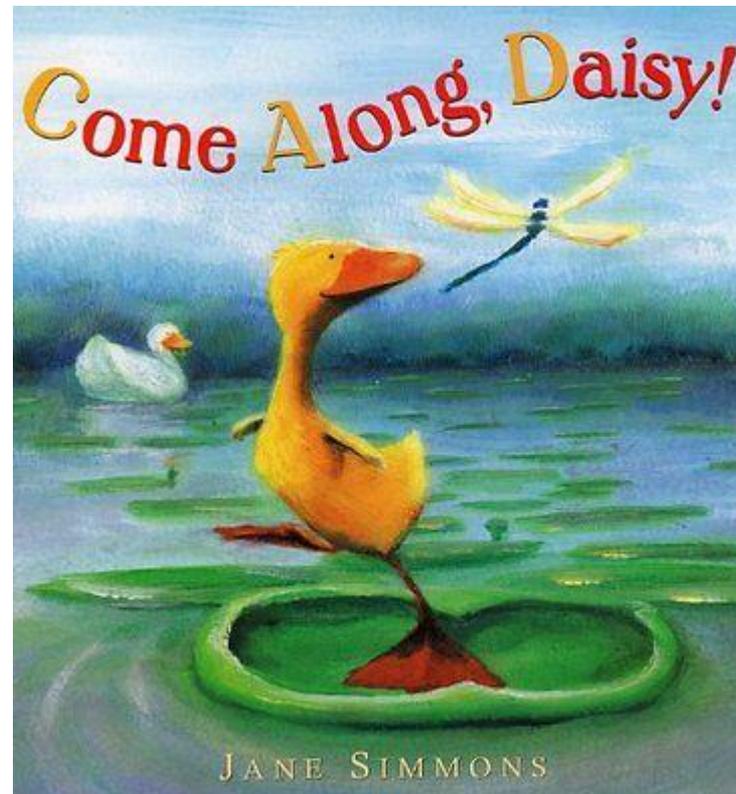
Skill # Standard SEL4: The child will demonstrate impulse control and stress management.

TELL:

Today we are going to listen to story about a duck named Daisy. She had a hard time listening to her Momma and following the group plan.

Click on the title to listen to the story.

[Come Along, Daisy!](#)





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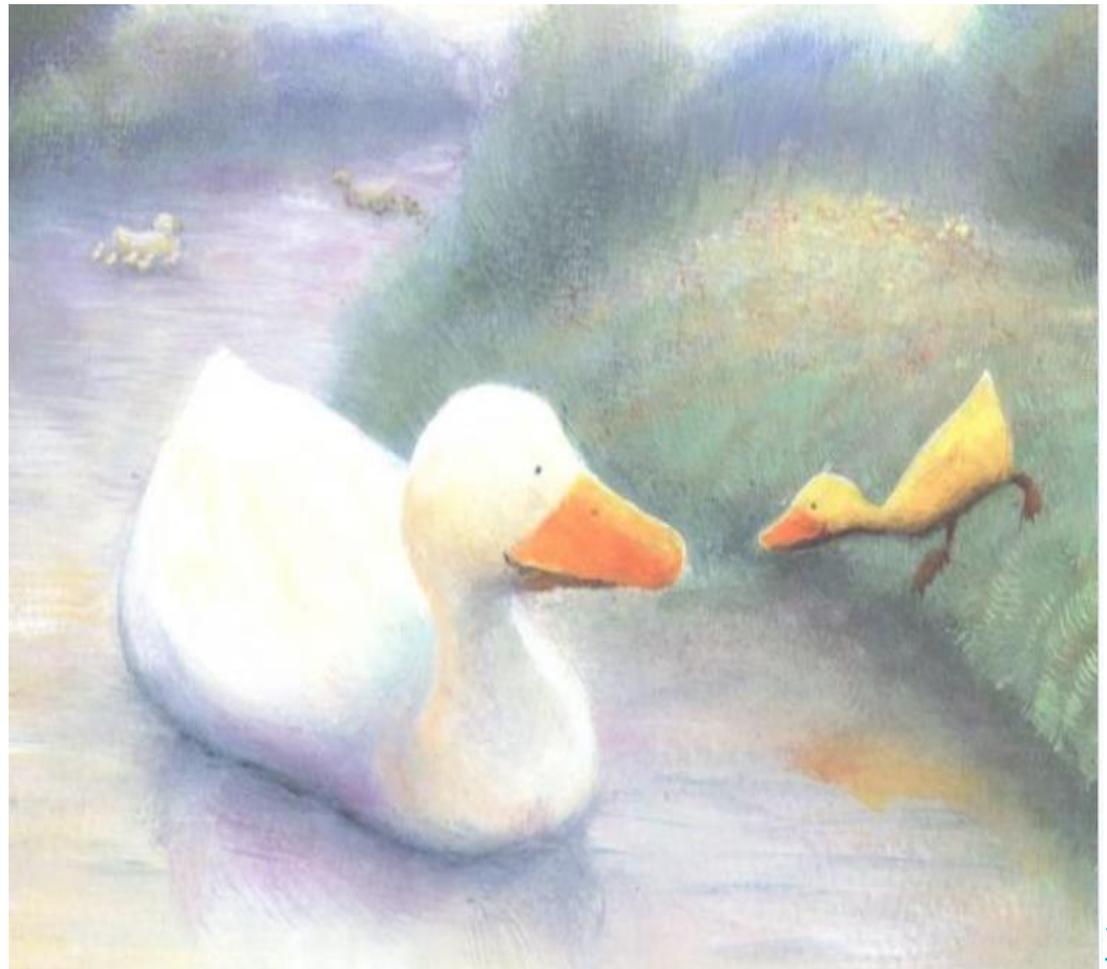
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TELL:

The group plan for Daisy was to stay close to her Momma but Daisy didn't do that.

She followed her own plan and watched the fish.

What happened to Daisy when she didn't follow the group plan?





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TELL:

Focus words: *Group Plan*

When everyone is thinking and doing the same thing it is called *the group plan*.

The *group plan* is also doing what is expected of you at that moment.





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TELL:

We follow **the group plan** at school.

The Group plan for lining up is:

We stand in line quietly with our hands to ourselves.





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TELL:

We follow **the group plan** at school.

The **group plan** for story time is:

We use **whole body listening** when the teacher is reading.





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TELL:

We follow **the group plan** at school.

The group plan for center time is:

We sit at our tables and focus on our work.





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TELL:

We follow the group plan at school.

The group plan for getting the teachers attention is:

Raising your hand and waiting to be called on.





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TELL:

**There is
always a
group plan!
Even at home.**

**The group plan
at home is to do
what you are
expected to do
and what is
expected of your
family at the
time.**

Meal time



Bed time



Work time



Play time





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ASK:

Why is it important to follow the group plan at home and at school?





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ASK:

Why is it important to follow the group plan at home and at school?

It is important because when we *follow the group plan* it:

- Let's everyone know we are working together.
- It lets others know that you care about them and their feelings.
- It lets the teacher know that you can follow the rules and you know what is expected.
- It lets your family know that you can follow the rules at home and do what is expected.



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ASK:

How does it make you feel when everyone is following the group plan?

What about when others are NOT following the group plan?





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SHOW

In order to follow the group plan, what steps do we need to take?

1. Listen to the teacher or family member.
2. Look around the room if you are unsure. What is everyone else doing?
3. Choose to make the right choice. Am I following the group plan?





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DO

**Let's
Practice!**

Listen to the situation and see how you can follow the group plan.

Situation:

Your mother or father says it is time to turn off the TV and wash your hands for dinner.



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DO

**Let's
Practice!**

**Listen to the
situation and see
show your family
how you can
follow the group
plan.**

Situation:

**You are sitting at the table
with your family waiting for
your dinner.**



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DO

**Let's
Practice!**

**Listen to the
situation and see
show your family
how you can
follow the group
plan.**

Situation:

**You were asked to clean up
your toys before you have
your lunch.**



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DO

**Let's
Practice!**

**Listen to the
situation and see
show your family
how you can
follow the group
plan.**

Situation:

**You are waiting for you
turn in bathroom so you can
brush your teeth before bed.**



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Practice.

**This week,
see if you
can
practice
following
the group
plan at
home in all
of these
areas.**

Meal time



Bed time



Work time



Play time

