

La Porte JH-Social Skills-Outreach Learning

April 20-24, 2020

Behavior Support Program-Social Skills

Week of: Monday, April 20, 2020

Ms. Trotta

htrotta@lpsd.org

Office Hours:

8:00-10:00

11:00-1:00

3:00-4:00

Tuesday-Thursday

Resources:

Review all resources in the TEAMS file folder.

Objective:

We will build our social skills by understanding how to make good decisions by reading a scenario and relating it to our personal experiences.

TEKS:

1A: Analyze the interrelationships of physical, mental, and social health.

Activities:

Warm up:

You must make decisions every day. But how do you know if you are making a good decision? Read and think about a time when you had to make a good decision.

Simon and his friend Tabitha need to eat a quick lunch before returning to their volunteer jobs at the hospital. The line in the hospital cafeteria is very long, so they decide to go to the fast-food restaurant next door. As they look over the menu, Tabitha says that she wants to eat something healthy. Simon agrees but is unsure of what to pick.

Lesson Activities:

After reading the scenario about Simon and Tabitha answer the following questions:

1. What values should Simon and Tabitha consider before choosing what to eat?
2. What are some consequences for selecting an unhealthy food option?
3. How can you evaluate that food choices at a restaurant?

THE SIX STEPS TO MAKING GOOD DECISIONS

1. IDENTIFY THE PROBLEM
2. CONSIDER YOUR VALUES
3. LIST THE OPTIONS
4. WEIGH THE CONSEQUENCES
5. DECIDE AND ACT
6. EVALUATE YOUR CHOICE

Closing Activity/Exit Ticket:

On a piece of notebook paper write down one reflection of a time when you had to make a good decision. Use the Six Steps to Making Good Decisions to help support your answers. Did you use these steps when making your decision? Some examples: staying out of trouble, walking away from a negative situation, completing a classwork/homework assignment you didn't want to.

Academic/Instructional Support:

Ms. Trotta

htrotta@lpsd.org

Office Hours:

8:00-10:00

11:00-1:00

3:00-4:00

Tuesday-Friday

Teacher support will be provided through the chat and video features within TEAMS. Lesson discussion will be on an individual basis via scheduled meeting each week in TEAMS. Email is provided if you need support after the office hours. Please practice patience if email contact is a slower process during this time.

Assignment Submission/Communication:

TEAMS will be our platform for discussion and questions regarding the lessons at any time during the week.

All assignments will need to be submitted by 12:00 pm (noon) on Thursday each week.

Teacher support will be provided through the chat and video features within TEAMS. Lesson discussion will be on an individual basis via scheduled meeting each week in TEAMS. Email is provided if you need support after the office hours. Please practice patience if email contact is a slower process during this time.

Participation:

Your participation will be used for attendance purposes. Please make sure that you are checking in with any questions, concerns, or comments using our TEAMS page.

