**Classroom Counseling Lesson Plan**

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| **Lesson Title** | **Grade Range** | **Time Needed** |
| My Handful of Roles | K-2 | 20-30 minutes |

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| **Domain** | **Mindset Standards** | **Behavior Standards** |
| Academic, Emotional/Social | 1, 2, 4, 5 | LS6,9,10 SMS 1,3,5,6,7,8,9 SS 4,5,7,8,9 |

**(Acknowledgements to team that wrote the *Grab Bag of South Dakota Career Activities* from which this lesson is based.)**

**Learning Objectives:**

Students will learn about the variety of roles they play in a variety of settings.

**Supplies/Materials:**

* A blank piece of paper (a pre-printed copy of a traced hand can be provided based on ability level or time restraints)
* Pencil per student

**Outline:**

1. Students are given a piece of blank paper and asked to trace their hand.
2. After this is completed (or if you use pre-printed hands) ask the students if they know what a role is. Affirm guesses and provide the correct answer if it is not given. Tell students that even if someone refers to them as “just a kid” that they have many important parts that they play in their lives.
3. Instruct students to locate the pinky finger of their traced hand. Boys are instructed to write a capital letter ‘B’ on this finger, while girls are instructed to write a capital ‘G’. Explain how that even though boys and girls have so many things in common, that there are still unique aspects that belong to just being a boy or girl (i.e. growing up to be a father or mother).
4. On the ring finger, have the boys write a capital “S” and girls write a capital “D”. This stands for either son or daughter. Discuss the importance of being a part of a family.
5. For the middle finger, have boys write a capital “B” for being a brother, girls a capital “S” for sister, and for any students who are only children a capital “O”. Discuss the importance of being a sibling or an only child in a family.
6. For the pointer finger, have all students write a capital “S”, because they are all students. Discuss the aspects of being a student and how import that role is.
7. For the traced thumb, have all students write a capital “F”. Discuss the importance of being a friend to others as well as why we have friends.
8. Finally, if time permits, you may have students write a “P” (person) or “H” (human) on the palm of the traced hand. Talk about the importance of being a person and the importance of treating each other with respect and compassion.
9. Close by reminding students of all of the roles they play in their world and how important all of these roles. Best of all, the way to remember all of their roles is something they carry with them all the time (their hand).