**Classroom Counseling Lesson Plan**

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| **Lesson Title** | **Grade Range** | **Time Needed** |
| My School Attitude | 6-8 | 45 minutes |

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| **Domain** | **Mindset Standards** | **Behavior Standards** |
| Academic/ES | 1, 5 | LS: 1 SM: 10,11 SS: 3,8 |

**Learning Objectives:**

* I know some strategies for keeping a positive attitude

**Supplies/Materials:**

* Learning Styles Quiz
* Learning Styles Handouts
* Motivation Packet:
  + Grade My Attitude
  + Your Brain Believes Everything You Think.
  + What would you say?

**Outline:**

Activity One Ice Breaker:

1. Have each student state their name and where they would like to and what they would like to bring each thing has to start with the same letter as their name. Example: My name is Randi. I am going to Rochester, and I’m going to bring rabbits. Each student has to repeat all previous names, places and things before saying their own.
2. Discussion: Whose were easiest to remember? Why? The more times we hear something the more likely we are to remember.  How does this concept relate to doing well in school?

Activity Two:

1. Hand out motivation packet to students
2. Go through the packet and have students complete the worksheets.
3. Discuss as you go.