**Classroom Counseling Lesson Plan**

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| **Lesson Title** | **Grade Range** | **Time Needed** |
| The Big Squeeze | 2-5 | 30 minutes |

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| **Domain** | **ASCA Mindset Standards** | **ASCA Behavior Standards** |
| Career/Emotional Social | MS2, MS5, MS6 | LS1, LS2, LS9, SM1, SM2, SM7, SM10,  SS5, SS6, SS9 |

**Learning Objectives:**

Students will be able to:

* Utilize critical thinking skills.
* Identify how our choices affect our consequences.
* Identify positive and forward thinking skills.

**Supplies/Materials:**

* Toothpaste
* Large plate
* Paper
* Pencil

**Outline:**

1. Discuss the definition of choice and consequence.
2. Show the students the brand new tube of toothpaste.
3. Ask for a volunteer to squeeze the tube of toothpaste out onto the large plate.
4. Ask for a different volunteer to come forward. Ask them to put all the toothpaste back in the tube like it was when the tube was new.
   1. Give student a minute or two to try.
5. Explain to students that choice is acted out on, you can’t go back to change it.
   1. How this pertains to what we say to/about other people.
   2. How this pertains to our actions and consequences.
6. Ask students for ideas about what we should do about the toothpaste mess on the plate.
7. Explain to students how our futures depend on the choices we make now. And if we’re not happy with the results/consequences of our choices, there is no going back.
8. Have students write down a goal they have for their future. (example – go to college, career goals, win a big sporting event, etc.)
   1. Ask students to write down 2-3 ways they can accomplish their goals.
   2. Give students some scenarios and see if a distraction or variance from their path could affect their outcome.
9. Conclude by reminding students of the toothpaste activity and the importance of making educated, well informed choices because we can’t go back and change them.

**Process Questions:**

* How do our choices now affect our options for the future?
* How can you make the best, well informed decision?
* How can you recover from making a poor decision?