**Classroom Counseling Lesson Plan**

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| **Lesson Title** | **Grade Range** | **Time Needed** |
| The Monster, the Mouse and Me | 3-5 | 30 minutes |

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| **Domain** | **Mindset Standards** | **Behavior Standards** |
| Career/ES | 1 | LS: 1, 5, 9 SM: 1, 5, 8 SS: 1, 2, 3 6, 7, 9 |

**Learning Objectives:**

* Students will learn what it means to be assertive
* Students will recognize what assertive looks like
* Students will practice being assertive

**Supplies/Materials:**

* Monster, Mouse and Me Handout
* Role plays

**Outline:**

* Ask students if they know what it means to be assertive (standing up for yourself, without putting someone else down)
* Write on the board three headings… Monster, Mouse, and Me
* Ask students to think about a monster.. What are they like? (loud, aggressive, in your face, invade your personal space)
* Ask students to think of a mouse….. What is a mouse like? (quiet, can get stepped on, doesn’t say anything)
* Explain that they don’t want to be aggressive like the monster or passive like a mouse but they want to be assertive
* Under the heading me write the characteristics of assertive (see handout)
* Provide students with the handout, discuss (they will do the questions at the end of the lesson)
* Activity:
  + Have one volunteer come to the front of the room at a time to help
  + Provide the person with the response
  + The class will decide if the response are being passive, aggressive or assertive
  + If the response isn’t assertive they class with try to come up with an assertive response (they may need some help)
  + You may want to discuss in the workplace what the difference between being passive and customer service might look like.
* Have students complete the Taking a closer look at myself worksheet, discuss.

Role Play Situations and Responses

**Sample 1:** You are at work and your coworker comes up to you and says:

Counselor: “I cannot believe you put the paper towel role on the holder the wrong way again. Seriously, I don’t know how many times we have talked about how it works better the other way. Did you leave your brain at home today?”

You respond:

Volunteer: “Really man!!! Don’t you think there are more important things to worry about than those paper towels!!” “Who died and made you the boss around here anyway.” I don’t have to take orders from you!!!” (be loud and invade the coworkers space).

***Is this passive, assertive or aggressive?***

**Sample 2:** You are working in a grocery store and a customer says:

Counselor: “Hey you, kid.” “Where did they move the apple sauce?” “Did you know the last three times I was in here it has been in a different place, what do you think I want to spend all day looking for one item or what?”

You respond:

Volunteer: “Sorry, it has been a hassle for you but I do know right where the apple sauce is, let me show you. (Make sure to look the other person in the eye, and have a cheerful tone of voice)

***Is this passive, aggressive, or assertive??***

**Sample 3:** You are working on a group project and your partner is not doing his/her share of the work so you say…

Volunteer “This project is due on Friday how far are you on your part?”

Counselor: “It’s going to be easy, don’t worry I will get it done.”

Volunteer: “Yeah, ok.”(In a soft voice, looking down)

***Is this passive, aggressive or assertive?***

The Mouse



* A mouse appears: Shy, timid or afraid
* Mice are often very nice
* They often get walked on by other people, because they cannot speak up for their rights
* Sometimes a mouse can get squashed
* Sometimes mice worry too much about what other people think of them
* Mice are also very accommodating and often do whatever others want them to do

The Monster



* A monster is loud, boss, and pushy
* A monster dominates and intimidates others
* They don’t pay attention to other’s rights
* A monster often “steps” on others
* They react instantly, often without thinking
* A monster may get very angry when he/she doesn’t get what she/he wants
* They often invade other’s personal space

Me



* I am firm, direct and honest
* I respect the rights of others
* I also don’t let other’s “step” on me or disrespect my rights
* I speak clear and to the point, I don’t say hurtful things that don’t need to be said
* I’m confident about who I am
* I know that I have choices about my life
* I don’t put others down to make myself feel better

My Rights:

These are my rights as a human being and should not be taken away by anyone else. I will remember these rights are mine and they are also everyone else’s right as well.

I have the right to:

1. say “No”
2. be confident and proud of my accomplishment
3. say “I don’t know, I don’t agree, and I don’t understand”
4. be treated with respect
5. express my needs, opinions thoughts, ideas and feelings
6. recognize my needs are important
7. feel and express anger (appropriately)
8. have a support system
9. to feel safe in my environment

Taking a look at myself

1. Most of the time am I a mouse, a monster or me?
2. Think about a time you were a mouse. What did you lose from being a mouse instead of being me?
3. Think about a time you were a monster. What did you lose from being a monster instead of me?
4. Do you think people always know that they are being a mouse or a monster? Why or why not?
5. What are you going to do to be me more often?