

Art With Heart

Lesson #6

Behavioral Issue:

Continues to make the same choices regardless of the result

Objective:

- Students will recognize that there are often several choices to be made or directions to take in any situation.
- Students will be willing to try something different in order to see a different outcome.

Materials:

Art With Heart by Julie Woik

Pieces of Paper All Cut to the Same Size

Pen or Pencil

Top Hat or Any Hat (preferably a fun one!)

Activity:

Read the Art With Heart book to the student/s participating in this activity. Discuss the lesson of confidence. Have the student/s cut an 8 ½ x 11 piece of paper into 8 pieces. Then have the student/s write a different possible action to their issue on each piece of paper.

If they're problem is: *Can't Decide What School Clothes To Wear*

Examples: 1. Pick out clothes the night before school. 2. Buy three of the same items and wear the same thing every day. 3. Pick out the clothes a week ahead.

Once all of the pieces of paper are in the hat, pick one out to try. See how that works. If it's not successful, try another one.

Assessment:

Students will understand their ability to find other options for situations and issues. They'll discover their ability to try something new; even if they're not sure it will work.