

The Kacklin' Kitchen

Lesson #4



Behavioral Issue:

Becomes overexcited; loses control/forgets rules/becomes loud

Objective:

- Students will maintain self-control, exhibit respectful behavior, and refrain from reacting impulsively.

Materials:

The Kacklin' Kitchen by Julie Woik

Print out the form that correlates with this lesson

Activity:

Read The Kacklin' Kitchen with the child or children who are participating in this activity. After the reading, have a chat about Mookie's behavior. Discuss how disruptive his behavior was to everyone around him, and how he was seen by the others in the kitchen. Show the comparisons of Mookie MaGee's behavior to the actions of the child/children you're working with. Although Mookie may not have been overexcited, his disrespectful actions are familiar. Have the child write a letter to themselves, detailing some of their actions, expressing why they feel they act as they do, what they think their friends think of them, and listing some solutions to try to calm their behavior. A letter written to us, by us, can often help us see more clearly what our issues truly are.

Assessment:

Students will look at their actions directly. They'll recognize how their actions affect others around them, and they'll find ways to work on their behavior, improving their self-esteem and their relationships with others around them.