

Practice Makes Perfect!

This is the third lesson of the Integrity unit. At this age, the concept of integrity can be difficult to understand. As such, the focus will be on learning about honesty and perseverance. We lay the foundation for integrity by discussing how we build positive reputations through kind, caring, fair, inclusive, and honest behaviors and actions. This lesson will give students an opportunity to practice perseverance through a variety of fun but challenging math center activities.

Integrity Sub-Concept(s)

Perseverance, Kindness

Lesson Timeframe

45 minutes

Required Materials

- Math related materials (will vary depending on the centers you create)
- The Little Engine That Could* by Watty Piper
- Index Cards with Perseverance written on them
- Stickers

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.
See last page for details.

Lesson Objective

Students will:

- Demonstrate perseverance through a math exercise.
- Explain how being honest helps others trust you.

Teacher Connection/Self-Care

The next promise focuses on how to continue the topic of integrity throughout your day, every day. Promise #3 is, “I promise to teach from bell to bell.” While 5 minutes here and there to grade, lesson plan, or update the newsletter doesn’t seem like a lot, it adds up. You only have these students for a limited time each day, and every day is not guaranteed. Illness, vacations, transitions, and life struggles all take time away from your time with that student. Five extra minutes daily during guided reading could be just enough to get that struggling reader over the hurdle! Five minutes every day for a week adds up to one more math lesson you could have included, an impromptu field trip outdoors for an alphabet focused nature walk, or even some much needed read aloud time. Every child counts; every minute counts. Use your time wisely to create stronger connections with them.

Tips for Diverse Learners

- Pair students up so they can help each other at each relay location.
- Color code teams based on ability and provide color coded review activities at each location to differentiate based on learning needs. (Example: Red team completes the activity in the red folder, etc.)



Share

5-10 minutes

Play Honesty Red Light, Green Light

Directions: Have everyone line up on one side of the room. Turn your back to them. Explain that every time you turn around you will call out a truth or a lie. If you call out a truth, everyone can take one step forward. If you call out a lie, everyone must freeze. If you move during a lie, you must go back to the beginning. If you take more than one step during the truth, you must go back to the beginning. If you take steps when the teacher's back is turned, you must go back to the beginning. In this game it pays to be honest! Try to tell more lies in a row to force them to persevere through the game. Here are some ideas for truth and lie statements:

I have a hat on.

I am the art teacher.

We have both boys and girls in this classroom.

We are in fifth grade.

The sky is green.

After everyone makes it across, ask the students how it felt to be on the lookout for honesty. Was it difficult to be honest even when the teacher wasn't looking? Was it hard to wait to move forward until another truth finally came out? Good news, you used perseverance to make it to the end!



Inspire

What is Perseverance?

7-10 minutes

Explain that perseverance is when we keep trying, even when something is difficult. It means we refuse to give up! Have you ever struggled with something new? Maybe when you learned how to read, play soccer, or tie your shoes? All of those skills take practice, because practice makes perfect! Whenever we have to practice something, we are using perseverance. Sometimes new things are extremely hard for us to learn. We might feel like giving up because we will never learn how to do it. When you feel this way, KEEP GOING! You can use perseverance to learn that new skill. Kind words from your friends, help from your parents, or compassion from me as your teacher can all help you keep going. We can all help you to persevere and reach your goals!

Read Aloud: *The Little Engine That Could* by Watty Piper

10-12 minutes

Link for a read aloud if needed

<https://www.youtube.com/watch?v=5TPUwrURo6M>

- After the story, review how the little engine used perseverance.
 - What challenges does it face?
 - What type of attitude does it have?

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- Emphasize that the little engine really struggles to make it up the hill. However, with perseverance it is able to accomplish its goal and bring all the toys and goodies to the good little boys and girls!



Empower

30 minutes

Today we will play a review activity to practice perseverance. We have been learning about many math concepts. (Explain that you will break them up into pairs to complete a math circuit.) This is not a race. Every pair will need to go to every center. As a pair you will work together to complete each activity. When you have used perseverance and finished the activity by finding the right answers, add a sticker to your index card (make sure to have a key or answer card located at each center). When you have all 4 stickers on your Perseverance Card, have a seat in the community area/circle time rug. When our entire class has finished, we will celebrate with _____ (extra 5 minutes of recess, treasure box, personal reward you decide).

Step1:

Pass out an index card with the word PERSEVERANCE written on the blank side. Have each child write their name on the lined side. (Assist those that are still learning.)

Step 2:

Divide students up into predetermined pairs (see diverse learners note for more ideas on this). Walk the entire class through each center. Here are some ideas for math review (use your own personalized games/activities for review if possible). Sample handouts are provided below.

- Basic addition with counters: Have a worksheet with 10 math facts you are reviewing.
- Tangrams: Have pictures they must create using geometric shapes and document how many of each shape it took.
- Scale/Weight: Give them items to weigh using the scale. Have them record their answers on a sheet.
- Volume: Have them compare/contrast how much each type of container can hold using water. Have them sort the 3 containers by volume and draw their answers on a blank piece of paper.
- Provide stickers at each center.
- Stagger the pairs so that they do not all start at the same center.



Reflect

5-10 minutes

- Have each pair share which center was the toughest for them. How were they able to use perseverance to finish?
- Did you see any other pairs struggling? Were you able to help them persevere through? If so, how?

Perseverance helps us learn new things. Sometimes we are tempted to lie when we feel we cannot complete a tough assignment. Maybe the homework was confusing or reading seems too hard. Giving up and lying about it will not

help us to move forward. When we are honest about our struggle and ask someone for help, we are able to persevere and be successful. We can choose to move forward as we learn new things. Honesty and perseverance will help us!



Extension Ideas

- Use this format for any review time. Any subject review can be focused around perseverance if you highlight this concept during the activity.
- Take Home Activity: Emphasize perseverance as you send home review materials. You can also send home a letter with options for math review games at home that require little preparation (counting, patterns, shape hunt, etc.) and encourage the families to use perseverance to work together to practice the concepts.



DESIGNATED BY CASEL
AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (**CASEL**) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

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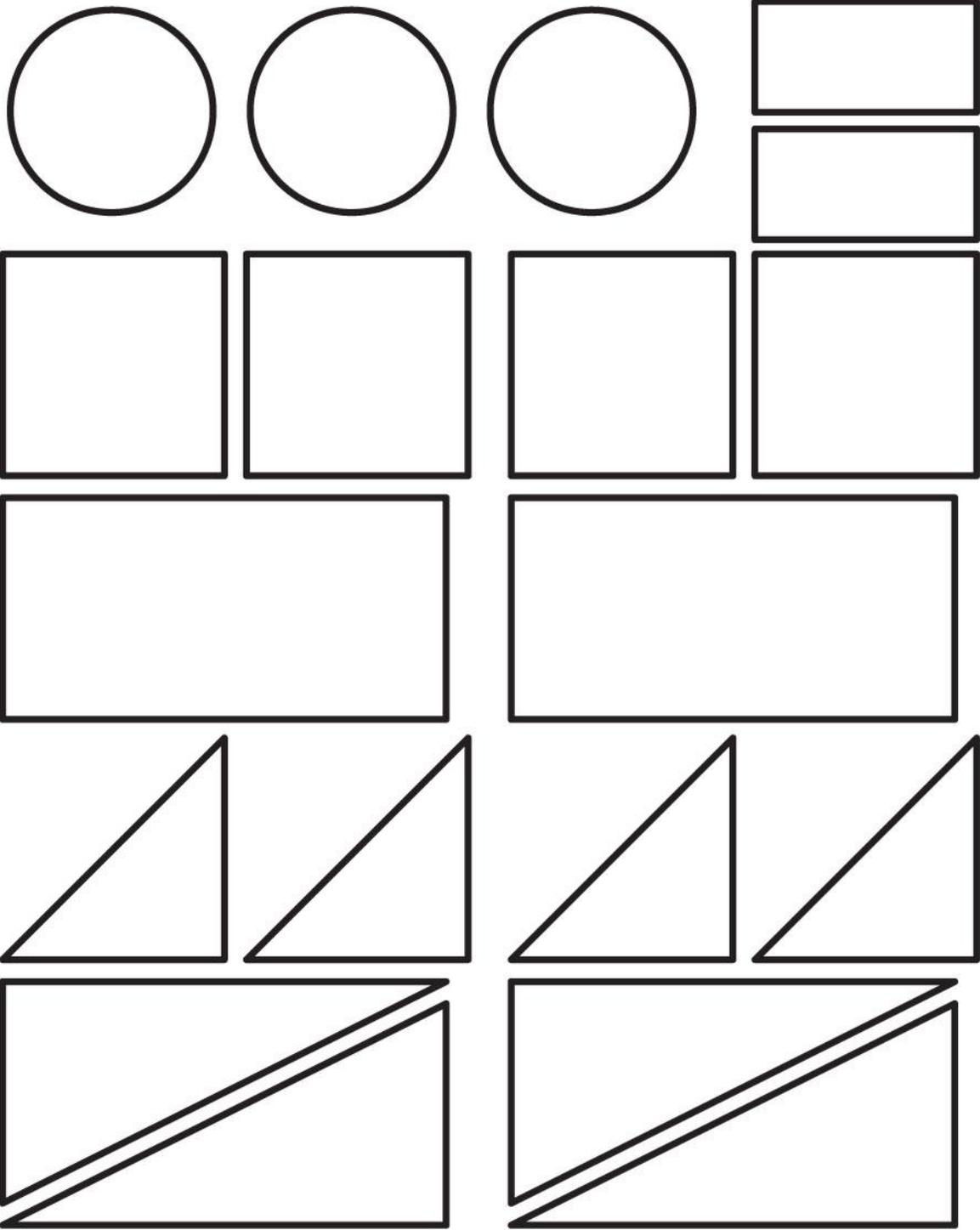
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Color and cut out the shapes below, then make something with the shapes. Use your imagination & have fun!



When you're done, count how many of each shape you used to build your picture. Write the number in each shape.



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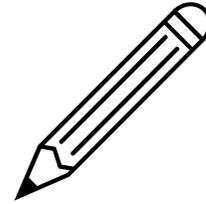
Which Weighs More?

Measure each pair and then circle the one that weighs more.



Ruler by andrea zudip aggasi from the Noun Project

or



Pencil by Oliver Rooker from the Noun Project



Glue by John Caserta from the Noun Project

or



Scissors by Jacqueline Fernandes from the Noun Project



Crayon by Edward Boatman from the Noun Project

or



Ruler by andrea zudip aggasi from the Noun Project



Scissors by Jacqueline Fernandes from the Noun Project

or



Ruler by andrea zudip aggasi from the Noun Project



Eraser by Terrence Kevin Oleary from the Noun Project

or



Crayon by Edward Boatman from the Noun Project