

Lesson Overview

Posy's Fairy Ballet

CASEL Standards:

SELF-MANAGEMENT: The ability to manage one's emotions, thoughts, and behaviours effectively in different situations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal/collective goals.

Academic Standards:

National Curriculum in England - English Programmes of Study:

Spoken Language – Statutory Requirements:

Pupils will use spoken language to develop understanding through imagining and exploring ideas.

Pupils will listen and respond appropriately to adults.

Pupils will give well-structured descriptions for different purposes, including for expressing feelings.

Reading Comprehension – Statutory Requirements:

Pupils will also develop pleasure in reading, motivation to read, vocabulary and understanding by listening to and expressing views about a story at a level beyond that at which they can read independently.

Objective:

Use self-management to show courage to take initiative.

Curriculum:

This lesson is part of a well-designed curriculum that builds SEL skills sequentially. Students will continue to improve their self-management and self-awareness as well as other SEL skills in other short, high-quality lessons. During these lessons in which pupils are active participants, pupils will explicitly be taught why these improved SEL skills are so valuable.

Essential Questions:

How can I have courage to act on an opportunity?

I Can:

I can have courage to make something I want to do possible.



Mindful Teaching Tips

Teachers, it is important to remind students to be respectful while others are performing their skit. Asking students to write down one thing they liked about the skit on an index card is a great way to keep students engaged while providing positive feedback to each group.

Teaching Transcript

In a magic forest, way up in the nooks and crannies of the trees live Moshling fairies. Today we will meet a Forgetful Fairy named Posy. She loves to dance every day and dreams of being on stage.

What do you dream of doing?

What are some things you do well?

How do you feel when you do a good job at something you love to do?

After You Listen

Hocus the Wonky Wizard gave Posy magical ballet shoes to give her courage so she could dance in front of the King and Queen.

What does courage mean?

How did Posy show courage?

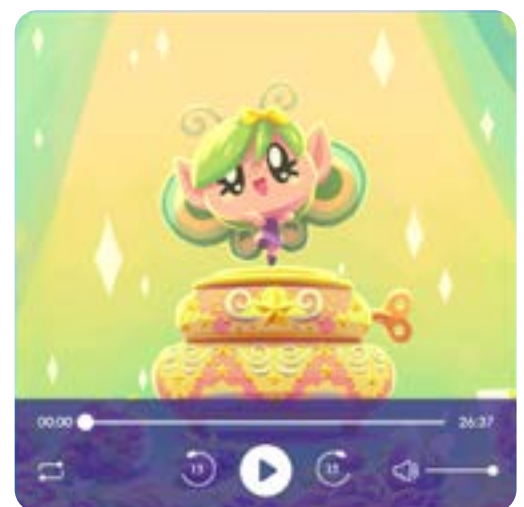
When Posy lost the magical shoes, she was nervous to go onstage. But Hocus the Wonky Wizard told her that feeling nervous is natural, and courage comes from having self-confidence and self-esteem.

What are some ways you can show courage, just like Posy?

Throughout history, people have shown courage in many different situations.

Who are some people that have shown courage?

By yourself or in a small group, create a skit where a person shows courage. Assign each group a topic or allow them to choose their own ways to show courage. Have students perform their skit in front of the class or make a video to share with the class.



Home Time Activity

How have you shown courage? Think of a time when you did each of the following and share it with your parent:

- Did the right thing even when other people were not
- Faced a fear
- Did not give in to peer pressure
- Admitted a mistake
- Tried something new
- Told the truth even though there were consequences

Family members can reciprocate by answering the questions above and sharing their own courageousness with their child.

Weekly Theme Card

Posy had to make a decision of whether or not to go onstage and perform without the magic shoes. She showed courage when she decided to dance without the shoes in front of a large crowd. Which one of these actions show courage and why do you think it shows courage?

- Ignoring a new student or making friends with a new student
- Doing something dangerous others are doing or not participating even if someone calls you “chicken”
- Quitting when things get tough or working hard, even when it’s difficult
- Teasing and bullying someone or standing up for someone who is being mistreated
- Blaming others for your mistakes or accepting responsibility
- Fighting or walking away
- Looking out for yourself or helping others

