

Cowden-Herrick Schools

PBIS “Cool Tool” Lesson Plan

School Wide Expectations:

Be Ready
Be Responsible
Be Respectful

Lesson Topic: Giving your best effort

Purpose of the Lesson:

1. To teach students that giving their best effort makes learning easier.
2. To teach students that giving their best effort make them feel proud.

Teaching Examples:

1. A teacher is teaching a math lesson on fractions and asks volunteers to come to the board to solve a problem. Elizabeth begins to squirm in her seat because she thinks that she is not good at math. She then remembers that she should give her best effort to learn how to do fractions, so she raises her hand and volunteers to go to the board.
2. The P.E. teacher lets your class know that they will be running five laps before playing soccer today. You have a difficult time running and feel very discouraged before you even begin. You stop and remember that as long as you give your best effort you are doing all that is expected of you, and you begin to run with your class.
3. You are having a science test tomorrow, and you think you already know everything you need to know. You decide not to bother bringing your book home. Then you stop and remember that if you are going to give your best effort you need your book to review the material.

Student Activities/Role Play:

1. Lead a discussion about how it is o.k. that some things take longer to learn for some students than others. As long as students are giving their best effort they will learn what they need to know at their own pace.
2. Have students verbally role-play self talk to motivate themselves to give their best effort for things that are difficult for them or for things they think they already know.
3. Ask students to compliment each other when they see their peers giving their best effort.

Follow up/Reinforcement Activities:

1. Praise and give “Buzz Bucks” to students you feel are giving their best effort in academics, social situations, or in personal goals.
2. Quietly encourage particular students that need motivation to give their best effort before beginning a challenging assignment.
3. When your whole class seems to be giving their best effort on something challenging reward them with something like a ten minute break, a small piece of candy, etc.