Counselor Lesson Plan for First Grade

**Character Lesson:** Respect - Good Listening

**Estimated Length of Lesson:** 30-45 minutes

**Learning Objective (SOL):** Life Processes 1.5 b; English 1.2 a,e and 1.3a,b,c,d; Civics 1.10 a; Community Health and Wellness 1.6 b

**VA School Counseling Standards:** EA1, EA2, EA4, EP1, EP2, EP4, EP5

**Objectives:** Students will:

- Understand that part of being respectful to others is being a good listener
- Be able to demonstrate good listening skills

**Materials:**
"Taking Turns Talking" or "Active Listening" available on United Streaming. Or https://www.youtube.com/watch?v=SHxUwFH6_UA

**Steps of Lesson:**
1. Begin the lesson by telling students they will talk about being good listeners.
2. Tell the class you need help demonstrating what it means to be a poor listener. Ask for a volunteer...then, ask the volunteer a question. While he/she is answering, begin talking to another student. Look around the room and interrupt the second child you spoke with by asking a third child a question. Do this for about 30 seconds and then stop. Have the students tell you what you did wrong. Have the student who volunteered tell the class what it felt like to be ignored and interrupted.
3. Explain that good listeners should have their eyes on the speaker, ears open and listening, mouths closed, hands to themselves and in their lap, and feet still and quiet. Good listeners also take turns talking, do not interrupt other people and are sure they can hear what is being said.
4. Tell students they are going to practice being good listeners. Remind students if they fidget or talk, they will not be able to hear what is being said and may distract others around them.
5. Read a list of three words and have students try to remember them. Have them say the words back to you. Next, read a list of 4 words and have the students tell you what word you said second or fourth, etc.
7. Separate students into pairs. Tell each student they are going to take turns being the speaker and the listener. When they are the speaker they will tell their partner two things they enjoy doing and one thing that is their favorite (food, color, subject, etc.). The listener will listen to what the partner is saying and try to remember it. Have the listener repeat the three things their partner shared. Have students switch roles and repeat exercise.
8. Wrap up the lesson by reviewing the five things a good listener does.