**Classroom Counseling Lesson Plan**

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| **Lesson Title** | **Grade Rage** | **Time Needed** |
| **Red Card/Green Card** | **6-12** | **10-15 minutes** |

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| **Domain** | **Mindset Standards** | **Behavior Standards** |
| **Career/SE** | **2, 4, 5** | **LS2, LS4, SS1, SS2, SS3, SS7** |

**Learning Objectives:**

* **Students will recognize the importance of first impressions**
* **Students will identify and demonstrate the elements of a good first impression**
* **Students will understand how good communication is vital for a career**

**Supplies/Materials:**

* **Red and green 3x5 cards**

**Rationale: One of the soft skills employers seek is good communication. Unfortunately, many employers say they see a lack of this skill in many applicants for their job openings. One element of good communication is being able to make a good first impression. Whether it be at a job interview, working with customers, or interacting with co-workers, communication skills are vital in the workplace.**

**Outline:**

1. Pass out one red or green 3x5 card to each student (half the group getting one color, half getting the other).
2. Explain the color of the card they’ve received indicates the kind of first impression they will be creating during the activity.
3. Those with green cards like meeting others and enjoy interacting. Ask the group what they would do to create that type of face-to-face impression (examples: make eye contact, smile, shake hands).
4. Those with red cards don’t care about interpersonal relationships. In fact, life would be just great if all those other people weren’t out there. They would be content to go crawl in a corner and be left alone! Have the group describe what they would do to create that type of first impression (examples: avoid eye contact, give short answers, use negative body language).
5. Now tell the group that on your “Go,” they will have a chance to create a first impression with everyone else in the room. That impression should be based on the color of the card they received. Have them interact with as many people as possible in 25 seconds. (They don’t have to carry their cards during the activity. In fact, it’s best if they don’t – that will better demonstrate the power of first impressions.)

**Process Questions:**

* Green Cards, could you tell who the Red Cards were? How could you tell?
* Red Cards, when the Green Cards approached you, was it difficult to maintain you Red Card demeanor? Why?
* Why is it important to create a positive first impression?
* What are ways a first impression is vital in a job? In school?
* What are other ways to show a good first impression not used in this activity?

Adapted from: Scannell, M., & Scannell, E. (2010). *The big book of team motivating games: Spirit-building, problem-solving, and communication games for every group.* McGraw-Hill Companies.