**Classroom Counseling Lesson Plan**

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| **Lesson Title** | **Grade Range** | **Time Needed** |
| The Great Balloon Race | 4-5 | 30 minutes |

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| **Domain** | **ASCA Mindset Standards** | **ASCA Behavior Standards** |
| Career/Emotional Social | MS1, MS2, MS4, MS5, MS6 | LS1, LS2, LS9, SM1, SM2, SM7, SM10,  SS2, SS5, SS6, SS7, SS8, SS9 |

**Learning Objectives:**

Students will be able to:

* Utilize critical thinking skills.
* Practice working together as a team.
* Identify different roles individuals take in a team.

**Supplies/Materials:**

* 10 Balloons for each group (number of groups may vary)
* Masking Tape
* 10 rulers for each group (or other type of structural element)

**Outline:**

1. Counselor will begin by breaking class into 4 groups. Size of groups may vary depending on class size.
2. Explain that each group will be responsible to make a tower out of the materials provided to their group, and the tallest tower standing at the end of the 15 minute building time wins.
   1. Have students start on their own. Students are not allowed to ask the counselor any questions and must work as a team to figure it out on their own.
3. Give students 15 minutes to build their towers and observe each team’s interactions.
4. Give students warnings when they have 5 minutes, and 1 minute left.
5. When the timer for 15 minutes goes off tell students to stand away from their towers.
6. Have each group present their tower.
   1. What worked for each group?
   2. What didn’t work for each group?
7. Discuss the different dynamics witnessed while working on their towers.
   1. Was there an elected leader? Or did someone step up to take charge?
   2. Did the team work well together?
   3. Was it difficult to work together with a deadline? What happened when it was announced there was only 1 minute left?
8. End the lesson by reviewing the information discussed in the lesson and emphasize that there will be a lot of times in life (college, work, family) that everyone will need to keep teamwork in mind.

**Process Questions:**

* What was your role within your team?
* How does communication affect teamwork?
* Why is teamwork and communication important? (At home, school, and in a future job)