**Classroom Counseling Lesson Plan**

|  |  |  |
| --- | --- | --- |
| **Lesson Title** | **Grade Rage** | **Time Needed** |
| **Attributes** | **4-12** | **20-25 minutes** |

|  |  |  |
| --- | --- | --- |
| **Domain** | **Mindset Standards** | **Behavior Standards** |
| **Career/SE** | **1, 2** | **LS1, SMS2, SS1, SS2, SS4** |

**Learning Objectives:**

* **Students will demonstrate the snowball technique**
* **Students will compile a list of attributes that people are attracted to in one another**
* **Students will compile a list of attributes that they have**
* **Students will consider their values in relation to attributes**

**Supplies/Materials:**

* **One sheet of paper for every student**
* **Flip chart or dry erase board**
* **markers**

**Outline:**

1. Ask each student to take out a sheet of paper and draw a line across the middle. (demonstrate this)
2. Explain that no one needs to write their name on the paper and that no one will know what they write.
3. Explain Attributes and how they can be related to friendships and relationships. Remind the students that their values may be a consideration.
4. Instruct the students to write 2-3 attributes they have that others might be attracted to above the line.
5. Instruct the students to write 2-3 attributes that they look for in others.
6. When everyone has finished have, have them stand up and crumple their paper into a “snowball” Say it’s a snowball fight so toss away!
7. Once everyone has tossed their snowball, have each person grab a ball that isn’t the one they threw and sit down.
8. Explain to them that each person will share one attribute from above the line and one from below as you write them on the board or chart. Put them into two-columns.

**Process Questions:**

* What do you notice about our list of attributes? Similarities? Differences?
* Could we group the attributes more? Personality vs physical?
* Why do you suppose we mostly describe healthy attributes?
* What if everyone would have written the same things?
* What are the benefits of knowing your values when you look at attributes?
* What are the benefits of knowing attributes that you have and that you are attracted to?