Why Try

Flexible Lesson Plan
The Flexible Lesson Plan:

The Key:

FLEXIBILITY

“It is important to be able to change your lesson plan on the fly based on the way that your group is responding.”

- Dr. Cristal Mcgill, P.h.D.

Flexible lesson Elements:

Attention Getter – Music, Object lesson, Surrendering 1-up activity, Brief movie clip etc.

Visual Analogy – The core of the lesson

Music – Listen to WhyTry Music - discussion

Group (Hands-on) Experiential Activities – Gets students involved in the lesson, maintains attention and energy in the lesson.

Journal Activities – Students apply WhyTry to themselves. (homework)
Key Concept:

Notes:

Example Stories:
Key Concept:
Decisions and choices have consequences. We get to make our own decisions but we don’t get to choose our consequences.

Attention getter/Warm Up’s/ Brief Movie Clip:
“The Finger Game”
p.29 secondary teacher’s manual
p. 8 elementary teacher’s manual

Visual walk-through:
(Students interact and respond to specific questions and ideas on the metaphor)

Music Activity:
Example: Freeze lyric on PPT Write own lyrics.
How would the lyrics describe you?
What style of music would it be?

Hands-on activity:
Secondary:
“Keys to Staying on Track” p.42
“Game of Life” p.38
Elementary:
“On the Brink” p.18
“Now or Later” p.20

Journal Activity:
Draw/Reflect/Answer Questions
See and use journal as guide and prompts

Example stories/ resources:
Draw from personal examples, stories you personally know. These can be stories about you, a friend or family member, a famous person, a current event in the news, etc.
**Key Concept:**

**Notes:**

**Example Stories:**
Key Concept:
Tearing off our negative labels increases our opportunities in life.

Attention getter/Warm Up’s/ Brief Movie Clip:
“Follow The Leader”
p.48 secondary teacher’s manual
“Canned Spinach”
p.30 elementary teacher's manual

Visual walk-through:
(Students interact and respond to specific questions and ideas on the metaphor)

Music Activity:
Example: Freeze lyric on PPT Write own lyrics.
How would the lyrics describe you?
What style of music would it be?

Hands-on activity:
Secondary:
“Can/Target” p.56
“Panning for Gold” p.61
Elementary:
“Be Yourself” p. 42
“Sticks and Stones” p. 46

Journal Activity:
Draw/Reflect/Answer Questions
See and use journal as guide and prompts

Example stories/ resources:
Draw from personal examples, stories you personally know. These can be stories about you, a friend or family member, a famous person, a current event in the news, etc.
**Key Concept:**

**Notes:**

**Example Stories:**
Key Concept:
Controlling Impulses. Delaying Gratification

Attention getter/Warm Up’s/ Brief Movie Clip:
“Signature Name Writing Challenge”
p.66 secondary teacher’s manual
“Blow Out”
p. 54 elementary teacher’s manual

Visual walk-through:
(Students interact and respond to specific questions and ideas on the metaphor)

Music Activity:
Example: Freeze lyric on PPT Write own lyrics.
How would the lyrics describe you?
What style of music would it be?

Hands-on activity:
Secondary:
“Creative Pyramid” p. 76
“Frustration Squares” p. 78
Elementary:
“Positive Attack” p. 66
“Fair Trade” p. 67

Journal Activity:
Draw/Reflect/Answer Questions
See and use journal as guide and prompts

Example stories/ resources:
Draw from personal examples, stories you personally know. These can be stories about you, a friend or family member, a famous person, a current event in the news, etc.
Key Concept:

Notes:

Example Stories:
Key Concept:
Channeling challenges to work for them rather than against them.

Attention getter/Warm Up’s/ Brief Movie Clip:
“Washers and Strings”
p.84 secondary teacher’s manual
“Mind of Matter”
p.78 elementary teacher’s manual

Visual walk-through:
(Students interact and respond to specific questions and ideas on the metaphor)

Music Activity:
Example: Freeze lyric on PPT Write own lyrics.
How would the lyrics describe you?
What style of music would it be?

Hands-on activity:
Secondary:
“Balloons” p.92
“Nuclear Fallout” p.94
Elementary:
“Synergy” p.91
“How are You?” p.93

Journal Activity:
Draw/Reflect/Answer Questions
See and use journal as guide and prompts

Example stories/ resources:
Draw from personal examples, stories you personally know. These can be stories about you, a friend or family member, a famous person, a current event in the news, etc.
**Climbing Out**

- What is the “POT” that you are in?
- When I get in Trouble (or in the pot) Am I keeping others in, or myself? How?
- What are the reasons for staying “IN” the pot?
- What will my future be like if I don’t get out?
- What are the reasons for getting out of the “POT”?

**Key Concept:**

**Notes:**

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**Example Stories:**

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Key Concept:
Peer pressure affects us in both positive ways and negative ways.

Attention getter/Warm Up’s/ Brief Movie Clip:
“Make em’ Laugh!”
p.98 secondary teacher’s manual
“In The Pot”
p.102 elementary teacher’s manual

Visual walk-through:
(Students interact and respond to specific questions and ideas on the metaphor)

Music Activity:
Example: Freeze lyric on PPT Write own lyrics.
How would the lyrics describe you?
What style of music would it be?

Hands-on activity:
Secondary:
“The Egg” p.109
“The Pot” p.112
Elementary:
“Card Shark” p.114
“How You In or Out?” p.119

Journal Activity:
Draw/Reflect/Answer Questions
See and use journal as guide and prompts

Example stories/ resources:
Draw from personal examples, stories you personally know. These can be stories about you, a friend or family member, a famous person, a current event in the news, etc.
Key Concept:

Notes:

Example Stories:
Key Concept:
Problem solving and persevering in the face of adversity.

Attention getter/Warm Up’s/ Brief Movie Clip:
“Math Challenge”
p.118 secondary teacher’s manual
“Jumping Hurdles”
p. 126 elementary teacher’s manual

Visual walk-through:
(Students interact and respond to specific questions and ideas on the metaphor)

Music Activity:
Example: Freeze lyric on PPT Write own lyrics.
How would the lyrics describe you?
What style of music would it be?

Hands-on activity:
Secondary:
“Acid River” p.130
“Electric Hurdle” p.134
Elementary:
“Cooperative Construction” p.137
“Number Review” p.138

Journal Activity:
Draw/Reflect/Answer Questions
See and use journal as guide and prompts

Example stories/ resources:
Draw from personal examples, stories you personally know. These can be stories about you, a friend or family member, a famous person, a current event in the news, etc.
Key Concept:

Notes:

Example Stories:
Key Concept:
This is about “Hard Work.” When we put all our time and effort into something, we get invested in the outcome.

Attention getter/Warm Up’s/ Brief Movie Clip:
“Stretch Challenge”  
p.140 secondary teacher’s manual  
“Desire Time and Effort”  
p.148 elementary teacher’s manual

Visual walk-through:  
(Students interact and respond to specific questions and ideas on the metaphor)

Music Activity:  
Example: Freeze lyric on PPT Write own lyrics.  
How would the lyrics describe you?  
What style of music would it be?

Hands-on activity:  
Secondary:  
“Ring Challenge” p.149  
“Stepping Stones” p.151  
Elementary:  
“Pot of Gold” p.158  
“Tick Tock” p.159

Journal Activity:  
Draw/Reflect/Answer Questions  
See and use journal as guide and prompts

Example stories/ resources:  
Draw from personal examples, stories you personally know. These can be stories about you, a friend or family member, a famous person, a current event in the news, etc.
Key Concept:

Notes:

Example Stories:
Key Concept:
Living society’s laws and rules and doing what is expected of us, makes us stronger.

Attention getter/Warm Up’s/ Brief Movie Clip:
“The Paper And The Book”
p.156 secondary teacher’s manual
p. 170 elementary teacher’s manual

Visual walk-through:
(Students interact and respond to specific questions and ideas on the metaphor)

Music Activity:
Example: Freeze lyric on PPT Write own lyrics.
How would the lyrics describe you?
What style of music would it be?

Hands-on activity:
Secondary:
“The Weights” p.166
“The Powerlift” p.168
Elementary:
“Measure Up” p.179
“Circle Lap Sit” p.182

Journal Activity:
Draw/Reflect/Answer Questions
See and use journal as guide and prompts

Example stories/ resources:
Draw from personal examples, stories you personally know. These can be stories about you, a friend or family member, a famous person, a current event in the news, etc.
Get Plugged In

15. Parent/Care Giver
   - How much time am I spending with a parent or care giver? (If you're not spending at least 30 minutes a day then create and demand more time)
   - What is one “conflict,” “argument,” or “power struggle” that I can give up today that won’t hurt me but will help lower my parents anxiety about me?

16. Positive Friend
   - Remember: You have a “real” friend, when you are hanging out and they are doing things that help (not hurt) themselves or you.
   - What could I do to help a friend overcome peer pressure and deal with challenges at home and at school?

17. Teacher/Counselor/School Official
   - Make sure that someone at school knows the real you and what you can become with their help. Ask how they will help you reach your dreams and potential.
   - Let them know what you are willing to do and work together with them - (Identify three things you’re willing to do)

18. Positive Mentor
   - Who can I identify that has accomplished goals and dreams similar to those that I want to accomplish?
   - What are three things (qualities) about them that I respect and admire, that I would like to develop also?
   - Take a risk - if possible ask them how they can help you achieve the same thing.

19. Something that inspires or motivates you to do good
   - What motivates me to not hurt myself or others?
   - What do I do with my time that’s “fun,” gives me self respect and doesn’t get me into trouble? (How can I do more of that?)

Key Concept:

Notes:

Example Stories:
Key Concept:
Making positive connections with people. Seeking help to overcome our challenges is a strength not a weakness.

Attention getter/Warm Up’s/ Brief Movie Clip:
“Rabbit, Moose, Walrus”
p.172 secondary teacher’s manual
p. 190 elementary teacher’s manual

Visual walk-through:
(Students interact and respond to specific questions and ideas on the metaphor)

Music Activity:
Example: Freeze lyric on PPT Write own lyrics.
How would the lyrics describe you?
What style of music would it be?

Hands-on activity:
Secondary:
“Connections” p.180
“Dowels and Strings” p.182
Elementary:
“Two Heads are better than one” p.200
“Street Smarts” p.201

Journal Activity:
Draw/Reflect/Answer Questions
See and use journal as guide and prompts

Example stories/ resources:
Draw from personal examples, stories you personally know. These can be stories about you, a friend or family member, a famous person, a current event in the news, etc.
Key Concept:

Notes:

Example Stories:
Key Concept:
Having a “Vision” of their future. Take students through the series of the WhyTry ‘steps’ to increase their awareness to the issues limiting their view and opportunity for success.

Attention getter/Warm Up’s/ Brief Movie Clip:
“Perceptions - Count the F’s”
p.190 secondary teacher’s manual
p. 212 elementary teacher’s manual

Visual walk-through:
(Students interact and respond to specific questions and ideas on the metaphor)

Music Activity:
Example: Freeze lyric on PPT Write own lyrics. How would the lyrics describe you? What style of music would it be?

Hands-on activity:
Secondary:
“Mouse Traps” p.198
“Perception Board” p.200
Elementary:
“Shady Shades” p.221
“Balloon Launch” p.222

Journal Activity:
Draw/Reflect/Answer Questions
See and use journal as guide and prompts

Example stories/ resources:
Draw from personal examples, stories you personally know. These can be stories about you, a friend or family member, a famous person, a current event in the news, etc.