

PBIS lesson November week 2

- Included is a sheet with questions about improving a school.
- Discuss the idea of being a role-model and how it is important to set the bar high.
- Then have students work on thinking of ideas for improving our school.
- Turn in whatever they come up with to a member of PBIS or an administrator.

#30

School Wish List

In each of the areas below, write two ideas of what would help make your school a national model of a caring, encouraging school environment.



Relationships among students

- 1.
- 2.



Extracurricular activities

- 1.
- 2.



Student-teacher relationships

- 1.
- 2.



Administration

- 1.
- 2.



School environment/building

- 1.
- 2.



Student government/student council

- 1.
- 2.



School social functions

- 1.
- 2.



PBIS lesson November week 2

Sometime this week please talk about making a difference and optimism in the commons with your planning room. Below is a story called "The Star Fish." Please share this story with your planning rooms and discuss. There are also discussion questions below that you can use.

The Star Fish

One day an old man was walking along the beach in early morning and noticed the tide had washed thousands of starfish up on the shore. Up ahead in the distance he spotted a boy who appeared to be gathering up the starfish and one by one tossing them back into the ocean.

He approached the boy and asked him why he spent so much energy doing what seemed to be a waste of time.

The boy replied, "If these starfish are left out here like this they will bake in the sun, and by this afternoon they will all be dead."

The old man gazed out as far as he could see and responded, "But, there must be hundreds of miles of beach and thousands of starfish. You can't possibly rescue all of them. What difference is throwing a few back going to make anyway?"

The boy then held up the starfish he had in his hand and replied, "It's sure going to make a difference to this one!"

Discussion Questions

Can you make a difference by helping one person at a time?

What can you do to make a difference with another person in this room?

What are some examples of making a difference at Apollo High School? In the Commons? In the Hallways? In the classrooms? In extra-curricular activities?

PBIS Lesson November week 1

We are Plenty Thankful!



Because the Apollo community is optimistic, we want to take time to celebrate being thankful!

1. Give each student a pumpkin or leaf. Ask them to write their names very clearly on the front, and name at least one thing for which they are thankful.
2. Place the horn of plenty on the outside of your door. Arrange the leaves and pumpkins so that they appear to tumble out of the horn of plenty.

We are thankful for you!

Healthy Mind

The focus of this lesson is to recognize what is going on in your mind and to keep your mind healthy.

1. Each student needs to have a writing utensil and something to write on.
2. Tell the students to write down **EVERYTHING** that comes to their mind for 2 minutes.
3. When finished, tell the students to circle the 3 things that are the most important to them right now.
4. Ask if some of the students will share what they circled.
5. When finished, have the students pick one of the 3 things that is the most important to them.
6. When each student has one thing, have them make a plan about what they can do to help them with that **ONE** thing.

We all have things that are on our minds which keep us from focusing on our day to day life. Sometimes we need to sort out our thoughts with ourselves and sometimes we need someone to talk to others about how we are feeling. Keeping our minds “safe” will help us in our everyday lives.



PBIS Lesson September week 4

- Use the included sheet to start a discussion with your planning room about their own goals.
- You could make copies for each student, make an overhead to show the entire group, or make a large copy to talk as a group.
- Have students think about their long term goals and think of ways they can begin planning for working toward achieving them now.

PBIS Lesson September Week 4

One day an expert in time management was speaking to a group of business students and, to drive home a point, used an illustration those students will never forget.

As he stood in front of the group of high-powered over-achievers he said, "Okay, time for a quiz." Then he pulled out a one-gallon, wide mouthed Mason jar and set it on the table in front of him. Then he produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar. When the jar was filled to the top and no more rocks would fit inside, he asked, "Is the jar full?"

Everyone in the class said, "Yes." Then he said, "Really?" He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar, causing pieces of gravel to work themselves down into the spaces between the big rocks. Then he asked the group once more, "Is the jar full?"

By this time the class was on to him. "Probably not," one of them answered. "Good!" Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim. Then he looked at the class and asked, "What is the point of this illustration?"

One eager student raised his hand and said, "The point is, no matter how full your schedule is—if you try really hard you can always fit some more things in!

"No," the speaker replied, "That's not the point. The truth this illustration teaches us is this: If you don't put the big rocks in first, you'll never get them in at all."

Possible discussion questions

**What are your big rocks today?

**What are your big rocks in life?

*****David Jansen at UCLA said that only 3% of our population keeps a daily planner. They are healthy, happier and wealthier than those who don't. Find ways to organize your daily life.*****

PBIS lesson week 4

Long Term Goals: Endless Possibilities Await You

Long-term goals are goals for the future. They give you the ability to find your dreams and reach them. When it comes to long-term goals, you want to think big. You want to have big dreams. There's an old saying that states that if you shoot for the moon and miss, you still get to dance among the stars. So dream big and think big and take massive action to reach those big dreams. Anything is possible. You have the ability to do and be anything.

If you think it, you can be it.

1. If you knew you couldn't fail, what would you do in life? What kind of career would you have?
2. What would you like your spouse or partner to be like?
3. What type of house do you want to have?
4. What type of car would you like to drive?
5. What type of skills, training and education would you need in order to reach these goals and dreams?
6. What can you do today to start learning the skills you need to reach these goals and dreams?
7. How do the subjects you learn in school help you towards these skills?
8. What type of parent would you like to be?
9. What type of citizen would you like to be?
10. What type of woman or man would you like to be?

Anti-Bullying Fact sheet

PBIS January 4th, 2007 Lesson

**Please read through this fact sheet with your planning room. Use the facts as possible discussion topics. Feel free to extend this lesson into next week if need be.*

**If time, there is a "quiz" on the back. Use this opportunity to have an open discussion with your planning room about the reality of bullying.*

The offense:

- Bullying is a behavior that annoys alarms or is abusive to another person.
- Bullying can be physical, verbal, or non-verbal.
- It can take place face-to-face, on the telephone, and also on the internet.
- Threatening another person is also a form of bullying.
- Simply continuing to do something to a person when they have asked it to stop can be considered bullying.

The impact

...on victims:

- Serious impact on victims
 - Possible physical injury
 - Must overcome any emotional damage
 - Very annoying
 - Might develop low sense of self-esteem
 - Might seek more retaliation that can lead to more violence

...on the community:

- Teachers and students are more aware
- Friends and family of the victim and the bully can suffer
- Extensive bullying can lead to more serious crimes

...on the offender:

- Known as a bully or a nuisance
- Don't make strong leaders
- Harder to make friends and keep friends
- Get involved in a cycle of bullying that is hard to break
- Emotional stress
- Trouble with authorities

The Quiz

There may be more than one possible correct answer.

1. What do bullies do?
 - a. Pick on people weaker than themselves
 - b. Help the school
 - c. Tease people
 - d. Threaten people
 - e. Hit and kick people

2. What can happen to kids who are bullied?
 - a. Nothing. It usually does not bother them.
 - b. They get depressed.
 - c. They miss school
 - d. They get low self-esteem
 - e. They get angry and lonely

3. Some kids become bullies because...
 - a. They have low self-esteem and need attention
 - b. They are bullied at home
 - c. They are strong and confident
 - d. They feel powerless in part of their life and need to show their power.
 - e. They want to feel "big"

4. Which of these should a person do if he or she is being bullied?
 - a. Bring a weapon to school
 - b. Run
 - c. Ignore the bully
 - d. Tell a teacher, counselor, police, or any adult.
 - e. Challenge the bully to a fight

5. If you see a bully punching someone, which of the following would you do?
 - a. Shout "hit him harder"
 - b. Ignore the incident
 - c. Walk over and pull the victim away from the bully
 - d. Go over and punch the bully
 - e. Report the incident to a teacher

Thank you for taking this opportunity to talk with our students!!!!!!

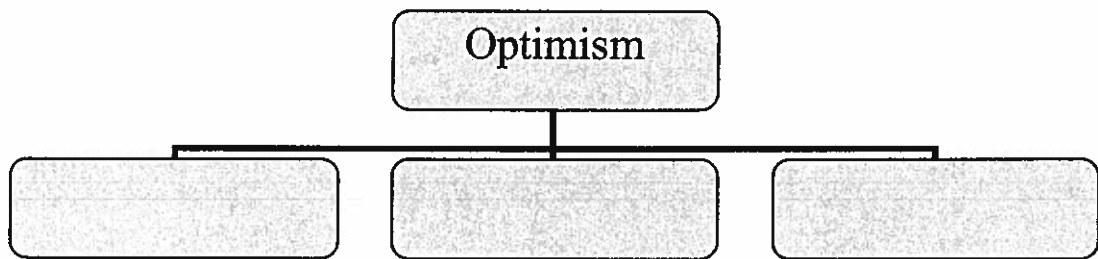


Please use this opportunity to Brainstorm what OPTIMISM means.

This could be done through:

- A mind map...
- Definitions...
- Lists on the chalkboard...
- Open discussion...
- What it looks like at Apollo...
- A role play....

*As with all SOAR lessons, please feel free to do this at your own pace. Decide what works best for your planning room. Thanks for keeping our planning rooms SOARING through the school year.

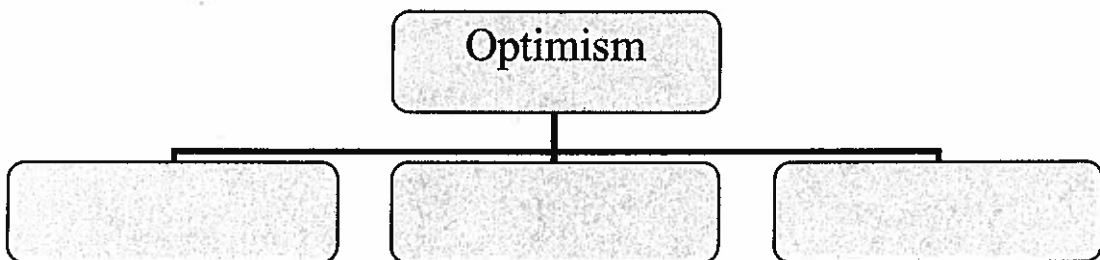


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***Please feel free to use this any way you choose in your planning room.

*You can read these questions aloud and open up a discussion.

*You can photocopy one for each student and have them fill it out.

*You can divide the class into groups and have them discuss their answers with their peers.

*Be Creative!

1. If you knew you couldn't fail, what would you do in life? What kind of career would you have?
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