

Lesson Title: Improving Soft Skills: Overcoming Shyness

Grade Level: Middle School (could be adapted for grade 9)

SEL Competency: Relationship Skills



Lesson Purpose:

Introduce students to opportunities for involvement in school activities and to encourage students to make friends within their new school.

Essential Question:

How can I get involved in activities at my new school?

Materials and Preparation

- Poster or poster sized sheets of paper
- This lesson is intended for use early in the school year.

Procedures

Activity 1

Watch video: Overcoming Shyness [featuring Glen]
[2 minutes]

Activity 2

Using your knowledge of students place in groups of 2. Students will create a short presentation on a club or activity in your school.

Either assign an activity or let each student pair choose of a club or activity that is available at your school. Give students a few minutes to read about the group or activity and find out what types of people might find it interesting.

Have each group share out about the activity they researched. Students should not read what might be on the school website, but should tell the name of the club and summarize what makes that particular activity interesting.

If time permits, have students make a poster with the name of the activity or club and the procedures for joining or person to contact for more information. Posters may be kept up on a wall for several days for all students in all classes to see.

[15-20 minutes]

Conclusion

Discussion questions:

Why is it important to get involved with a school organization?

What organization or group do you wish to join?
[3-5 minutes]