


SAMPLE SESSION PLAN
Social Emotional Learning: Determined

Someone is determined today		SEL-06
Episode	5 – Cookie is Determined 20 – Turtle is Determined 21 – Zoe is Determined 28 – Grover is Determined	
Learning area	Social Emotional Learning	
Learning focus	Determined	
Learning focus objectives	<ul style="list-style-type: none"> The children can name and describe different emotions and facial expressions or body behavior related to them. The children can explain how to manage different emotions. The children can practice different emotional management strategies. 	
Required materials	Rope or thick string (pieces 20-25 cm long for each child in the group)	
Extension activity (if time)	<p>If the session finishes quickly and you have time remaining, or if some children need an extra activity to extend their learning, you can select an activity from the bank of activities in the <i>“Facilitator’s Guide to Session Plans”</i>.</p> <p>These activities can be used as optional and/or additional activities. For example, if a child or group of children finish the prior activities ahead of time, or if you feel one of the activities is not working well, substitute it with the extension activities.</p>	

Step guidance

1. Setup the video.
2. Check the children's prior knowledge about "determination".
3. Describe the learning objectives for the session.

Script

"Children, today our Watch, Play, Learn video is about a very special emotion.

It is an emotion that helps us learn and get things done. You just need to keep trying!

It can help us get good at new skills like drawing, singing, football, or dancing.

Put your hand up if you have heard the word DETERMINATION before?"

[Allow children to raise their hands. Select one child to give a verbal example of what DETERMINATION might be. If they are struggling to describe what it means you can ask them:

"Can you think of a time when you showed determination? What were you doing?"

[Allow different children to raise their hand and answer. Alternatively, they can turn to the person sitting next to them and share their story.]

"Great. So, if I was to show determination using my body only, and no words, what poses would my body make? What kind of face might I make?"

Put your hand up and tell me what I need to do with my body and face to look determined!

[Get children to copy your poses and face showing that you are DETERMINED]

"Wow! We all look so determined to play and learn today! By the end of today's session, you will be able to show some different ways we can be determined! Ok, let's watch today's video, which is called [name video here]"

 **Play video**

 **REMEMBER**

- When you feel determined, you have a goal and have hope that you can reach that goal.
- Determination may be expressed by a face that is concentrated, focused, or pensive.

STEP 2: During the video

Time: 5 minutes

Activity

You can select a short activity from the bank of activities in the **“Facilitator’s Guide to Session Plans”** to use during the video if needed. This is optional.

If it is the first time that you are showing the video, let children watch the entire video without interruption. If the children have watched the video before, pause the video and do an activity to check children’s comprehension.

STEP 3: After the video

Time: 15 minutes

Step guidance

1. Have children relate what they saw in the video about determination to their own lives.
2. Have children practice being determined to complete a task using a piece of string and tying a knot.

Script

[Make sure you have the pile of 25cm strings in your hand for children to see, but don’t tell them yet what they are for]

“That was so interesting, don’t you think? I feel I now understand more about determination. Can someone put their hand up and tell me how Cookie showed good determination?”

[Select a child to contribute who did not contribute in step 1]

“What was Cookie’s face or body doing during the video? What made Cookie look determined? Somebody put their hand up and tell me what Cookie looked like.

[Select a second child who did not contribute in step 1 - if they are willing, see if they can stand up and act Cookie’s body language and expression for the rest of the children]

“What I liked about Cookie’s determination is that he tried hard but he failed. Did he give up? What do you think? Nod your heads if you think YES, shake your heads if you think NO”

[Shake your head NO]

“No! Cookie did not give up! He tried again and again, didn’t he? That’s because determination is to keep trying again and again until you can do it!”

[Hold up your handful of strings, start handing them out to children, one by one, start giving the instructions for the activity. Keep a piece of string for yourself]

Script

"We are going to learn how to tie a knot. We might not get it right first, but we will try again until we do. Follow my lead, copy what I do"

[Show the children how to tie a knot with your piece of string. Give them 1-2 minutes to try to tie their own knot]

"Great effort everyone, I can see some good concentration and determined knot tying. Now, with your friend next to you, see if you can use a knot to tie your strings together and make a longer piece of string."

[Pair children together. Provide support and give children 2-3 minutes to tie their strings together. Pay attention to pairs who are struggling but trying again and again]

"Children, it is time to stop tying knots. I need all eyes and ears on me. I am going to select a pair who showed good determination to tie their strings together"

[Choose a pair who tied their string together but may have a hard time doing the task. Invite that pair to contribute]

"[Child 1] and [Child 2] I saw you trying hard to tie your strings together. Did you think about stopping because it was too hard? What did you do, how did you tie your strings together?"

[Give the children a chance to describe their process. If they struggle, you can choose a second pair, or describe to the children what you saw, offering praise for their determination]

"Fantastic example! I knew we had determined children in this class! I'm so proud of you! Next time we come together, I want you to bring me a story of how you were determined at home or with your friends. Maybe it was doing a job to help your mother or father. Or maybe it was in a game with your friends. Thank you for helping us all understand determination. What a fun word and a great way to be!"

CHILD PROTECTION NOTE

The emotion "determined," serves as an important message to keep trying. When working in humanitarian settings, it is important to recognize that there are things we cannot always control or change in our environment that affect us, and that despite these circumstances we should continue to try or be "determined."