

LESSON GUIDE

Great Cup Stack Challenge

Standard: Mental and Emotional Health

Topic: Communication

Indicator: Recognize and apply effective communication skills

Objective: Demonstrate effective speaking skills

Lesson Objective: Students will develop self-advocacy skills and demonstrate effective listening skills during a teamwork activity.

WHOLE GROUP ACTIVITY

Materials:

16 plastic cups
2 rubber bands
8 ribbons

Lesson Introduction / Review [5 minutes]:

1. Class will review effective communication skills
 - Listening skills
 - Self-advocacy
 - Leadership
 - Giving directions
 - Receiving directions
 - Asking clarifying questions

New Topic Instruction [5 minutes]:

2. Introduce the teamwork activity to the class and provide directions to the task.
3. Provide students with directions to the teamwork game.
4. Divide the class into two teams and provide each team with an opportunity to explore the materials.
5. Give each group two minutes to brainstorm and develop a plan of action for the task.

Student Connection (Guided Practice / Independent Practice) [30 minutes]:

6. Students will carry out the teamwork game
 - Each team will use only the supplies provided to carry cups from one side of the room to the other.
7. Teams will work without adult assistance for the first 5 minutes. If after 5 minutes the teams are unable to develop an effective strategy, adult suggestions will be given.
8. After the task has been successfully completed additional bonus tasks will be implemented:
 - Teams will stack the cups in a tower formation.
 - Teams will stack the cups in a pyramid formation.
 - Teams will return the cups to the original location without talking.

Lesson Conclusion [15 minutes]:

9. Students will rejoin together and review teamwork strategies.
10. Review the importance of teamwork and real life situations which require teamwork.
11. Conclusion activity: Students will share their "Highs and Lows" from the previous week.

Described and Captioned Media Program

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Accommodations & Assistive Technology: All students will be given opportunity to explore the materials in advance.

Evaluation: During the lesson, when students are participating in the hands-on experience, teacher will observe usage of communication strategies. Comprehension of skills will be observed during lesson conclusion.

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