



# Planning Ahead Lesson Plan 1

## Training Objectives

- The student will learn to make a list of items needed for homework assignments.
- The student will learn to use a list to pack her backpack.

## Materials

Model Me Organization & Motivation™ DVD  
 Model Me Organization & Motivation™ CD-Rom  
 Home Instructions (send to parents)  
 Model Me Organization & Motivation™ Student Workbook

## Introduction

Print for each student and go over the Planning Ahead storyboard photos which may be found on the photo CD-Rom accompanying the video. These will be referred to as the Model Me Rules.

### Model Me Rules for Planning Ahead

- Look at List
- Get What I Need
- Check It Off

## Transition

We are going to learn about using a list to be prepared and plan ahead.

## Social Skills Activities

**Video:** Watch the Model Me Organization & Motivation™ video chapter Planning Ahead (with narration).

**Review:** Base a discussion of the video chapter on the questions below to ensure comprehension. You may need to pause and replay scenes when understanding is not complete.

Q: What did Blair use to pack her backpack at the end of the day?

A: Blair used a list to pack her backpack.

Q: What did Blair do after she packed each item in her backpack?

A: Blair checked the items off her list after she packed them.





Q: How did Camille know what books and notebooks to pack in her backpack?

A: Camille had a list that told her what items to pack in her backpack.

Q: What did Camille do after she packed each item in her backpack?

A: Camille checked the items off her list after she packed them.

Have each student fill in the What Do You Remember? worksheet. Go around the room and have each student read part or all of her answers to check comprehension of the video.

**Discuss:** Engage the students in a discussion about Planning Ahead. Focus on the following questions:

- Why should we plan ahead?

**Answer:** To stay organized. If we plan ahead, then we won't forget things like books at school or homework at home. Being prepared reduces anxiety.

- Why is it a good idea to make a list of books and notebooks to bring home from school?

**Answer:** So that nothing is forgotten.

- Why should you check items off your list as you pack them?

**Answer:** Because that way you won't forget any of the items on your list.

**Practice:** Write the mock homework assignments below at the front of the room. Have each student prepare a list of supplies she might need to perform the assignment.

**Mock Assignment 1: History.** Create a poster about Chapter 3 in your history book on Abraham Lincoln.

**List of Supplies:**  
History book  
Poster paper  
Markers

