

Grades 5 & 6 Lesson Plans

Career Education

“Career Jeopardy”

<https://jeopardylabs.com/play/middle-school-collegecareer>

Objective: learn about careers in an adult world to broaden your knowledge

NJSLS 9.2.8.CAP.2

*Play the game with another person or play alone trying to improve your score each round. Select a clue in a different category each time and determine the question the clue would answer

Career Clusters...What are they?

<https://vacareerview.org/68/>

Objective: learn about the different career clusters

NJSL 0.2.8.CAP.2

*There are 20 Career Clusters to explore. Click on and explore at least 8 of the different clusters exploring each category completely. Keep a list of careers of interest

Who R U?

<https://vacareerview.org/68/>

Objective: learn about careers that match your interests

NJSL 0.2.8.CAP.2

*Answer and click on the Career Family Survey-click Get Started without providing personal information. Click on all that apply to you in the survey to determine the survey results at the end. Click on the title of jobs at the completion of the survey that shows where your strong interests are to learn about different careers

Unusual Occupations

<https://vacareerview.org/k5/whats-that/unusual-occ>

Objective: recognize and select unusual occupations not familiar with

NJSLS 9.2.5.CAP.1

NJSLS 9.2.5.CAP.3

*Select one unusual occupation from each letter of the alphabet included and read the occupation's description

*Write down on a piece of paper each occupation title and why you would be interested or would not be interested in that job and your reasons why

Character Education

Grumpy Monkey by Suzanne Lang

Objective: how to deal with unhappy moods

NJSLS 2.1.5.EH.3

*Listen to story in the PowerPoint file labeled "Grade 5 & 6 Video Lessons"

*Answer questions on slide and follow activity on the same slide where the story is attached

What if Everybody Did That? by Ellen Javernick

Objective: understand showing respect and following rules

NJSLS 2.1.5.EH.4

*Listen to story in the PowerPoint file labeled "Grade 5 & 6 Video Lessons"

*Answer questions on slide and follow activity on the same slide where the story is attached

Spaghetti in a Hot Dog Bun by Maria Dismondy

Objective: determine favorite foods of yourself and others

*Listen to story in the PowerPoint file labeled "Grade 5 & 6 Video Lessons"

*Answer questions on slide and follow activity on the same slide where the story is attached

"Happy" by Pharrell Williams/Kid Bop

Objective: express feelings and the cause of happiness

*Listen to story in the PowerPoint file labeled "Grade 5 & 6 Video Lessons"

*Answer questions on slide and follow activity on the same slide where the story is attached

The Girl Who Never Made Mistakes by Mark Pett and Gary Rubenstein

Objective: recognize lessons learned from making mistakes

NJSLS 2.1.5.EH.3

*Listen to story in the PowerPoint file labeled "Grade 5 & 6 Video Lessons"

*Answer questions on slide and follow activity on the next slide attached



“Mindfulness Choice Board”

Objective: use strategies to address stressful situations

NJSLS 2.1.5.CHSS.3

*Read the Mindfulness Choice Board chart attached

*Answer the questions on chart and complete activities

<p>FLOWER BREATH </p> <p>Imagine that there is a beautiful flower in front of you. Look at all of the vibrant colors. Imagine how sweet the flower smells. Take a deep sniff of the flower. Let the air out of your mouth.</p>	<p>BALLOON BREATH </p> <p>Take a deep breath in and exhale through your mouth as if you are blowing up a balloon. Start to spread your hands out as if you are holding up the balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Raise your hands to the sky as you let the balloon go.</p>	<p>CUPCAKE BREATH </p> <p>It's your birthday! What type of icing and sprinkles would you like on your cupcake? Before you can take a bite, you will need to gently blow out the candle. Think of a positive wish. Breathe in through your nose and slowly breathe out. Blow out the candle and make your wish.</p>
<p>OCEAN WAVES </p> <p>Imagine that you are sitting in the sand on the beach. As you sit in peace, you watch the waves gently rise and fall. With each rising wave, breathe in the fresh salt air through your nose. With each falling wave, breathe out through your mouth.</p>	<p>RAINBOW BREATH </p> <p>Imagine a beautiful vibrant rainbow. Breathe in gently through your nose and out through your mouth imagining the color red. Breathe in again through your nose and out through your mouth imagining the color orange. Repeat this process for every color of the rainbow.</p>	<p>STAR BREATH </p> <p>Take a peaceful breath in through your nose as you trace your finger along one side of the star. Hold your breath briefly at a point and release as you guide your finger along the opposite side. Repeat this process until you have traced the entire star.</p>
<p>BUZZING BUG BREATH </p> <p>You are a buzzing bug! Spread your arms out like wings. Breathe in as you lift your arms up into the air. Hold for a brief moment. Let your arms gently fall down like flapping wings as you breathe out. On the out breath "buzz" for as long as you can.</p>	<p>BEAR BREATH </p> <p>Imagine that you are a sleeping bear hibernating for winter. You are warm, cozy, and at peace. Take a deep breath in like a snoring bear. Release that breath out as you imagine yourself hibernating in your safe cave with your family.</p>	<p>HEART BREATH </p> <p>Place your hands over your heart and close your eyes. Think of a happy place and imagine that you are there. Feel your chest rise and fall with each inhale and exhale. Find your peace.</p>

Practice all of these Mindfulness breathing techniques:

*Which one did you feel the most calm with?

*When can you use these techniques at home and at school?

ACTIVITY: Teach someone in your house one of these techniques.

ACTIVITY: Create your own mindfulness breathing technique.