

Objective

By the end of this lesson, students will be able to think of and select appropriate strategies as part of If-Then Plans for overcoming roadblocks.

Prep

Partners



Bold—Teacher’s script

Italics—Anticipated student responses

Warm-Up (5 min.)



1. Set the purpose of the lesson: **This lesson will help you create plans for getting past roadblocks.**
2. **What do you remember about roadblocks from the last lesson?** *They’re obstacles. They get in the way of your goals. They can be internal or external.*
3. **Remember, internal roadblocks are within you. External roadblocks are in your environment.**



4. **In the last lesson we met Vera, the new student at the superhero academy who has the power to affect gravity by focusing her mind. Vera’s long-term goal is to join the academy’s elite squad that goes on world-saving missions. But before she can do that, she needs to work on her short-term goal of learning to control her powers.**
5. Review Vera’s internal and external roadblocks by turning the cards on the screen.
6. Have students reflect on the Warm-Up question on their handouts. Make sure they list one internal roadblock and one external roadblock. Have volunteers tell their ideas to the class.

Video: Overcoming Roadblocks (5 min.)



7. **Roadblocks can make it hard to achieve goals. Having a plan for how you’ll address them can help you be successful in reaching your goals.**
8. **This video will introduce you to a way to overcome roadblocks called If-Then Plans. As you watch, listen for the answers to the questions on your handout.**
9. Preview the questions on the handout with students, then play the video.



10. After the video, go over the answers to the video questions by turning the cards on the screen. **An If-Then Plan is a promise you make to yourself. What are the two parts of an If-Then Plan?** *If is a cue you can react to quickly. Then is an action you can do immediately.*
11. **How can you help yourself remember your plan?** *Write it down. Post it on wall. Read it aloud a few times.*

Activity: Unlock the Power (12 min.)



12. Introduce the activity: **Vera has a special set of high-tech gloves and boots that channel her gravity-warping powers. She wants to use these to practice controlling her powers, but there are roadblocks in her way.**

Activity: Unlock the Power (cont.)



13. Here are two If-Then Plans that could help Vera overcome one of her roadblocks.
14. There isn't only one right solution—each option has pros and cons to consider. Sometimes we have to adjust our response to a roadblock if the first one doesn't work.
15. Let's look at Option A: **If I open my backpack and see I forgot to bring my gloves and boots to school, then I'll call someone in my family to bring them to me. What are the pros and cons of this If-Then Plan?** Reveal the pros and cons.
Pro: Easy. Solves the problem.
Con: Doesn't help me build better habits. My family members might get annoyed with me. They might be busy or refuse to do it. I might not notice until it's too late.
16. This plan is reactive, meaning Vera has already made the mistake and is now relying on other people to help her fix it.



17. Let's look at Option B: **When I grab my backpack to leave for school in the morning, then I will check to see if my gloves and boots are inside. What are the pros and cons of this If-Then Plan?** Reveal the pros and cons.
Pro: Prevents the problem. Helps build a habit of making sure I have everything I need before leaving. Easy to do.
Con: Might be hard if I'm running late. I might forget to check my backpack.
18. Notice how Option B is a better If-Then Plan because it's proactive and will help Vera build better habits.

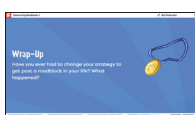


19. Now let's practice making If-Then Plans for Vera's other roadblocks.
20. Divide the class into pairs and have each pair choose one of the If statements to work on. Give students 5 minutes to develop a Then that completes the plan and identifies its pros and cons.
21. Have volunteers tell the class their ideas.
22. Remember, the best If-Then Plans are proactive and help build good habits.

Wrap-Up (3 min.)



23. After months of hard work learning to control her powers, Vera makes the squad as a junior member. Code name: Persevera! New challenges await, but she's confident she can overcome roadblocks with If-Then Plans.



24. How can having an If-Then Plan for a roadblock be helpful? Give students a moment to record their answers on their handout, then have volunteers share their ideas. *It can help you anticipate challenges and plan for them. You'll be more prepared. You're more likely to reach your goals.*



25. Good work! You've finished this lesson.