

The Princess & the Pea | Lesson Plan

What is discernment and how can it help us make good choices?

Students will learn about discernment through the story "The Princess and the Pea" and develop skills for making thoughtful and wise decisions.

Learning Objectives:

- Students will understand the meaning of discernment and its importance in decision-making.
- Students will identify instances of discernment in the story "The Princess and the Pea."
- Students will apply discernment to real-life scenarios.

Key Vocabulary:

- **Discernment:** The ability to judge well or perceive accurately.
- **Princess:** A royal female ruler or member of a royal family.
- **Pea:** A small, round, green vegetable.
- **Featherbed:** A feather-filled mattress topper designed to add softness to a mattress.
- **Delicate:** Gentle, fragile, needing careful handling.

Educational Standards: CCRA.R.1, CCRA.L.2, CCRA.R.7, CCRA.SL.1, CCRA.SL.2, CCRA.L.4

Academic Topics: America, American Values, Character Development

What You'll Need

- Video: *Otto's Tales: The Princess & the Pea* (Watch [Here](#))
- Worksheet: *Otto's Tales: The Princess & the Pea Worksheet* (Click [Here](#))
- Pictures or objects representing different concepts (e.g., healthy and unhealthy foods, safe and unsafe objects)
- Optional Extension Materials: cotton rounds/pads, beads, paper, pencils, coloring materials

Lesson Plan (45 mins.)

Warm-Up: (10 mins.)

1. Begin by introducing the concept of discernment to the students. Explain that discernment means telling the difference between things and making good choices based on our observations.
2. Show examples of different pictures or objects representing contrasting concepts (e.g., a picture of a healthy apple and a picture of a piece of cake).
3. Ask students to identify the differences between each pair of items and explain why one choice might be better. Emphasize that discernment helps us make smart decisions.
4. Engage students in a discussion about when they have had to make choices. Ask questions like:
 - How did you decide what to eat for breakfast?
 - When is it the right time to cross the street?



5. Guide students to understand how they already use discernment in their daily lives and challenge them to think about how they can use it to make wise decisions.
6. Let them know they will read a famous story about a princess who uses discernment.

Watch, Discuss, and Apply: (25 mins.)

1. Play the video *Otto's Tales: The Princess & the Pea* for the students. Emphasize the part where the princess demonstrates her sensitivity.
2. Pause at key moments to ask questions and engage the students in discussion. For example:
 - How did the queen test the princess' sensitivity?
 - Why do you think the queen wanted to test the princess?
 - Why do you think the pea bothered the princess so much?
 - Why would the princess feel the pea under all those mattresses?
 - How did the princess prove she was a true princess?
3. Guide the students to recognize instances of discernment in the story.
4. After the video, initiate an interactive discussion with the students. Ask questions to help them make connections:
 - Do you think the pea test was a good way to determine if someone was a true princess? Why or why not?
 - What qualities did the princess possess that helped her pass the test of discernment?
 - Can you think of a time when you had to use your discernment to make a decision?
 - How does the story teach us the importance of paying attention to small details?
 - How can we use discernment to make wise choices and judgments?
5. Transition to the next activity by dividing students into small groups.
6. Have students complete the *Otto's Tales: The Princess & the Pea Worksheet*.
7. Instruct students to draw and design three sensitivity tests inspired by the story. They will brainstorm within their groups and draw/plan out their designs. They can stick with mattresses and peas or come up with entirely different ideas.
8. Encourage students to discuss and collaborate as they create their designs
9. After completing the activity, have each group share their designs with the class. (See the Extension Activity below for a hands-on option.)
10. Have students write a conclusion to their investigation. Prompt their thinking by asking guiding questions:
 - How many "mattresses" did it take for you not to feel the "pea?"
 - What other materials could you have used to conduct this investigation?
 - If one test didn't work, what adjustments did you make to your next design?
- 11.

Wrap-Up: (10 mins.)

1. Review the concept of discernment with the students, emphasizing its importance in making wise choices.
2. Ask students to reflect on how they used discernment during the activity and how they can continue using it daily, just like the princess did in the story.

Extension Activity: Build a Sensitivity Test

Allow students to construct their designs. Provide materials such as cotton rounds/pads to represent mattresses and small objects like beads to represent the pea. Encourage them to place the pea under different layers of mattresses to see if they can feel it, just like the princess in the story. Encourage students to discuss and collaborate as they conduct their tests. After completing the activity, have each group share their results with the class. Have students explain how they used discernment while creating their tests.

Don't have time for the full lesson? Quick Activity (15 mins.)

Watch the video and lead a discussion about discernment with the class.