

## Objective

By the end of this lesson, students will be able to create an If-Then Plan to anticipate and get past a roadblock that could prevent them from achieving a goal.

**Key** **Bold**—Teacher’s script  
*Italics*—Anticipated student responses

## Program Themes

Academic Success, Planning Ahead, Resilience

## Prep

Partners

## Lesson Note

Have students save their written work. They’ll need it to complete the Activity in Lesson 7.

## CASEL Core Competencies

Self-Management, Responsible Decision-Making

## Warm-Up (5 min.)



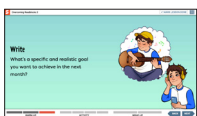
Set the purpose of today’s lesson.



Review the last lesson.

Give students time to think about the question on the screen. Then call on two or three students at random to share their responses.

Select the Review button for a summary of what was learned.



Have students write down their responses to the prompt on the screen.

## Activity (16 min.)



Review the two parts of an If-Then plan.

Select the Remember button and read the reminder aloud.



Have students write down their responses to the the question on the screen.

Select the Examples button for “If” roadblock examples.



Have students work with a partner and write down their responses to the prompts on the screen.

Select the Examples button for sample “Then” actions. Remind students that the “Then” part of the plan is an action to take in response to the roadblock—not a description of what might happen if they don’t take action when encountering that roadblock.

## Activity (cont.)



Have students write down their responses to the prompt on the screen.

Select the Example button for a sample If-Then plan.

When they're finished, call on volunteers to read one of their If-Then Plans to the class.

If there's still time, have students write an If-Then plan for their third roadblock.

## Wrap-Up (4 min.)



Have students write down their responses to the questions on the screen.

Remind students to save their written work.



Conclude the lesson by encouraging students to take action on what they learned.

Select the Sneak Peek Button to introduce the next lesson's topic.