

# COUNSELOR LESSON PLAN



**Honorees:** Food Service Workers

**Theme:** 1940s Rosie The Riveter

**Lesson Title:** Building Character Through Appreciation

**Grade Band:** K–5

**Time:** 25–30 minutes

## Lesson Objective

### Students will:

- Understand the importance of teamwork and service in supporting a community
- Recognize how food service staff help students stay healthy and ready to learn
- Reflect on how expressing appreciation builds strong character
- Write a structured appreciation note expressing gratitude clearly and respectfully

## Understanding the Role of Food Service Staff (5–7 minutes)

### Discuss together:

Food service staff:

- Prepare breakfast and lunch for students
- Follow health and safety rules when handling food
- Serve meals with care and kindness
- Keep kitchens and serving areas clean
- Help make sure students have the energy they need to learn

### Ask:

- What do food service staff do that we might not always notice?
- What might their morning look like before students arrive?
- How does having a meal help you focus in class?

### Transition:

Food service staff show service and teamwork every day. When we recognize their work, we show appreciation for the care they give our school community.

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## Teaching Moment: Leadership in the 1930s (5 minutes)

Teaching Moment: Service and Teamwork in the 1940s (5 minutes)

In the 1940s, during World War II, people worked together to support their communities. "Rosie the Riveter" became a symbol of hard work, teamwork, and service. Many people contributed in different ways to help others succeed.

Just like workers who supported their communities during that time, food service staff help support students every day by preparing meals that give students the energy they need to learn.

### Ask students:

- Why is food important for learning and growing?
- How would your school day feel if you didn't have breakfast or lunch?
- What qualities make someone a good team member who helps others?

Explain that people who serve others with care and teamwork help strengthen their entire community.

## Character Connection: Growing Through Appreciation (3–5 minutes)

### Ask students:

- What kind of person recognizes the effort of a leader?
- How does appreciation help us become more respectful and thoughtful?
- What kinds of messages would make a leader feel encouraged?

### Explain:

Showing appreciation strengthens character. It teaches us to notice the people who help guide and support our community.

### Explain:

Gratitude builds character. It teaches us to notice others, respect responsibility, and speak with sincerity.

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## Writing Activity: Appreciation Notes (12–15 minutes)

### Explain:

A meaningful appreciation note shows that you notice someone's effort and understand how their work helps others.

### Students should include:

1. Say their name

Dear \_\_\_\_,

2. Say something meaningful

What do you notice or appreciate about their work?

- You work very hard to prepare our meals.
- You are kind when serving students.
- I appreciate the care you put into your work.

3. Explain the impact

How do they make a difference?

- You help me have energy to learn.
- You make lunchtime enjoyable.
- You help students feel cared for.

4. Express appreciation clearly

- Thank you for preparing meals for our school.
- I appreciate the work you do for students.

5. Sign your name

### Encourage students:

Think about something you have noticed during breakfast or lunch that shows their care or effort.

### Comments food service staff would value:

- "Thank you for cooking for us."
- "You help us have energy to learn."
- "You are kind to students."
- "We appreciate your hard work."

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## Reflection (3–5 minutes)

### Ask:

- Why is service an important character trait?
- How does appreciation encourage people who help others?
- How does gratitude make a school community stronger?

### Close:

People who serve others help communities grow stronger. People who express appreciation recognize that effort and show respect.

## Counselor Notes

- Keep the Rosie the Riveter reference brief and focused on teamwork and service.
- Emphasize gratitude for those who support others every day.
- Encourage specific and sincere messages.



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