

COUNSELOR

Lesson Plan



Honorees: Teachers

Theme: 1980s

Lesson Title: Building Character Through Appreciation

Grade Band: K–5

Time: 25–30 minutes

Lesson Objective

Students will:

- Understand the importance of perseverance and growth in learning
- Recognize how teachers support students academically and personally
- Reflect on how expressing appreciation builds strong character
- Write a structured appreciation note expressing gratitude clearly and respectfully

Teaching Moment: Growth and Big Ideas in the 1980s (5 minutes)

The 1980s were a time when people were encouraged to think big, try new ideas, and work toward their goals. New technology and innovation helped people imagine new possibilities for the future.

Teachers play an important role in helping students grow, learn new skills, and believe in their potential.

Ask students:

- What is something you learned this year that felt difficult at first? These are repeated questions in both sections. I wouldn't ask them twice in a session.
- How did a teacher help you understand something new?
- What qualities make a good teacher?

Explain that teachers help students grow through encouragement, patience, and guidance.

Understanding the Role of a Principal (5–7 minutes)

Discuss together:

Teachers:

- Plan lessons to help students learn new skills
- Explain ideas and help students understand difficult concepts
- Encourage students when learning feels challenging
- Help students develop confidence and responsibility
- Celebrate progress and growth

Ask:

- How do teachers encourage students when something is hard?
- What makes a teacher special to you?

Transition:

Teachers help students grow academically and personally. When we express appreciation, we recognize the effort they give every day to support learning.

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

Ask students:

- What kind of person thanks someone who helps them learn?
- How does appreciation show respect for someone's time and effort?
- What kinds of messages would make a teacher feel encouraged?

Explain:

Appreciation helps us become more thoughtful and respectful. Recognizing the people who help us learn builds kindness and gratitude.

Reflection (3–5 minutes)

Ask:

- Why is it important to thank people who help us learn?
- How does appreciation encourage people to continue helping others?
- How does gratitude help build strong character?

Close:

Teachers help students grow every day. Appreciative students recognize that effort and show respect for the people who guide their learning.

Counselor Notes

- Keep the 1980s reference brief and focused on growth and perseverance.
- Emphasize the connection between encouragement and learning.
- Encourage sincere and thoughtful messages.

Writing Activity: Appreciation Notes (12–15 minutes)

Explain:

A meaningful appreciation note shows that you notice the effort someone makes to help you learn and grow. Students should include:

1. Say their name

Dear __,

2. Say something meaningful

What do you notice about their teaching?

- You are patient and kind.
- You explain things clearly.
- You encourage students to try their best.

3. Explain the impact

How do they make a difference?

- You help me understand new ideas.
- You help me feel confident when learning.
- You help students grow and succeed.

4. Express appreciation clearly

- Thank you for teaching our class.
- I appreciate the effort you give to help students learn.

5. Sign your name

Encourage students:

Think about something specific your teacher helped you learn or overcome this year.

Comments teachers would value:

- "You help me understand difficult things."
- "You encourage me to keep trying."
- "You believe in your students."
- "Thank you for helping me learn."