Counselor Name: Marybeth Rodriguez
Title of Lesson: Can do Attitude
School: Van Buskirk/Tucson Unified School District
Quarter: 1st

Audience: □ Classroom □ Small Group
Level: □ Primary (K-2) □ Intermediate (3-5)
Target Grade: ______

COUNSELING STANDARDS

ACADEMIC
1. Students will acquire attitudes, knowledge and skills that contribute to effective learning in school and across the life span. ☑
2. Students will complete school with academic preparation essential to choose from a wide range of substantial post-secondary options, including college. ☐
3. Students will understand the relationship of academics to the world of work and to life at home and in the community. ☐

CAREER
4. Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions. ☐
5. Students will employ strategies to achieve future career goals with success and satisfaction. ☑
6. Students will understand the relationships between personal qualities, education, training and the world of work. ☐

PERSONAL/SOCIAL
7. Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others. ☐
8. Students will make decisions, set goals, and take necessary action to achieve goals. ☑
9. Students will understand safety and survival skills. ☐

COUNSELING COMPETENCY(IES)
Demonstrate an understanding of the importance of practice effort and learning.

ARIZONA STANDARDS FOR:
Reading:
Writing:
Math:

MATERIALS/RESOURCES:
A tape of train music or train sounds is optional.

ACTIVITY:
Read the book to the class and discuss the Little Train's attitude. Did the Little Engine show effort and a “can-do” attitude; how did the Little Engine show these traits, could this class have a “can-do” attitude, how? Lead them to see that they can do their work, follow the rules, and get...
along with others. Next, have the class chant together out loud several times each: “I THINK I CAN, I KNOW I CAN, AND I THOUGHT I COULD”. Next, make a friendship train by forming a line of students. Tell them they are a train working hard together and going on a journey. The teacher, or a student, can lead the journey. (Make train noises if you like.) Lead students under bridges, around obstacles, through a storm, over a mountain. Keep chanting the phrases above. Discuss the activity and how to have a “can-do” attitude.

**EVALUATION:**

**Pretest/Postest:** What is a “Can do Attitude”?

How did the student change as a result of this lesson? Students will exhibit a “can-do” attitude.

**Information/Comments/Follow-up:** Mention this “can-do” attitude when something seems hard to do in class.

REVISED 11/05/03