

Guidance Lesson Home Page

Fifth Grade

“Moving On: Coping With Change/Labels & Stereotypes”

Mr. Rauschenberger



This week in your child’s classroom, our final guidance lesson focused on several topics, many of which have been covered throughout the school year. The lesson’s focus was on preparing the children for their transition into middle school. We discussed what will be different/the same at the middle school. Several short themed-activities were done.

I. LABELS AND STEREOTYPES

To further discuss this message, children were shown a short Powerpoint on the Smartboard and jotted down notes highlighting the following terms:

- ❑ Stereotypes-Generalizations we make about all members of a group without regard to individual differences.**
- ❑ Prejudice or Bias-Negative attitudes or judgments about a person based on stereotypes**
- ❑ Discrimination-Behavior that treats others less favorably because they are members of a particular group.**

We talked about the importance of “not judging a book by its cover.” We discussed what this statement means. Students then participated in a movement exercise.

II. “THE APPLE EXERCISE”

Next, students had fun participating in *“The Apple Exercise.”* The focus on this activity was to see how, while we may all appear different on the outside, we are very alike on the inside. The goal of this short activity was for children to learn to accept others for who they are. This is an important skill as the children embark on a new classroom, new teacher and make new friends next year. It is important that we do not “judge a book by it’s cover.”

For this exercise, the children were introduced to 6 apples. Again, while at the onset they all appear the same, children were given time to study each apple and to make note of any differences in texture, shape and size. Next, as a class we completed a chart on the marker board creating a short “life story for each apple.” Children had fun coming up with names for each apple, names of family members, physical characteristics of their apple and a short life story. To conclude the lesson, all apples were mixed up in a pile. Students were then asked to identify their apple based on it’s different physical characteristics (i.e. size, shape and texture). Children then had fun retelling their apple’s name, family and life story! This activity provided for a healthy discussion about stereotypes and labels.

III. “LABELS”

For “Labels,” children were given a headband with an identifying label written on it. Children were directed to walk around the room pretending they were at a party. Each labeled headband include words such as, “Athletic” “Smart” “Slow in PE” “Struggles in Math” “Popular” and “Unpopular.” Children were instructed to treat their peers according to the label on their forehead. This activity allowed for a healthy discussion afterward as to how we “judge” others unfairly at times and how damaging this negative treatment can be to one’s self-esteem. Students also

learned about stereotypes by jotting down notes from the Smartboard.

IV. "Dear Me" Letters

We concluded the lesson by returning the students' Dear Me letters that they had written to themselves back in September. Children were asked to write down their physical characteristics, as well as social, emotional and academic goals for the year. Children had fun reading and reflecting on their letters, and sharing with their classmates how they did with achieving some of their goals.

It truly has been my pleasure being your child's counselor for these past six years! Best of luck to all of our outgoing LCS Fifth Graders! I will miss all of you very much! Be sure to visit Mr. R. in the Guidance Office! Have a wonderful summer!

---Mr. Rauschenberger