



The Two Tuba Switch



Story Picture Book, Activity Bookmark & Character Toy Set

Shyness - Lesson Plan

Goals:

1. Children will learn how to cope with shyness.
2. Children will learn to empathize with other people's feelings of shyness.
3. Children will improve group cohesiveness and feel more a part of the class.

Objectives:

1. To teach that shyness is normal and common.
2. To teach what shyness is.
3. To help children identify shyness in themselves and others.
4. To teach children effective coping skills for shyness, such as self-acceptance, courage and relaxation techniques.

Target groups:

Typical peer group (class, club, daycare); people with special needs; and those in an integrated mainstream setting.

Size of a group: 10-15 children per group with one adult leader.

Age group: 5-9

Setting: Classroom

Materials:

- The Two Tuba Switch book and toy set.
- White board and marker.
- Copy of the last page of the book for each child.
- Crayons.
- Clay or Playdough, eye stickers, beads (optional - not included).



Duration: 2 lessons of 50 minutes each.

Lesson Description

This lesson plan offers a unique opportunity to deal with shyness and peer acceptance through an allegorical story and imaginative activities. This product and the corresponding lessons appeal to all children because everybody feels different or shy sometimes. Children will learn important social-emotional skills to help them identify and cope with shyness.