



Grade 7 Sample Lesson Plan: Social Emotional – Carrots, Egg, or Coffee

SOLs

- 7.3.P Promote strategies for coping with disappointment and adversity.

Objectives/Goals

- Students will describe several helpful habits when faced with adversity.
- Students will define adversity, disappointment, and resilience.
- Students will identify scenarios where they may be faced with adversity and various ways to deal with these challenges.
- Students will assess their position as it pertains to their life challenges and whether they are a 'carrot, egg, or coffee bean.'

Materials

- Handout 'Adversity: Carrot, Egg, or Coffee Bean'
- *Optional* – a carrot, an egg, and a coffee bean/cup of coffee

Procedure

Step 1

- Introduce the lesson with either the real items or pictures of the items – carrot, egg, coffee/coffee bean and ask the students: "What do these have to do with adversity or challenges?"

Step 2

- Provide each student with the handout pages on adversity and the parable of the Carrot, Egg, and Coffee Bean.
- Complete the notes with the students and share age appropriate examples.
- **DEFINE:** 1. Adversity – are hardships, challenges, or misfortunes in life. 2. Disappointment – sadness caused by the nonfulfillment of one's hopes. 3. Failure vs. Success - failure is lack of success; success is to accomplish a desired goal. 4. Resilience – the ability to adapt and grow following adversity.
- Explain to the students that when they are faced with adversity usually one of two things occur; they grow or are torn down. In order to grow, use the T.R.A.I.N. method of helpful habits when faced with adversity.

- TALK TO OTHERS: friends help ease the burden, encourage, and support you in a time of need.
- RESILIENCE: this is something that is learned and builds up over time. It's like a muscle. When trying to build muscle, it may be sore and difficult at times, however eventually it will get bigger, stronger, and easier to use.
- ACCEPT IT: challenges will happen. Know this and when they happen it will be less shocking and stressful.
- INSPIRATION FROM OTHERS: How have others faced/dealt with similar adversity? Find stories where people have been successful. Thomas Edison failed over 1,000 times before inventing the light bulb. Jay-Z wasn't signed to a record label for several years early in his career.
- NEED TO BE PREPARED: Build your mental and emotional strength. A warrior will prepare for battle; however, it doesn't make the war any less daunting. He/she will know they have a chance at success because they trained for it.
- Have the students brainstorm scenarios where a middle schooler might be faced with adversity. Give them 5-10 minutes to work on this on their own or in small groups. If they need some guidance give them broad topics like physical (sprained ankle in soccer game), mental (dyslexia), emotional (lonely), social (feeling awkward), or financial (can't afford basic needs) hardships to get them started.
- After they've finished brainstorming, students should then provide possible ways someone may deal with adversity. Have them think of both good and bad ways like asking for help and exercising daily or taking drugs and being lazy.

Step 3

- Prior to reading the story, have the students skip ahead to the question at the end: "*At this current moment in your life, which one are you? The carrot, egg, or coffee bean? Explain your answer.*" Students probably won't know how to answer this yet, however, explain that they will need to do a self-assessment after reading this parable. They should pay attention to the characteristics of each item and be able to explain themselves based on the information in this story.
- Read the story 'Carrot, Egg, or Coffee Bean' either as a class or on an individual basis.
- Once completed, have the students answer the question.

Assessment Idea

Students can turn in their answer to the question at the end of the parable 'Carrot, Egg, or Coffee Bean.' Grading should be based on individual completion of desired task, as there is no definitive correct answer.

An extension assessment to augment ELA lessons could focus on having students come up with three items to explain adversity. Students would not be rewriting the story, just replacing the carrot, egg, and coffee bean with other everyday items that have similar characteristics. They should include each item with an explanation of how they react when faced with the same type of adversity.

References

- Adams, Stacy (2019), Health and Physical Educator; Shaler Area School District, Glenshaw, PA

- Essential Life Skills: Overcoming Adversity (<https://www.essentiallifekills.net/overcoming-adversity.html>)
- HuffPost: Carrot, Egg, or Coffee: Which Are You? (<https://www.huffpost.com>) Original Work - Author Unknown

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Handout Title

Handout directions, etc.