
Three trees lesson plan

School Counselor: Stacy Hassler

Activity: advisory lesson / staff meeting

Grade(s): 6-12 / staff

ISCA Standards: PS:A2.2; PS:A2.3; PS:A2.5; PS:A2.6

Learning Objective(s) :

- I can identify and communicate about my personal experiences.

Materials :

- 3 pieces of chart paper with a basic tree drawn on each piece. Title the 3 trees: Disappointment, Worried, Celebration
- Several post-it notes and writing utensils

Procedure:

1. Hang Trees on the walls..
2. State: "I understand that all of you may have experienced a huge variety of situations, experiences, and emotions during this global pandemic, and as a consequence of the virus to help protect each other, we quickly switched to being online learners, which none of us was really prepared for. I want to take some time for you to just do a brain dump of any thoughts, experiences, or feelings you have had since the pandemic started.. We are going to do this in an activity called 3 Trees. We are going to grow and process 1 tree at a time, starting with the disappointment tree, then going to the worry tree and the celebration. I am going to pass out post-its. I want you to use as many as you need to write the disappointments you have experienced over the past few months. Right now, only think of disappointments. Grammar, spelling, and sentence structure is not important at this time. I will give you 5 minutes of silent thinking and writing time."
3. Pass out post-its. Give 5 minutes of silence.

-
4. Students cannot go up to paper at the same time. 1 student goes to 1 tree at a time OR students write on stickies and stand up when finished. If a student does not want to post their note, that is fine. Check on that student later in a private manner to see if they want to share what they wrote with you or another staff member of their choice.
 5. After the disappointment tree is done, read all of the statements. Give students time to talk / process. Notice any similarities, shared experiences.

Procedure Continued:

1. State: "The next tree we grow is the worry tree. I will give you 5 minutes of silent thinking and writing time to share any worries you have or have had over the last few months."
2. Give 5 minutes of silence then use the same process to collect, read and discuss responses.
3. State - "The third tree we grow is the celebration tree. We have been talking about negative experiences and we want to recognize that not all of you only had negative experiences. You may have had some fun, interesting, or positive things happen during this time. I will give you 5 minutes of silent thinking and writing time to share all of the good news, fun happenings, and celebrations you experienced over the last few months."
4. Give 5 minutes of silence then use the same process to collect, read and discuss responses.

Plan for Evaluation: How will each of the following be collected?

Process Data: Count number of students completed.

Perception Data: Count number able to communicate 1 experience effectively.

Outcome Data: Impact on self-report emotion level; attendance impacts.