

Potential Integration:

ELA

Health
1.MEH.1.2 Use methods of positive coping with disappointment and failure.

Materials Needed:

- Video – Handling Failure - <http://www.values.com/inspirational-stories-tv-spots/99-the-greatest>
- Coping With Disappointment and Failure Ppt
- Book – *The Blue Ribbon Day* by Katie Couric (ISBN: 0-385-50142-0)
- Handout – Your Blue Ribbon Day (copies for each student)

Focus Step:

Play the video – Handling Failure – - <http://www.values.com/inspirational-stories-tv-spots/99-the-greatest> - pause the video after the young boy swings the bat for the third strike. Ask the class how he might feel. Ask the class what he might do next? Continue the video and ask the class how they feel about this boy changing his perspective. Would it have been easy to give up and say “I am no good at baseball?” Today’s lesson is going to focus on coping with disappointment and failure.

Statement of Objectives:

By the end of this lesson, you will be able to use positive coping strategies to deal with disappointment and failure.

Teacher Input:

Show the students the two quotes on the Coping with Disappointment and Failure PPT. Share with the class who these individuals are and their great accomplishments. Ask the class to predict what might have happened if they didn’t keep trying despite their disappointments or failure. Explain that Michael Jordan didn’t make the varsity basketball team when he tried out as a freshman in high school. How might his life have been different if he had given up on basketball and not practiced and tried again? Ask how our world might be different if Thomas Edison gave up after his 1st failed experiment?

- Read the book – *The Blue Ribbon Day* to students.
- Ask the class the following processing questions after sharing the book.
Describe Carrie’s disappointment.
What were Carrie’s options - how Carrie could have responded?
- *How did Carrie handle her disappointment?*
- *What did Carrie do?*
- *How did Ellie and Carrie both manage to have blue ribbon days?*

Assessment:

Distribute copies of the handout – Your Blue Ribbon Day and ask students to think of a time when they turned a disappointment or failure into a blue-ribbon day. Ask students to write about a story - real or invented -that describes how someone turns a disappointment or failure into a success.

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Closure:

Today you learned the value of using positive coping strategies to deal with disappointment and failure. You are going to be disappointed at times and you will not be successful at everything with your first attempt; however, it is how you handle that disappointment and cope with failure that will determine your future success.

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Your Blue Ribbon Day