



# Yes, I Can!

**DATE:**

**SOCIAL SKILL OBJECTIVE:** Students will learn the importance of trying new things. Negative self-talk can cause us to be unrealistic about what we are capable of mastering. Our goal is to help the students understand they have the ability to master anything they put their minds to. Students will learn to take baby steps in their goals. Building upon small successes encourages students to try new things. Instructors will use one or more of the following activities.

**MATERIALS:** paper, markers, glue, craft sticks, sticky-back magnet roll, glue sticks, sticky-back foam shapes and letters

**BOOKS:** *Bravery Soup* by Maryann Cocca-Leffler; *Perfectly You* by Julia Taylor

**ASCA NATIONAL STANDARDS:** A:A1.1, A:A1.2, A:A1.4, A:A2.3, A:A2.4, A:B1.1, A:C1.4, A:C1.5, C:A1.4, C:A1.5, C:A1.8, C:A2.7, C:C2.1, PS:1.1, PS:A1.2, PS:A1.4, PS:A1.9, PS:A2.8, PS:B1.9, PS:B1.12

**SOCIAL TIMES:** “Positive Self-Talk?” (Make sure your self-talk is positive) Volume 2, Number 5, p. 2 by Kari Dunn Buron

**SOCIAL SKILLS EXPECTATIONS:** When discussing specific behaviors that impact relationships, ask: Who, What, Where, When, Why, and How in relation to behaviors.

**ACTIVITY 1:** Students will write “kind thoughts” or “kind words” about another student.

**ACTIVITY 2:** Students will create a “Yes, I can!” ladder with craft sticks.

**ACTIVITY 3:** Students will create a “Yes, I can!” refrigerator magnet with sticky-back foam pieces and letters and a magnet.

**ACTIVITY 4:** Students will listen to and discuss the story “Fearful Fran.”

**ACTIVITY 5:** Instructors will give students copies of and then discuss Which Step Have I Reached Today? Students will be asked about specific situations they have difficulty getting started on (math, reading, riding a bike, chores, etc.). As an additional activity, Instructors will show students how to make stairs from Legos to help them understand the importance of taking baby steps when challenging situations arise.

**GAME:** Facing Fears



#### ACTIVITY 4:

### “Fearful Fran” by Sarah Oliver

Fran did not like new things. She liked everything to stay the same.

Whenever anyone asked her to do anything new, she immediately replied, “No, thank you.” It didn’t matter what it was, even if it was something fun, she always answered the same way.

One day, her mom told her they were taking a family vacation.

“No, thank you,” she replied.

“But, Fran, don’t you want to know where we are going?”

“No, thank you,” she replied.

“But, Fran, we’re going on a cruise on the ocean. You’ll get to see dolphins!”

“No, thank you,” she replied.

Her mom sighed. “Well, Fran, we *are* going on this cruise. The whole family is going, which includes you.”

Suddenly gripped with panic, Fran looked up at her mom. “I SAID, ‘NO THANK YOU!’” she screamed, before stomping out of the room.

At dinner, her mom, dad and brother were talking excitedly about the cruise. Fran was silent, trying to tune them out while she ate her meal. She concentrated really hard on her spaghetti, but it didn’t work. She kept hearing them talk. Finally, exasperated, she stood up.

“Doesn’t anyone want to talk about *anything* else? Why is everyone so excited about this dumb cruise?”

Her younger brother looked at her, his eyes wide. “You yelled at the dinner table!”

Realizing she had broken a rule, Fran swiftly took her seat. She glanced quickly at her parents, trying to gauge their mood. Neither looked angry. They looked a little sad, though. Now she felt horrible. She had made her parents sad!

“I am sorry for yelling,” she mumbled.

“Thank you, Fran,” her dad said.

“But, honey,” her mom began, “you need to understand that we are all going on this trip. I know new things scare you, but we have a whole month to prepare. I know you can do this, Fran. You CAN!”

Fran just ate her spaghetti.

Over the next few weeks, her parents worked with her on her fear of going on the cruise. She even went to speak with someone—a really nice lady who told her that there were lots of people in the world afraid of things, but that you can learn to be brave. Fran wasn’t sure it was possible, but she did start trying to have “positive thoughts.”

She repeated over and over, “I can do this. I can do this.”

It was funny, but the more she told herself that, the more she found herself trying new things.

One day her mom came into her room and asked if she wanted to help plant some flowers in the back yard. In the past, Fran had always said “no” immediately, but this time, she stopped the words from tumbling out and thought about it for a minute.

What was there to be afraid of in the backyard? The dirt? No, she could handle that. The dog? No, she loved her dog.

She smiled up at her mom and said, “Yes, thank you. I can do that.”

Her mom grinned back at her. It was a start.

While they planted flowers in the yard, her mom cautiously brought up the cruise. Instead of yelling at her, Fran listened. It was beginning to sound like it might be kind of fun.

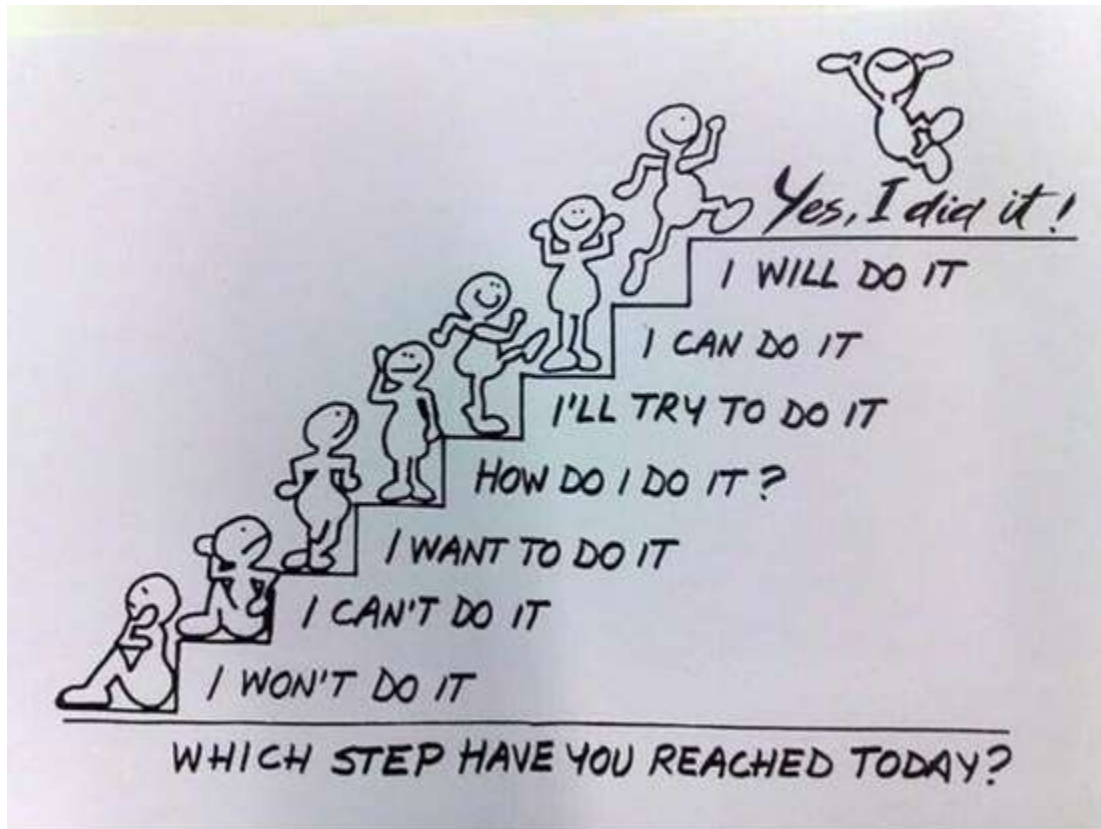
“Fran, trying new things is scary, but that’s just because you have never actually done them. Once you realize you can get through things and allow yourself to relax, you will have so much fun!”

Fran didn’t answer her mom, but she smiled. She was beginning to like this new way of thinking. *She was going on the cruise.* She would tell her mom later, but for now, it was good to just learn how to plant flowers.

Are you ever afraid of trying new things? Why do you think Fran was so fearful? Do you think she will have a good time on the cruise?

ACTIVITY 5

## Which Step Have I Reached Today?



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