

Time Out!

This lesson focuses on Respect for Others as it relates to conflict and problem-solving. Students will work in small groups to identify scenarios when a “time out” can be beneficial or even positive. Groups will then roleplay their scenarios and have others guess what they chose.

Respect Sub-Concept(s)

Self-care, Kindness

Lesson Timeframe

45 minutes

Required Materials

- Internet Access for video:
<https://www.passiton.com/inspirational-stories-tv-spots/121-timeout>
- Large Screen to view video clip.

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



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AS A RECOMMENDED PROGRAM
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See last page for details.



Lesson Objective

Students will:

- Develop interpersonal skills used in conflict resolution and teamwork.
- Persevere by expending additional effort and seeking help from others. (SEL goal under self-management)
- Recognize that listening is an important part of resolving conflict.

Teacher Connection/Self-Care

Respect for others combines a myriad of social skills and compromise with individuals that may or may not feel natural to us. Take time out of your day to mentally prepare for difficult situations. Choose to approach each situation with a positive outlook, focusing on cooperation and collaboration. Your approach to difficult situations will ultimately influence every student (and adult!) you encounter.

Tips for Diverse Learners

- Play soft music in the background to set a calm tone and not one of competitiveness.
- Enable the closed caption option during the video to help students with hearing impairments.
- Have each group write a narrative for their roleplay and identify a narrator to read the story aloud while others act.

Share

3-5 minutes

Have the students line up in two lines and face each other. Have them go down the line and show respect to each person without saying a word! They should try to do something different for each person they meet down the line. (Examples: handshake, smile, high five, thumbs up, etc.)

- *Have you ever heard the phrase, “Actions speak louder than words”? Respect for others is as much about your actions as it is about your words!*

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Inspire

Overview of Respect for Others

5 minutes

Explain that this lesson will focus on how we respect others. Our class will practice respect for others through cooperation and problem-solving. When we work together and focus on a common goal, we show kindness and demonstrate respect.

Time Out! Video

10 minutes

We are going to watch a clip and I want you to notice how the people in the clip act and the consequences of their actions. Show the Foundation for a Better Life “Time Out” video clip:

<https://www.passiton.com/inspirational-stories-tv-spots/121-timeout>

Have a discussion after viewing using the following questions:

- *How do you think the people were treating each other?*
- *Why do you think the girl decided to say something to the two people who were arguing?*
- *Why do you think the two people stopped and then apologized?*
- *Have you ever gotten really upset with someone and then realized that maybe you could have acted in a different way? What did you do?*
- *What are some other ways that we can disagree in a way that respects or shows care for the other person?*



Empower

20 minutes

Students will break up into groups of 3-4 and brainstorm one scenario in which a “time out” would be a good idea before moving forward. You may wish to brainstorm as a class first if students are struggling to feel comfortable in their groups this early in the school year. Each group will present a roleplay to demonstrate their scenario (make sure they include the “time out” in some capacity!).

- Allow each group 10 minutes to brainstorm and plan their roleplay.
- Have each group present their roleplay.
- They can announce their topic or have the class guess (teacher choice).
- Every student in the group must have a role (narrator, actor, prop, etc.).

After everyone has presented, ask the class, “How can showing respect help when you are trying to solve a problem with someone?”



Reflect

3-5 minutes

After watching the video clip, we discussed together how the characters were treating each other and what the little girl did to stop the argument. Sometimes even adults need a time out to calm down and think about how to use kind words and actions.



Extension Ideas

- Students can turn their roleplay into a written story, complete with illustrations.
- Students can create pictorial roleplay cards for future use during indoor recess or other cooperative activity times.

RAK Notebook Ideas (See RAK Notebook Project in this unit for more details):

- Draw a picture of a situation in which you wish you would have used a time out instead of reacting.
- Describe your picture below.



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The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>