

Lesson Plan Title: STUFF Can - Situations That Undermine Feeling Fantastic

Introduction:

Life's problems can seem overwhelming at times. This exercise provides an avenue to look at issues in a lighter way and to possibly allow teachers to help address these common issues in a more global way. It can be a great segue between lessons or when students need a distraction from their daily lessons. It can take a few minutes or longer depending on how much time an instructor wants to devote. Hopefully it will assist students to deal effectively with life's issues.

Objectives:

In this lesson,

- Students will learn strategies to assist in problem solving
- Teachers and students will build rapport

Materials:

- Oatmeal container or coffee can (empty)
- Felt or paper to cover container, glitter, beads or yarn to decorate

Procedure:

1. Decorate a container and write STUFF on the outside cover;
2. Have each member of the class write down something that is a problem or issue going on in life. This is **STUFF** or **Situations That Undermine Feeling Fantastic**
3. Stuff the can with the papers
4. The instructor can add situations that might need to be addressed and also might need to rewrite some of the issues to maintain confidentiality.
5. On a separate day (when students need a break from studying or a quick change of pace between topics), remind students of the STUFF can and pull out an issue two.
6. Facilitate discussion about this issue encouraging students to help each other find solutions.

Conclusion:

This is an ongoing project with no need to identify whose issue it is. Often times there are common needs for discussion among students.