Lesson for Introducing Choice/Goal Setting with C.R.O.S.S.ROADS™

'CHOICE' - The Act and/or Power of Choosing.

These plans may be used when teaching 'choice' and specifically goal setting, a form of choice. The five step C.R.O.S.S. ROADS ™ Decision-making Process also applies to problem-solving and conflict resolution as well as general decision-making. Here the concept of choice is introduced through examination of literature selections. The process is adaptable to any piece of literature appropriate for your grade level. It may then be applied to any group or individual choices and specifically goal setting as shown in the GOAL SETTING IN THE EDUCATIONAL ENVIRONMENT section.

How To Introduce Choice/Goal Setting

1. **Begin with defining 'CHOICE' and 'GOAL': Goal Definition Poster**
   Set of Goal posters - 6 designs
   "Goal - Something specific we make an effort to do."
2. **Explain there are two types of goals:**
   A. **Short term goals - ones that we can achieve quickly.**
   B. **Long term goals - ones that take a longer time**

3. **Application:**
   - **Ask learners what specific short term goals might have already been accomplished this morning/this week? i.e. getting to school, fixing my lunch, chores, etc. (Strategy Options: Minute Mania Verbal Fluency; Choice Lesson Strategies - includes activities, music, videos all levels)**
   - **What are some long term goals for this year? Examples: Learning _____ (fill in with appropriate skills for grade level); Qualifying for the school soccer team this year.; Exercising for 1 hour twice a week at the gym for the next year. (Note specifics - What, When, Where, For How Long)**
   - **Brainstorm with Goal setting Mind Maps**
   - **Whole group discussion or Pair/Share Option:**
     Topics - a) Goals each has accomplished - i.e. Handed in homework
     b) Goal they are working to accomplish - i.e. Saying my part perfectly in assembly; Earning $25 to buy a new video game

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HAVE FUN **with the example of short term goal setting in this song:**

- **Desert Pete song by the Kingston Trio - 2:43 min. - The song presents Desert Pete's problem and his choices to solve it. Desert Pete Lyrics**
- **Option: Use the Desert Pete Goal setting Worksheet to work through his situation.**

4. Vocabulary Options:

A. Elementary - Using the word, 'do' or 'choice', complete a select number of lexicon steps including finding synonyms.

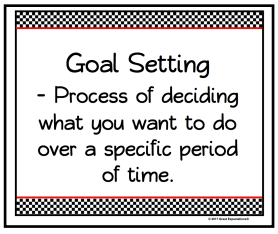
B. Lower elementary: See attached Do synonym worksheet. What do these words look like? Sound like? (Illustrate or act out)
Option: Lower Elementary Lexicon

C. All Grade Levels: Find synonyms/antonyms and/or Etymology for choice or 'goal' (dictionary links)

5. Define "Goal Setting" - "Process of deciding what you want to do over a specific period of time.

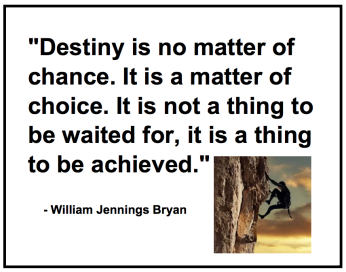
Discuss examples. i.e. - Deciding on:

a) something specific you want to achieve during the next week/year
b) a level of skill to work towards in some area
c) a change in behavior/attitude



"Destiny is no matter of chance. It is a matter of choice.
It is not a thing to be waited for, it is a thing to be achieved."

— William Jennings Bryan



Before going on to the next step review
the C.R.O.S.S. ROADS ™ Decision-making Process using these five questions.

"The C.R.O.S.S.ROADS FIVE"

Five Questions to Ask When Making A Choice

1. **What choice is being made or has already been made?**
2. **What is happening now? (only the facts)**
3. **What are the options? the consequences?**
4. **What steps are employed to make the choice happen?**
5. **What, if any, revisions/changes have been made or need to be made?**

→ * **Introduction to C.R.O.S.S.ROADS Power Point - includes goal setting links**

* **C.R.O.S.S.ROADS™ Poster**

* **C.R.O.S.S.ROADS Choice Chants, Posters, and literature - includes a variety of resources including a poem chant to help remember the five C.R.O.S.S.ROADS steps.**

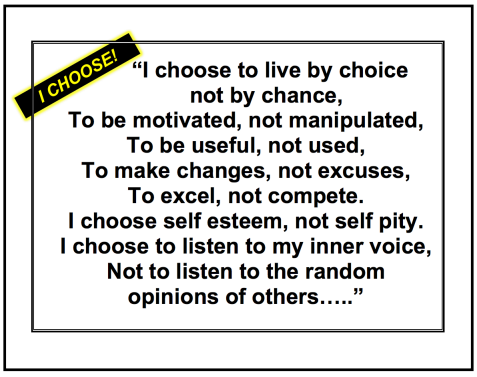
Application:

Consider these questions when processing:

a) **ANY choice being made - general decision-making, problem-solving, goal setting, or conflict resolution.**

b) **ANY selection - literature, academic text, current event, etc.**

"I choose to live by choice, not by chance,
To be motivated , not manipulated,
To be useful, not used,
To make changes, not excuses,
To excel, not compete.
I choose self-esteem, not self pity.
I choose to listen to my inner voice,
Not to listen to the random opinions of others.
Unknown

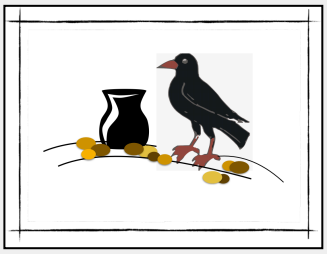


LESSON PLAN #1

Lesson Plan #1: Examine goal setting in the Aesop Fable, "The Crow and the Pitcher."

Materials:

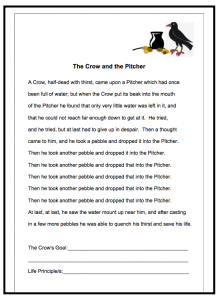
- **The Crow and the Pitcher" fable or other stories**
- **Crow and the Pitcher Picture - This picture may be used to begin a discussion before the story.**
- **Example of Crow Simplified CR Worksheet**
- **C.R.O.S.S.ROADS™ Poster**
- **Mind map for the Crow fable**
- **C.R.O.S.S.ROADS Crow PowerPoint**
- **Video: The Thirsty Crow - 2:56 min.**
- **Video: The Crow and the Pitcher - 1:33 min.**
- **Experiment with Crow and Water – 3:17 min. video of live crow getting water out of a jar using pebbles**



Note: → denotes a Power Point

Directions for Whole Group:

- **Have learners study the Crow and the Pitcher Picture and then create questions with: Who, What, When, Where, Why, How, etc. (see Six Questions Resource in Questioning Resources)**
- **Review the "The C.R.O.S.S.ROADS FIVE" questions for the analysis of choice/goal setting in the story.**
  The C.R.O.S.S.ROADS Simplified Decision-making Worksheet may be used to analyze the story.
- **Answer as many of the questions as possible looking at the picture. Let them know that the questions will be revisited after reading the story.**



The Crow and the Pitcher

A Crow, half-dead with thirst, came upon a Pitcher which had once been full of water, but when the Crow put its beak into the mouth of the Pitcher he found that only very little water was left in it, and that he could not reach far enough down to get at it. He tried, and he tried, but at last had to give up in despair. Then a thought came to him, and he took a pebble and dropped it into the Pitcher. Then he took another pebble and dropped it into the Pitcher. Then he took another pebble and dropped that into the Pitcher. Then he took another pebble and dropped that into the Pitcher. Then he took another pebble and dropped that into the Pitcher. Then he took another pebble and dropped that into the Pitcher. Then he took another pebble and dropped that into the Pitcher. At last, at last, he saw the water mount up near him, and after casting in a few more pebbles he was able to quench his thirst and save his life.

The Crow's Goal:_____

Life Principle/s:_____

- **Read the The Crow and the Pitcher" fable or watch one of the videos,**
  Video: The Thirsty Crow - 2:56 min.
  Video: The Crow and the Pitcher - 1:33 min.
- **Strategy: Stop after crow "gives up in despair (Line 5) and brainstorm options. Allow discussion using pair share strategy before whole group answer.**

Use the process shown in the C.R.O.S.S.ROADS Crow PowerPoint to work through the choice/goal of the crow. The following is a worksheet example of some of the choices the crow might have considered:

- Example of Crow Simplified CR Worksheet

  Discuss:

  1) What other options did the crow have?
  2) What are the possible consequences for the different options?

Option: Use the C.R.O.S.S.ROADS™ Simplified Goal Setting Worksheet - blank worksheet for use with any decision-making, goal setting, or problem solving. Have learners fill this out while going through the powerpoint

- Summarize the story and ask the question:

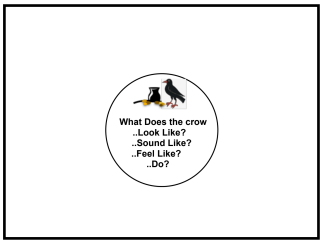
  What was _____'s choice/goal in the story?

Instructional Options

- Use the Mind map for the Crow fable - Have learners brainstorm questions about crows using the mind map. Have individuals/groups research the answers and report back to the group.

- Create a CROW information display.

  Example: What is a group of crows called?



❖ See Extended Resources on Crows - more fables and facts

Object Lesson:

- Have pitcher or glass with water and some pebbles. Demonstrate being able to raise the water level by adding the pebbles.
- Experiment with Crow and Water – 3:17 min.
  Video of live crow putting pebbles in water to raise level

LESSON PLAN #2

Lesson Plan #2: Examine choice/goal setting in the story, "The Wise Old Man and the Bird" using the C.R.O.S.S.ROADS Simplified Decision-making Worksheet

- **Select the perspective of either the Wise Old Man or the Boy when filling out the worksheet.**
- **Ask the question:**

  What was _____'s goal in the story?
- **Instructional Options:**

  1) Have learners create their own questions about the story with: Who, What, When, Where, Why, How, etc. (see *Six Questions Resources* in Questioning Resources)
  Example: Use the six question cube in small cooperative groups and share questions that are created.

  2) Summarize the main points of the story and retell it to a partner.

  3) Brainstorm other choice options with one of the Goal setting Mind Maps.

  4) Write, "The Moral of the Story is……." and "WHY?" ; Share with a partner using Minute Mania Verbal Fluency .

Vocabulary Strategies for Literature Selections:

- **Focus on the actions of the main character**

  What was said? What words might be used to describe… ?

- **Identify words and complete a select number of lexicon steps.**

  Lower Elementary Lexicon - basic form
  Lexicon Resource - 31 different word tasks
  Etymology - Use strategies to find origin of words

"We must all make the choice between what is right and what is easy."

—Professor Dumbledore

"We must all make the choice between what is right and what is easy."

--Professor Dumbledore

THE GOAL SETTING PROCESS IN THE EDUCATIONAL ENVIRONMENT

Real Life Application

After introducing goal setting, it helps to practice the process by selecting a group/class goal. The following steps are recommended:

1) **Determine a goal though brainstorming with Mind Maps. This allows everyone the opportunity to participate and take ownership.**
2) **Use the C.R.O.S.S.ROADS™ Simplified Goal Setting Worksheet to work through the goal setting- (for use with any decision-making, goal setting, conflict resolution, or problem solving)**
3) **Use the Goal Setting Planning Sheet to work through the implementation of the goal.**
4) **Use the Goal Progress Sheets to evaluate progress. (3 levels of forms)**

Step by Step Forms for Goal Setting - Complete set of forms for each step with varying levels

Model the Process Consistently with Groups and Individuals

CLASS GOAL SETTING EXAMPLES

Example #1: The goal is to line up quietly and follow hallway procedures.
Class Example of Classroom Management Problem-solving using Goal Setting - The whole class is involved in solving the problem of lining up quietly. One class who used this process came up with saying a chant, creed, etc. together as they lined up. The critical component is the whole class was involved in making the choice and the plan to achieve the goal. If the class became lax, the teacher simply asked if they wanted to revise the plan or just needed more practice. (Step 5 in the C.R.O.S.S.ROADS process)

→ **C.R.O.S.S.ROADS™ Class GS PPT 3 - works through process with EX #1**

Example #2: The goal is to be in seats when the class signal sounds.
Class Example 2

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"The secret of getting ahead is getting started."

— Mark Twain

INDIVIDUAL GOAL SETTING EXAMPLES

Example #4: Lower Elementary Goal Example:
"My goal is to learn to share."

Goal Setting Individual Example 4 Simplified CR worksheet

→ C.R.O.S.S.ROADS™ Indiv GS PPT 4 - **Works through the goal setting process step by step with 'Sharing'**

Example #5: Elementary Individual Goal Example:
"My goal is to line up quietly."

Goal Setting Individual Example 5 Simplified CR Worksheet

→ C.R.O.S.S.ROADS™ Indiv GS PPT 5 - **works through process with example**

Example #6: MS/HS Goal Example:
"I want to complete assignments and turn them in on time."

Goal Setting Individual Example Homework CR Worksheet

→ C.R.O.S.S.ROADS™ Indiv GS PPT 6 - **works through process with example**

Example #7: My goal is to show more perseverance in completing my science assignments and turning them in on time.

Goal Setting Expanded Homework CR Worksheet - **Includes options and results**

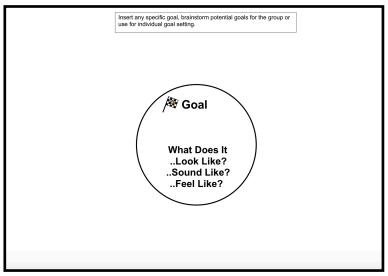
Goal Setting Simplified Homework CR Worksheet - **Abbreviated form**

Goal Setting Resources

Step by Step Forms for Goal Setting- Includes forms for:

1) **Selecting a goal**
2) **Developing a plan for achieving the goal**
3) **Evaluating progress towards achieving the goal**
4) **Tracking goal progress**

Mind Maps - Six mind maps, strategies, and other online resources



Brainstorm potential individual and/or class goals with the:

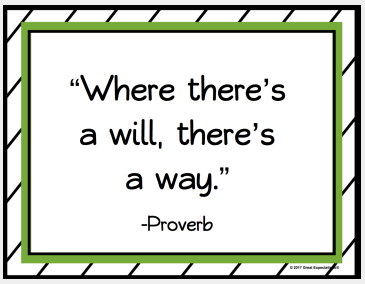
Examples:

A. **Mind Map for Brainstorming Class or Indiv Goals**

B. **Mind Map for Brainstorming School Environment Goals**

Quote Resources:

Goal Setting Quotes - 15 Quote posters, includes links to author biographies.



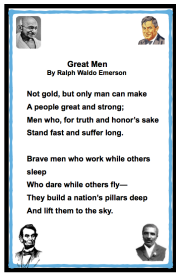
Use as a callback: Leader: "Where there's a will
Learners: "there's a way."

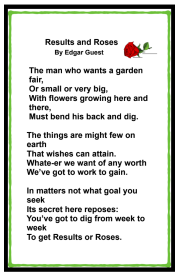
Examples and Resources:

- **"Done comes with the Doing!" - Unknown (quote poster)**
- **"Where there's a will, there's a way! - Proverb (quote poster)**
- **Quotes Lesson Plan - a lesson plan with activities to be used with any quote.**
- **Memorization Strategies - Six memorization strategies**

Goal Setting Poetry

- Poetry 1 - "Work and Play"; "Once Begun"
- Poetry 2 - "Results and Roses" by Edgar Guest; "Great Men" by Ralph Waldo Emerson
- Poetry 3 - "You Mustn't Quit" by Edgar Guest





- See The C.R.O.S.S.ROADS CHOICE DIRECTORY for more resources including examples of educator goal setting, conflict resolution, problem-solving, videos, songs, task cards, etc.

Celebrate Learning! - End all lessons with recognition of everyone's effort with one of the fun celebrations from the Celebrations List

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