

S.M.U.M.P.! Something Messed Up My Plan

Purpose

Make a SMUMP out of a pompom, googly eyes, and black felt. Display on an anchor chart the SMUMP acronym (Something Messed Up My Plan).



Psychologist Gabriele Oettingen, author of Rethinking Positive Thinking: Inside The New Science Of Motivation, found that the more positively someone thinks about their goals, the less successful they actually are. This is because the people who think only positively don't end up putting in the effort to reach their goals. So, we must consider what stands in the way of fulfilling our wishes in order to find the solution and to ultimately obtain our dreams.

Teacher Work

Play When You Wish Upon a Star as the students get set up this morning:
<https://www.youtube.com/watch?v=HKh6XxYbblc>

Begin the circle by having everyone share a wish. Start simply with that. Anything they come up with, real or farfetched, works.

"Does anyone know where the music I played this morning came from? It is from Pinocchio. At the point in the movie where the song comes in, Pinocchio wishes on that star that he will turn from a wooden puppet into a real live boy. While everyone is asleep that night, a magical fairy comes to him and grants his wish. Boom. That's it. All he had to do was say his wish into the sky and it happened. Think about it. Is this how wishing works? Think about how wishes come true. Is it by magic?"

"Today, we are going to talk about strapping on our own fairy wings and making our wishes happen ourselves, not waiting around until someone does it for us. Think about wishes you have as a student this year. What I will teach you today will work for anything, home or school, but let's stick with the classroom for now. Complete this sentence in your head, 'I wish that this year I will be able to...'. Give me a thumbs up when you have it."

After waiting just a short amount of time, share this example while slowly revealing the anchor chart. "I wish that this year I will be able to keep a clean and tidy work area. Every single year it starts off beautiful like it is now, and soon it gets piled high with student work and I stop putting things away in an organized place. At one point last year, I lost my coffee mug for a month behind the mess! Now, in order for me to be successful, I need to think of anything hurdles that would get in my way, all the *Somethings that Mess Up My Plan* to have a clean desk." Reveal your SMUMP poster. "Instead of just *wishing* I would do better, I'm going to think of SMUMPs that could get in my way."

I would then have the kids say SMUMP in a miniacal way, turning them into evil geniuses; something almost silly that they have to overcome.

"I'm going to ask myself, 'What stops me from fulfilling my wish of a clean desk? What obstacles stand in the way?' Well, I have a hard time deciding where things should go. I don't have enough drawers to put everything in. I also don't have a lot of time in my day without kids to spend organizing. When kids give me their work, I then jump into the next lesson before I have time to put it away! Also, there are lots of different things that need to find a home, like projects, and papers, and small post-its, so I need lots of different organizational tools."

If you're a clean-desk teacher, feel free to use a different example, or just pretend you're messy!



“Once you’ve thought about your SMUMPs that could get in your way of you reaching your dreams, you then have to think about what you will do when that SMUMP comes. Because it will come! And you have to be ready for it! So, for example, when my desk starts to get messy because I have run out of time during the day, I’ve decided that I am going to come in to work ten minutes earlier the next day to organize it before students come in.”

Student Work

Print out the matching activity that has them match SMUMPs to a behavior they can use to overcome it. You can also enlarge and project the matching activity to complete it as a whole group.

Closing

“Every morning on my way to work, I think of my wishes. I think about things I wish were going to happen that day and the evil SMUMPs that might mess me up! Then, I make a plan to overcome what stands in my way. You can do this too! There are going to be lots of wishes you have for yourself through the year. And, a lot of SMUMPs that might try to stop you from achieving them. I’m going to put these SMUMPs in our classroom to remind us that we will encounter them, but that we can, more importantly, overcome them.”

If you don’t want to make a SMUMP, print the painting of one found at the end of this lesson and post it in your classroom.



I have no time during my school day to organize my desk. ●

● Plan a different place in the room for big projects so only small things end up on my desk.

I don't have enough shelves and containers. ●

● Have a "now" basket where all things for that day are kept and it gets cleaned out at the end of each day.

There are different kinds of things to organize, BIG and small. ●

● Make a list of different sized containers I want and keep a look out for sales.

Other things seem more important. ●

● Plan a day on your calendar to redo your desk system.

I need things immediately. ●

● Set a timer and both students and teacher organizers their area for a minute.

I don't have a good system. ●

● Plan to get in a little bit earlier and organize my desk FIRST.





resource courtesy of *Lead Teacher*