



# Rio Grande Educational Collaborative Before and After School Program Lesson Plan

**TITLE OF LESSON:** Pass the Pulse

**DATE:**

**SITE NAME:**

**CLASS SIZE:**

**NAME(S) OF INSTRUCTOR:**

**DURATION OF LESSON:**

**CREDIT (website used):** <https://bbbpress.com/2014/06/drama-game-pass-pulse/>

**STANDARDS:** (SEL Standard) Collaboration 4A Students demonstrate communication skills

## LEARNING OBJECTIVES:

**Students will understand the following:**

- Students will be able to begin to recognize nonverbal communication signals from others.
- Students will develop relationships with peers.

## ACTIVITY:

### Instructional Sequence:

(Step by step instructions, should another instructor pick up and teach the lesson successfully)

1. Students stand in a circle, hold hands, and close their eyes.
2. The instructor begins a pulse by lightly squeezing the hand of one of their neighbors.
3. Once that person feels the "pulse," they squeezes the hand of their neighbor, and so on, and so on until the pulse returns back to the instructor. This should all happen silently.
4. Modify it by sending multiple squeezes and seeing if the correct number gets sent back.
5. Discuss what might have happened that changed the "pulse" and brainstorm ways that the group may improve their strategies for this second round.

## MATERIALS:

**The following materials or equipment needed for this lesson:**

(Include special equipment request)

- \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**SITE SUPERVISOR'S SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**INSTRUCTOR'S REFLECTION:**

**Reflection on the lesson given:**

1. How many students participated in the lesson given? \_\_\_\_\_
2. Name(s) of instructors participated. \_\_\_\_\_
3. How long did your lesson take? (Amount of time) \_\_\_\_\_
4. How did the students feel about the lesson? \_\_\_\_\_
5. Did the students like the lesson? \_\_\_\_\_
6. What part of the lesson did the students like? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. What part of the lesson did the students not like? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Were the students interested in the topic of the lesson? \_\_\_\_\_
9. Was the content of the lesson difficult for the students? \_\_\_\_\_
10. What could you have changed to make the lesson interesting? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
11. Did you have any trouble getting your lesson together? (Idea & Materials) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
12. How do you rate your lesson? (1-10) Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SITE SUPERVISOR'S REFLECTION:**

**Reflection on the instructor's lesson:**

1. How many students participated in lesson? \_\_\_\_\_
2. How many instructors participated in lesson? \_\_\_\_\_
3. Did the students enjoy the lesson? \_\_\_\_\_
4. What part did the students enjoy? \_\_\_\_\_  
\_\_\_\_\_
5. What part did the students NOT enjoy? \_\_\_\_\_  
\_\_\_\_\_
6. What could have been changed to make the lesson interesting? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. Was the content of this lesson difficult for students to understand? Why? \_\_\_\_\_  
\_\_\_\_\_
8. What part of STEAM or literacy was used? (Science, Technology, Engineering, Art, Mathematics or Literacy)  
\_\_\_\_\_  
\_\_\_\_\_
9. Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_