



Step by Step

LESSON

LEARNING & DEVELOPMENT OUTCOME

Participants will explore the connections between activities by depicting a series of actions in a logical order.

MATERIALS

First/Next/Then/Last worksheet, writing utensils

AGE ADJUSTMENTS

To make this exercise more appropriate for your audience, assign participants a specific task for them to put into a series of four related actions. The task can be related to a recent topic the group has been discussing.

Lesson Plan

Introducing the Lesson

- Ask participants to share how they tie their shoes.
 - If you have the time and resources, provide a piece of string for each participant to physically show how they tie their shoes.
- Discuss why it helps to do things in the same order and what might happen or how it may feel differently if the order was changed.
 - If you have time, have participants try to tie their shoes in a different order. For example: *if they make a loop with their right hand first, have them try with their left hand first.*



Can we do more than four actions?

"The worksheet only has space for four actions, but you can allow participants to draw more boxes on the back of the worksheet if they want to include more actions."



Experiencing the Lesson

- Hand out the worksheet and a writing utensil.
- Have each participant think of a series of four related actions that they always do in the same order.
 - For example: *brushing their teeth, getting into the car, making a sandwich, or washing their hair.*
- Then, have them depict each of the four actions in order in the corresponding boxes on their worksheet. "Depict" means they can draw, use words, or mix both.

Closing the Lesson

- Have each participant share their worksheet with the group.

After the Lesson

- Ask participants to pay attention to patterns of related actions in their everyday life.
- Consider revisiting this in a future session and having participants share what patterns of related actions they noticed and/or how it felt to try things differently.

Further Exploration

- Have participants complete the First/Next/Then/Last worksheet but not share it with anyone.
- Ask each participant to cut out the four squares from their worksheet, making sure not to include the word on the top of the square.
- Have participants get together with a partner and trade cut out squares.
- With the squares they get from their partner, have each participant arrange the actions in the order they would do them in.
- Have each participant show their partner the order they put the actions in and determine whether that was the order that was originally depicted when the worksheet was first filled out.
- Allow each participant to explain why they put it in the order they did. Make sure to remind participants that there is no right way to do it and that it is fun to learn different perspectives!



Get Creative

- Create a list of tasks that are universal to your group and/or a list of tasks your group will be able to understand and imagine. Examples of tasks can be: *doing your homework, walking the dog, making a sandwich, or washing your hair.*
- In small groups, have participants pick one task and complete one First/Next/Then/Last worksheet together.
- Then, have each small group determine how to act out each of their four actions, like in the activity charades.
 - The actions can involve multiple people/characters, or each participant can take a different one of the four actions to act out.
- End by having each group act out for the rest of the participants and have the participants guess what task they are doing.

Online

- To facilitate this lesson online, create a shared document with a template on a page for each participant to depict their four actions.
- Then use screen sharing to allow participants to share.
- As an alternative, have participants depict their four actions on a piece of paper and hold it up to the camera when it is their turn to share.





First/Next/Then/Last

Depict a series of four related actions.

*What happens first? What happens next? Then what happens?
And what happens last?*

1. First...

2. Next...

3. Then...

4. Last...

Worksheet for: Step by Step