



# My Perfect Day

**\*LESSON\***

## LEARNING & DEVELOPMENT OUTCOME

Participants will leverage relationships with peers while planning and managing goals and expectations for the future.

## MATERIALS

None

## AGE ADJUSTMENTS

This lesson is suitable for all ages.

## Lesson Plan

### Introducing the Lesson

- Ask participants to think about some things that could make them have a good day.
- Have a few participants share out ideas they came up with.
- Explain that thinking about what makes a day good can help us have more good days!

### Experiencing the Lesson

- Have everybody find a partner and sit next to them.
- Ask participants to think about the best thing that happened to them yesterday.
  - Give participants a few minutes to share with their partner. Then, ask a few participants to share out loud with the whole group.
- Next, ask participants to think about the best thing that has happened to them so far today.
  - Again, start by having them share with their partner and then ask a few participants to share with the whole group.
- Lastly, ask participants to think about one good thing they hope will happen tomorrow.
  - As before, have everyone share with their partner and then ask a few participants to share with the group.

### Closing the Lesson

- End by asking participants what they can do to increase the chances of the thing they want to happen tomorrow actually happening.

### After the Lesson

- Try to remember what participants are hoping will happen and use it as a conversation starter later to talk about their interests



What if some participants are having a bad day?

"You can either help them find the silver lining and focus on one good thing that has happened, or you can lean into the idea that its OK that not every day is a good day and focus on tomorrow being better."



## Further Exploration

- Have each participant take time to think about the best day that they have had recently.
- Let them talk about this with their partner and explain what made the day so great.
- Then, have them imagine the perfect day in the near future. Have them explore with their partner what they would want to happen in this perfect day.



## Get Creative

- Give each participant a My Perfect Day worksheet.
- Place a collection of magazines, stickers, markers, or other materials at the front of them room.
- Have participants create a collage to depict what their perfect day would include on their worksheet.
- End by having everyone share their collage and talk about their perfect day.

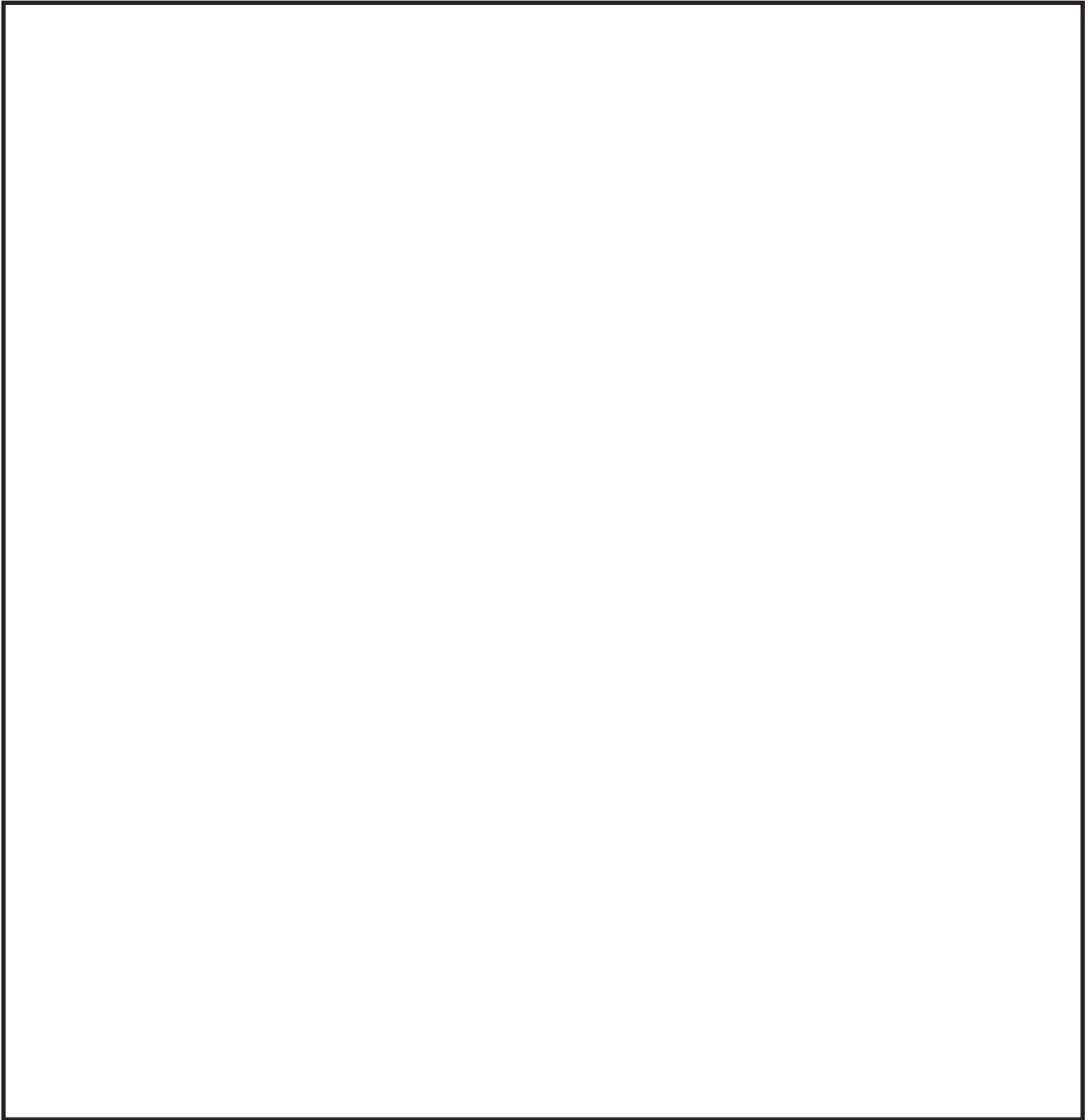
## Online

- To facilitate this lesson online, put each participant into a breakout room with a partner.
- For each round, start with a one-on-one discussion in the breakout rooms.
- Then close the breakout rooms to share out and discuss.



# My Perfect Day

Depict your perfect day in the space below!



*Worksheet for: My Perfect Day*