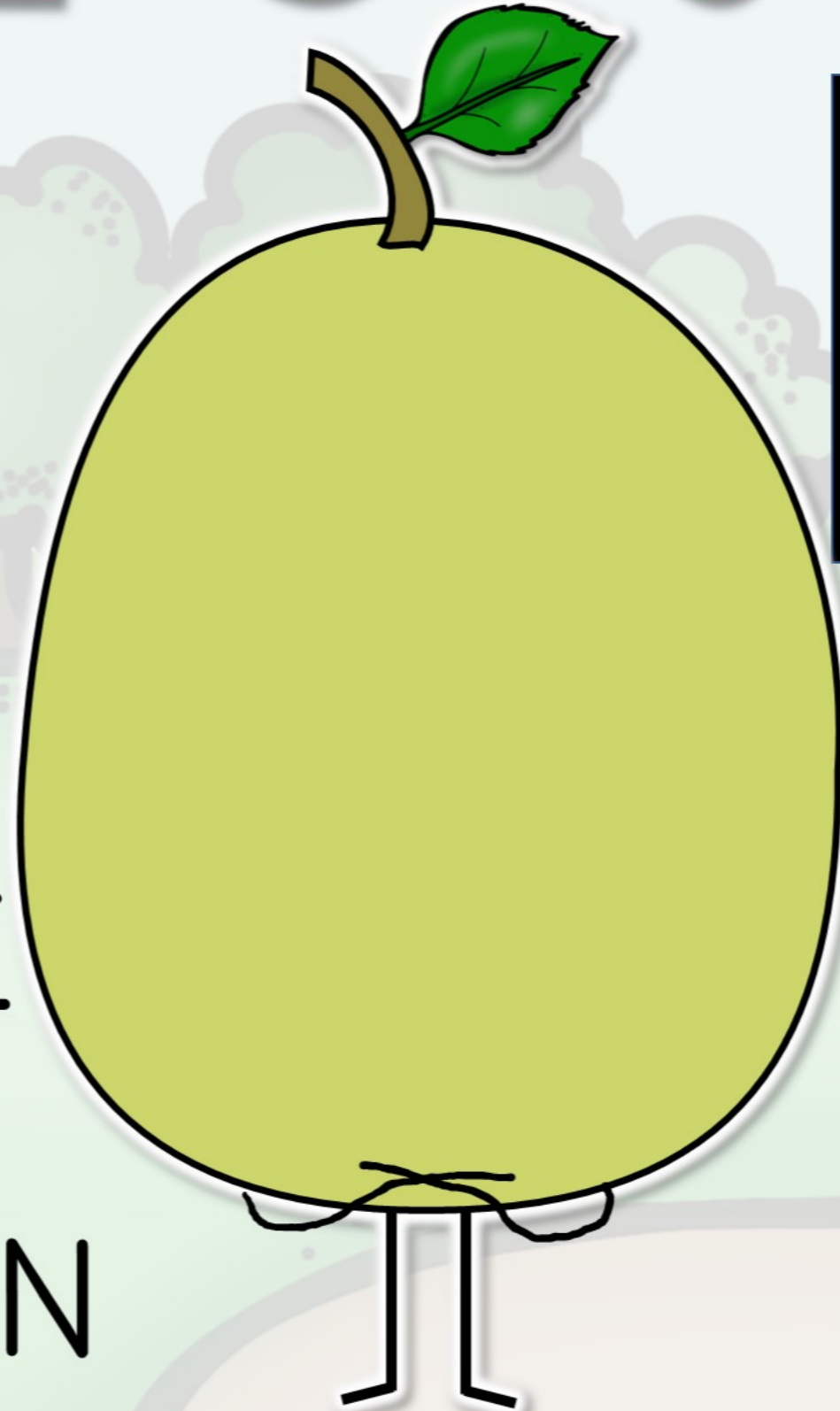


# THE SOUR GRAPE



**social emotional  
activities**

PRINTABLE  
+ DIGITAL  
COMPANION

- interactive
- engaging
- created for 2<sup>nd</sup>-5<sup>th</sup>



# notes to the counselor/teacher

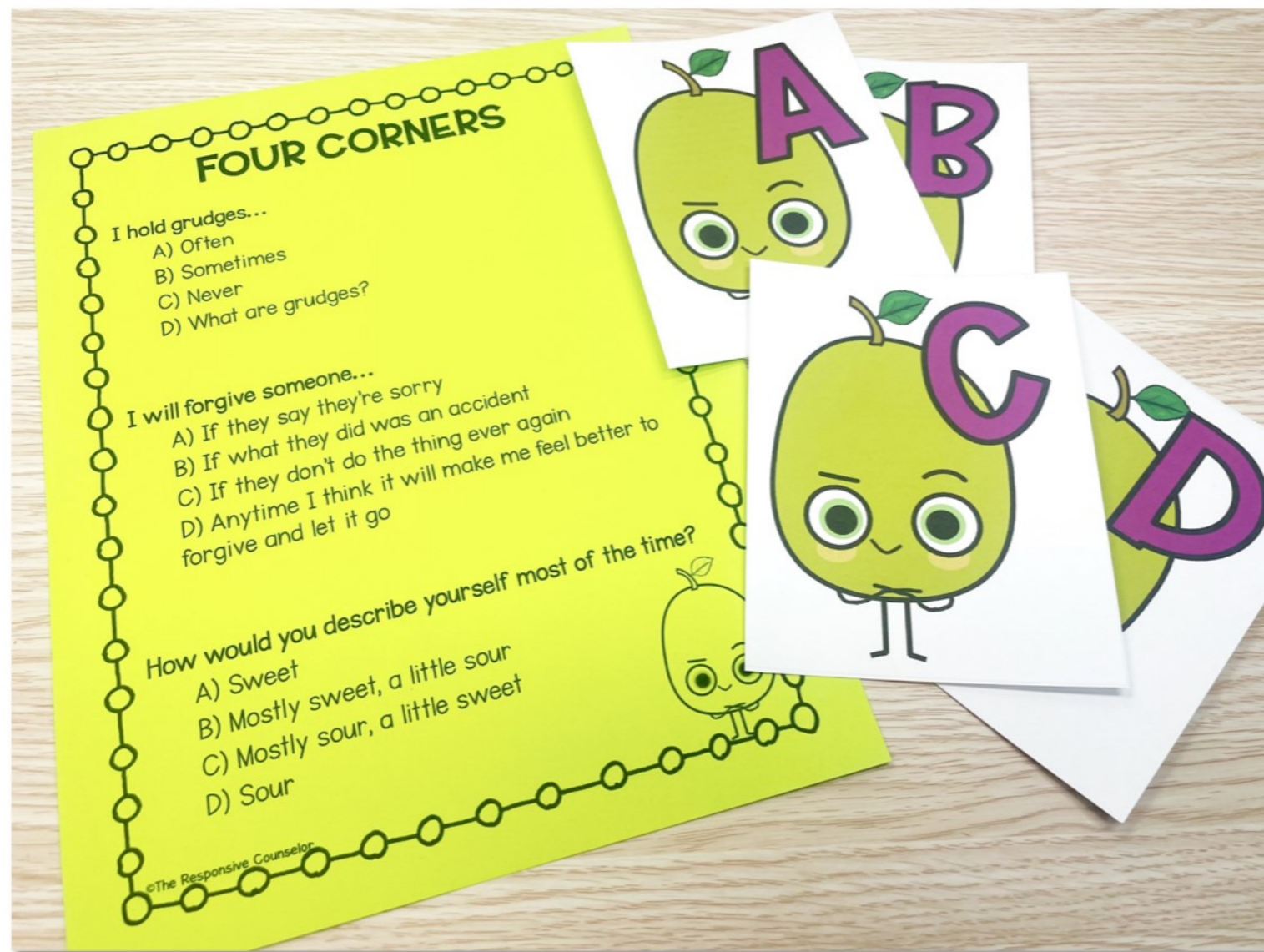
- This 30-45 minute lesson on choosing forgiveness and having a “sweet” attitude can be used separately or as part of a unit using other books in the food group series by Jory John
- It was created using these SEL research-based best practices:
  - Opportunity to apply/practice the skill
  - Cooperative learning
  - Self-reflection





# engaging + interactive

Opening hook to get students moving, activate their brains to the main ideas in the story, and begin connecting it to themselves



Mini-book grape craftivity to express their own ideas and beliefs as they relate to the story



# practice activity

- 16 question cards to process the book, self-reflect, and practice or apply the book's messages
- Use in whole group or small group (activity directions included for both)





# independent reflection

5 worksheets for students to more independently express themselves and practice a "sweet" vs. sour way of thinking

SITUATION	SOUR WAY OF LOOKING AT IT:	SWEET WAY OF LOOKING AT IT:
Your friend was in a bad mood and they said something that hurt your feelings.	<i>They are so mean and I'm never being friends with them again! I should probably say something mean back to them so they know how it feels.</i>	<i>We all have bad days sometimes. When they're in a better mood, I should tell them how their words made me feel.</i>
Your class voted on which movie to watch for a party. The one you wanted didn't win.		
Someone said they would play with you at recess on Wednesday, but on Wednesday they played with someone else.		
In PE class, someone ran into you and you fell down and they kept running.		

**RAISIN RECOMMENDATIONS**

Name: \_\_\_\_\_

The Sour Grape's grandparents (raisins!) told him to be kind, forgiving, considerate, and grapeful. In each box, write what it means to be each of those things?

What does it mean to be <b>KIND</b> ?	What does it mean to be <b>FORGIVING</b> ?
What does it mean to be <b>CONSIDERATE</b> ?	What does it mean to be <b>GRAPEFUL</b> ?

**GRAPE THINKING**

Name: \_\_\_\_\_

We talk to ourselves in our brains all day long. Sometimes we say things that make us feel *bad* and are unhelpful and sometimes we say things that make us feel *good* and are helpful. Cross off the unhelpful thoughts. Color, highlight, or circle the helpful thoughts - then write your own helpful thoughts for when you're frustrated with someone.

EVERYONE MAKES MISTAKES

Things never go how I want them to go.

I'm going to stay mad at them forever.

FORGIVENESS ISN'T JUST ABOUT THEM - IT CAN MAKE ME FEEL BETTER, TOO

They deserve revenge.

People are mean and bad and want to make me upset.

Name: \_\_\_\_\_

**What is SWEET?**

Create an acrostic poem about what it means *to you* to be sweet or how *you* are sweet by writing words or sentences that start with each of the letters below.

S  
W  
E  
E  
T

Name: \_\_\_\_\_

**GRAPEFUL ME**

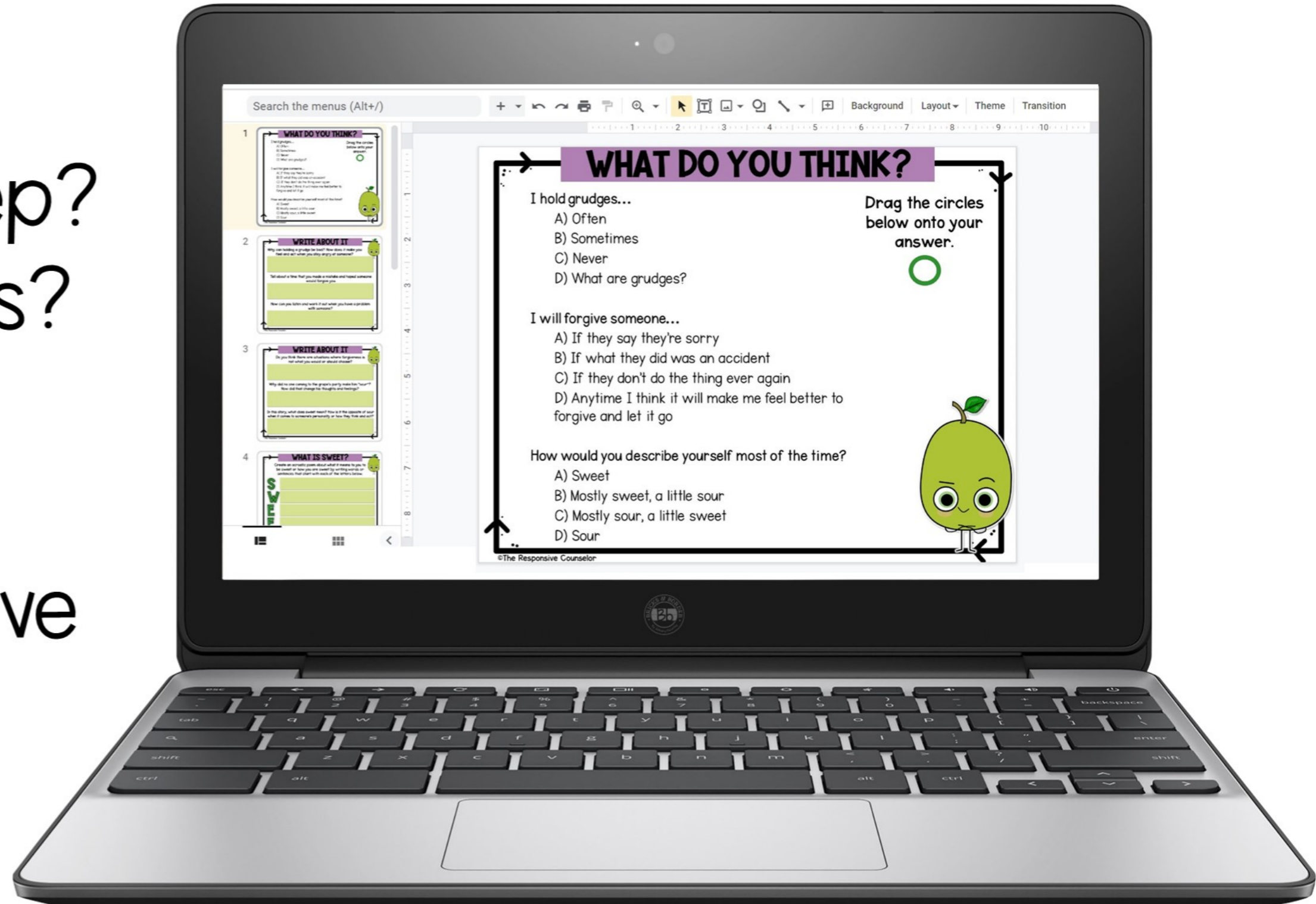
Decorate your grape to be YOU - add details to the face and add something in its hand to make it more like you. Then, write things inside the other fruits around it that you are grateful for.

(Illustrations of an apple, a lemon, a banana, and an orange are provided for decoration.)



# google slides™

- Want to go zero-prep?  
Into digital resources?
- Most activities are  
included as interactive  
Google Slides!





# written lesson plan

ASCA standards and CASEL competencies aligned

Comprehensive lesson plan including objectives, pre and post story discussion questions, and activity directions

**THE SOUR GRAPE**

OBJECTIVE(S): Students will understand and practice the beliefs associated with forgiveness vs. holding a grudge.

ADDITIONAL MATERIALS: The Sour Grape by Jory John, pencils

CASEL DOMAINS: Self-Awareness, Social Skills

OUTLINE (CONTINUED):

Read and discuss The Sour Grape (CONTINUED)

- What do you think that was like for the sour grape? What do you imagine he was thinking?
- The sour grape told us a story about being sour and then sweet again. What happened to the sour grape? And then what happened?

Students complete the craftivity by writing a story about a sour grape. Then answer the questions on the worksheet and assemble the pages with staples.

Students complete one or more of the following activities:

Discussion questions – 12 are included. Choose the most important/applicable to your students.

- Print multiple sets. Students can be assigned to read in small groups to answer the questions.
- Whole group, students read the questions and choose a card, another choose a question to answer. Continue until all questions have been answered.
- Have everyone stand in a circle in front of some paper. Read a question, then everyone stop and answer. The student who picked the question you to read. Volunteers answer.

**PICK-A-CARD**

Directions

- Place students in groups of 4. If a group of 3 is needed, combine the 'fan' and 'respond' jobs.
- Students sit in a square with a job board placed between them.
- Students complete their jobs in order:
  - Person A fans the cards out and directs "Pick a card, any card!"
  - Person B picks a card and reads it aloud.
  - Person C answers the question.
  - Person D responds to Person C's answer with "I agree because..." or "I disagree because..." or they can add on to Person C's answer.
- Put used question card in a discard pile.
- Rotate the jobs board (so everyone has a new job) and continue until all questions have been answered.



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.



## Education

B.A. from Michigan State University  
Psychology and Anthropology

M.S. from Vanderbilt University  
Community, Research, and Action

M.Ed. From Vanderbilt University  
Human Development Counseling:  
School Counseling & Mental Health

## Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!

Let's Connect:

