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# Practice Makes Progress — Lesson Plan

Grade: Pre-K–4 | Duration: 40–50 minutes | CASEL Domain: Self-Management

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**Objective:** Students will understand that skill-building requires consistent practice and that plateaus are a normal part of growth.

**Essential Question:** *"What happens between "I can't" and "I can" — and why does it take so long?"*

**Materials:** The personalized story, Simple skill materials (jump rope, origami paper, or drawing prompts), Progress tracker charts, Paper and crayons

**Vocabulary:** Practice, Progress, Plateau, Routine, Dedication, Improve, Skill, Focus, Breakthrough, Consistency

## **ANTICIPATORY SET (5 MIN)**

Ask: "Name something you can do now that you couldn't do last year." Chart responses. Ask: "How did you get better at it?" Circle the word PRACTICE.

## **DIRECT INSTRUCTION (15 MIN)**

Read aloud. Pause at the plateau — explain this is normal. Pause at the tiny improvement — celebrate it. Emphasize: practice makes PROGRESS, not perfection.

## **GUIDED PRACTICE (10 MIN)**

5-Minute Skill Challenge: try a new skill, practice, compare first and last attempts. Discuss the difference.

## **INDEPENDENT PRACTICE (10 MIN)**

Design a personal progress tracker for a real skill. Write: "My practice plan is \_\_\_\_\_ for \_\_\_\_\_ minutes each day."

## **CLOSURE (5 MIN)**

Share trackers. Commit: "This week I will practice \_\_\_\_\_ every day." Class encouragement cheer.

## **ASSESSMENT**

Observe persistence during skill challenge. Review progress trackers. Exit ticket: "What is a plateau and why shouldn't you quit during one?"

## **DIFFERENTIATION**

**Support:** Choose low-barrier skills (coloring inside lines, stacking cups). Provide pre-made tracker templates.

**Extend:** Create a "Practice Journal" tracking daily observations. Write tips for others on how to push through a plateau.

## **HOME CONNECTION**

Send home the progress tracker. Ask families to support 5 minutes of daily practice on a chosen skill.

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