



I Know What to Do! — Lesson Plan

Grade: Pre-K–2 | Duration: 40–50 minutes | CASEL Domain: Responsible Decision-Making

Objective: Students will learn and physically practice the BECOME A TREE protocol for what to do when separated from a caregiver in public.

Essential Question: *"What should you do the MOMENT you realize you're separated from your grown-up?"*

Materials: The personalized story, Practice phone number cards, Name tag props (for safe helper ID), Cones or markers for "tree" practice

Vocabulary: BECOME A TREE, Safe helper, Stay put, Full name, Phone number, Visible, Calm, Practice, Separation, Reunion

ANTICIPATORY SET (5 MIN)

Ask: "What would you do RIGHT NOW if you looked around and your grown-up was gone?" Chart responses. Then: "Let's learn the BEST plan."

DIRECT INSTRUCTION (15 MIN)

Read aloud. Pause at each safety step. PHYSICALLY practice each one as a class. Emphasize: practice NOW so your body knows what to do when your brain is scared.

GUIDED PRACTICE (10 MIN)

BECOME A TREE drill: freeze, plant, yell, walk to helper. Repeat 3 times.

INDEPENDENT PRACTICE (10 MIN)

Write parent's phone number. Practice reciting it. Write the 4-step plan.

CLOSURE (5 MIN)

Full rehearsal: "You're lost!" → TREE → name → helper → info. Celebrate: "I KNOW what to do!"

ASSESSMENT

Can the child recite parent's name and number? Can they demonstrate BECOME A TREE? Exit ticket: "What are the 4 steps?"

DIFFERENTIATION

Support: Use visual step cards. Practice in pairs. Sing the phone number.

Extend: Create a "Lost and Found" safety poster for the school. Teach the steps to a younger class.

HOME CONNECTION

CRITICAL: Send home phone number practice card. Ask families to rehearse BECOME A TREE in a real store this week.
