

# Sebastian's Roller Skates

## Lesson Plan

---

### Goals and Assets

1. Help students feel empowered and in control of things that happen to them. Per
2. Change *mud* thoughts into *clear* thoughts.
3. Help students explore and discover their SPARKS and personality temperaments.

This book focuses on the development of the Positive Identity assets. Shy Sebastian gains confidence while practicing a new physical activity: roller skating! His newly developed confidence empowers him to speak up and participate more fully in other areas of his life. This book shows how physical activity, perseverance, and hard work can bring about great leaps of confidence and skill.

Even though youth may need encouragement and practice at engaging in social interactions with adults, Sebastian's story reminds us that youth are listening, watching, and participating (even quietly) in each interaction we initiate with them. As demonstrated by the adults in the book, it is important to persevere and interact with youth at every opportunity, even when there are few outward signs of engagement. Caring adults can intentionally and purposefully build assets in youth with each interaction.

Kids who are alone tend to have few allies and are not connected to caring adults they can turn to when they need help, makes them easy targets. Bullies often look for people who appear to be timid, shy, and lack confidence. Sebastian is now an unlikely target for a bully since he has learned to stand tall and bloom with his newly formed skills.

### PATH

#### Conversation Starters

- a. **Conversation Starter for All: Optical Illusion Exercise:** Use an optical illusion picture to start the discussion. (A few examples are included or to go [eyetricks.com](http://eyetricks.com) for other ideas.) Talk about how things on the surface (or at first glance) may not be the whole story. Like these interesting pictures, we need to look deeper to find out more about ourselves or another person. Sometimes, what you see on the outside is not a true indicator of what is

---

on the inside. We need to be patient with people and build trust. Trust needs to be there in order to learn hidden things we might not verbalize.

- b. Conversation Starter for 1-3 graders: Think Positive Plan (Changing Mud Thoughts to Clear Thoughts): Try renaming a few “deficit” attributes. If one can intentionally look for, and find, the strength hidden in that attribute, the view of the person, their abilities and even the relationship can take a positive turn. Looking for strengths in others may require us to switch our thinking. When the renaming of a deficit makes you rethink or develop empathy for a person, you are on your way to strengthening the relationship and creating more asset building opportunities. Our relationships will be strengthened when we approach another person with a growth mindset about their strengths, not a judgement about their deficits.
- c. Introduce the Book (and build the background for students)
  - a. Why are children sometimes shy?
  - b. What makes people change?
  - c. Characters can act one way in the beginning of a story and change into a different kind of person at the end of the story. How does Sebastian change?
- d. Read the Book

## STRATEGIES

- e. Discussion
  - a. How would you describe Sebastian in the beginning?
  - b. Review picture pages 3 vs. 22 and compare and contrast. What kind of mud thoughts is he having? (A mud thought is a negative statement like “I’m not good at math”. It implies that the situation is permanent and unsolvable.
  - c. What do you do when you have worries or concerns?
  - d. Look at his thoughts on pages 27-32. What has happened? Clear Thoughts! There is a big change. Clear thoughts are transitory and optimistic. They focus on the positive and something that is actionable. A clear thought is, “I blew it this time. I can do better if I ask my mom to help me.”
  - e. What do you notice about the caring adults in Sebastian’s life? (They always try to engage him throughout the book.)
  - f. What do the roller skates symbolize to Sebastian?
  - g. What is a tough challenge that you would like to overcome? Have you ever tried to learn a new skill? What happened?
- f. Activities

- 
- a. I'm Awesome Because. A plain paper with leading sentence starters for students to complete. (I can...; I am...; I am learning to...)
  - b. Sebastian's Collage/Marvelous Me:: Remind the students about mud thoughts. Sometimes our thoughts can be muddy, confused, and jumbled (like from page 3 where it's a collage of newspaper words) and we can shift those into clear thoughts (pages 23, 27, 29, 31). Fold a piece of paper in half. On the first half, write or draw words (in grey) that describe their hidden thoughts. On the second half, direct them to think of clear, positive thoughts or their SPARK. Draw or write these words in color or glue colorful paper.
  - c. Mastering a Physical Activity: in the story, Sebastian decides he wants to roller skate. He has to work hard at learning his new skill. The activity is about learning a new skill. Choose one or more of the items to teach students a new skill. (Jacks, marbles, jump ropes, yo-yos, music for dancing, air guitar competition, juggling kleenex, hacky sack balls, etc.)

## ***Sebastian's Roller Skates lesson plan GRADES 4-5***

Read the book to the class.

The topic of discussion is introvert and extrovert personalities, trying to understand the differences, behaviors and needs.

The following is a summary of the topic, definitions, and ways of explaining differences between the different personalities, and an attempt at re-wording some of the ways we use to describe introverts and shy people.

### **Introvert definition**

- Someone who prefers calm, minimally stimulating environments
- Sometimes they feel drained after socializing
- Regain energy by spending time alone
- Often are quiet
- Sometimes the pressure to “come out of your shell” creates anxiety.

### **Thinking positively about introvertism:**

Quiet can be powerful.

Spending time alone can be nourishing as a good meal

Turning inwards is where their strength comes from

Enjoy quiet activities, like reading, writing, gaming, drawing

Usually chose the company of close friends over large groups

Do their best work alone

May have a rich imagination and inner world

Dive deep in thoughts and relationships

For most introverts, these misconceptions couldn't be further from the truth. Here's the truth behind the five worst stereotypes:

1. **Introverts are not necessarily socially awkward.** Just like shyness, social awkwardness is a separate trait from introversion. Many introverts can actually be quite charismatic in social situations. (In fact, introverts account for 60 percent of all lawyers, a profession that requires quite a bit of confidence speaking in front of others.)
2. **Introverts don't hate people.** An introvert's lack of chitchat is often misinterpreted. People take it as a sign that we don't like others. The truth is the opposite. Introverts often avoid small talk because we consider it to be inauthentic. We crave a more meaningful connection with the people we talk to.

3. **Introverts aren't rude.** Yes, if an introvert is completely out of social energy, we might start getting a little crabby or simply zone out. But we're not trying to be rude — and we'll be a lot more friendly if you give us some time to recharge alone.
4. **Introverts don't need be "fixed."** Being an introvert is part of who we are, and it can be a source of brilliance. We are at our best when we embrace our nature and use it as a source of strength.
5. **Introverts don't (usually) wish we were extroverted.** Sure, sometimes introverts envy an extrovert's ability to think quickly or fit naturally into a social situation. But we also take great delight in our inner world and our alone time. Introverts have many strengths that don't come naturally to extroverts, and we wouldn't trade them for the world.
6. **Being shy** means you get very nervous and self-conscious in social situations. Both introverts and extroverts can have this trait — not all natural-born extroverts run around chatting with strangers! **Being introverted** means socializing wears you out. You might not be nervous or shy at all. In fact, many introverts enjoy socializing (as long as it's meaningful!). But since it will eventually tire you out, you probably avoid extra social time when you can

Many introverts grow up feeling out of place. We live in a fast, noisy world that sees chattiness as a virtue. Many introverts worry from a young age that something is wrong with them.

*But being an introvert is a gift.*

The world has a **need** for people who go deeper, think before they act, and look at things in new ways.

The world has a **place** for people who value meaningful relationships over meaningless small talk.

And **the world is ready** for thoughtful, contemplative people who bring calm and wisdom to a room.

## **Extrovert - definition**

**1.** The first sign of an extrovert is **talkativeness**. The person would talk a lot. They wouldn't shy away from a conversation, debate or even a verbal argument. They will express their thoughts with amazing ease. They will usually not struggle for the right words nor would have any difficulty in expressing what may be difficult for some people to talk about.

**2.** The ease of talking makes extroverts **natural leaders or team players**. As they don't have any problems talking about what they feel or are thinking, they are often better articulated and understood. They can also talk to others and understand them. This makes them ready to jump in leadership roles. Some people may have great ideas but as they are unable to communicate them, they may remain in secondary roles or as members of a team instead of becoming the leader.

**3. Extroverts will have many interests.** They will never find satiation by talking about the same thing or by exploring only one discipline. They may be interested in books, films, music, politics, current affairs and technology, all at the same time. They may be equally passionate about all. Although they would not be experts in every discipline, they will gather enough knowledge that enables them to keep talking about them.

**4.** Extroverts will **always want to be around people**. Introverts tend to find comfort when they are alone or with only one person who they are very comfortable with. Extroverts will want to have as many people around as possible. They also like to be the center of attention. When extroverts are alone or isolated for a long time, they may get depressed or might be uncomfortable. They want to be in the midst of things, and more importantly amongst people.

**5.** An extrovert would never shy away from talking what he or she is feeling right now. If they are sad, they would express it, rather well. If they are happy, they would express that as well. A very treasured attribute of extroverts is that they can even **communicate complex feelings**.

**6.** Extroverts often want to do jobs or be in careers where they get **adulations**. They may be extremely hard workers but they also demand or need the accomplishments to be acknowledged by others.

**7.** Extroverts are **extremely flexible**. They have an open mind. This is not to agree with others but to understand various viewpoints. It is one way they learn new things, by

listening to others and by absorbing what they want and by discarding the information or opinions that they don't agree with.

**8.** Extroverts often **talk first and think later**. Because they are accustomed with fast and smooth talks, they often have to revisit their stand later when they actually ponder over what they had said.

### **Some differences between introverts and extroverts:**

#### ***They Recharge Differently***

Introverts tend to prefer to recharge by being alone. After a big social event they might need some time to be alone and gather their thoughts before the next round.

Extroverts tend to like social events and recharge by interacting with people and socializing.

One could easily see a situation where extroverted team members are socializing more with each other and introverted may feel left out. This can create a scary dynamic in a classroom or team where cliques form, so we need to be mindful and make sure this doesn't happen.

#### ***They Connect Differently***

Introverts like one-on-one, deep conversations, whereas extroverts seem to like group conversations. One could easily see a situation where extroverts command a lot of the attention and introverts end up feeling left out.

As a simple example, imagine if your teacher asked that everyone would eat lunch together.

In a large group of 10 or more people, I could easily see introverts quieting up or only chatting with one or two people at the lunch table, and it might come across as them being disengaged or not "into it".

As a leader, something simple you could do is more activities where you pair people in groups of one or two to work on a project. That makes it easier for introverts to connect with many people on the team.

#### ***Different Levels Of Relationships***

Introverts like forming deeper relationships. They enjoy really getting to know someone, their hobbies, interests, etc. Extroverts on the other hand, like being friends with many people but don't form as deep of a relationship.

## ***Listen Vs Speak***

Introverts listen more than they speak. They're really deep thinkers, and are not usually the loudest ones in the room.

If you're working in a group that some of the introverted members are a bit quiet, don't think that they're not paying attention or that they're not engaged. They probably have great ideas, but just need a bit of time to process. They'll be back with relevant insights if you give them the time and space they need.

Extroverts might be the loudest ones in the room, but that doesn't mean that their ideas should be taken by default.

## ***They Deal With Change Differently***

Introverts are very comfortable with their habits and their routines and might be a little more resistant to change. It may be helpful for introverts to prepare well in advance for changes and take their time to get used to new things.

## ***Different Levels Of Focus***

Introverts are deep thinkers, meaning they need to focus on what they're doing to produce good results. They like to put their headphones on and get in the zone.

They also get distracted easily, which is important for friends, classmates and teachers to understand.

There are a few things you can do to help create good working/learning environments that would suit all kinds of students:

- Create quiet areas within a classroom
- Some teachers may allow kids to put headphones on while doing a project, that can help them focus and concentrate.

## ***Introverts Are More Reserved***

One big mistake that people make with introverts is that they're shy. It's not that they're shy, it's that they're thinkers. There's a huge difference.

In fact, when an introvert trusts you and is willing to form a deeper relationship with you, they'll share more than you might expect.

Extroverts might seem more open, but they more often than not remain on the surface level. Introverts form closer connections, so you just need to make them feel comfortable opening up and they will.

## ***Extroverts Want Attention***

Extroverts need attention. They thrive on it. We need to acknowledge that teachers or adults may find it increasingly hard to make sure extroverts get the attention they need while making sure introverts have a voice.

**VALUING INTROVERTS**  
Many parents and teachers do not fully understand the unique contribution that introverts can make to society.

**SOME PERSONALITY TRAITS**

<b>Introverts</b> (not necessarily shy)	<b>Extroverts</b> (not necessarily successful)
cautious & reflective	responders
love to read	highly active
have a few close, true friends	establish multiple, fluid relationships
excellent listeners	talk more than listen
quiet in class	draw energy from people
give people energy	very sociable
like to be alone	love chatting
hate small talk	speak without thinking
say what they mean	like group work
work well one on one	easy-going
can be intense	easily distracted
concentrate well	

**Successful introverts**

- ALBERT EINSTEIN • ROSA PARKS • AL GORE • CHOPIN • MERYL STREEP • JULIA ROBERTS
- MARCEL PROUST • VIRGINIA WOOLF
- STEVEN SPIELBERG • JK ROWLING

**40%** humans & animals **60%**

• Introverts tend to be cat people • Extroverts tend to be dog people

Introverts	Extroverts*
Get energy from "down time"	Get energy from people contact
Think before speaking or acting	Think out loud
Listen more	Talk more
Speak more softly	Speak faster and louder
Are more inclined to make deep conversation	Are more inclined to make chitchat
Prefer to speak with one or two people at a time	Prefer to work the room
Wait to be approached in social situations	Initiate conversations in social situations
Are typically reserved	Are typically active and expressive
Enjoy working alone or with one person	Enjoy working in a group
Know a lot about a few topics	Know a little about a lot of topics
Are reflective and appear more calm	Are more energetic
Are more detail oriented	Prefer faster, less complicated tasks
Need more personal space	Enjoy more people contact—the more the merrier
Are more private and hesitant about self-disclosure	Are more readily open
Have a few deep interests	Have many interests

\*Also spelled "extraverts" by Carl Jung as well as the communities of the Myers-Briggs Type Indicator® (MBTI®) and other personality assessments, such as the Five-Factor Model.