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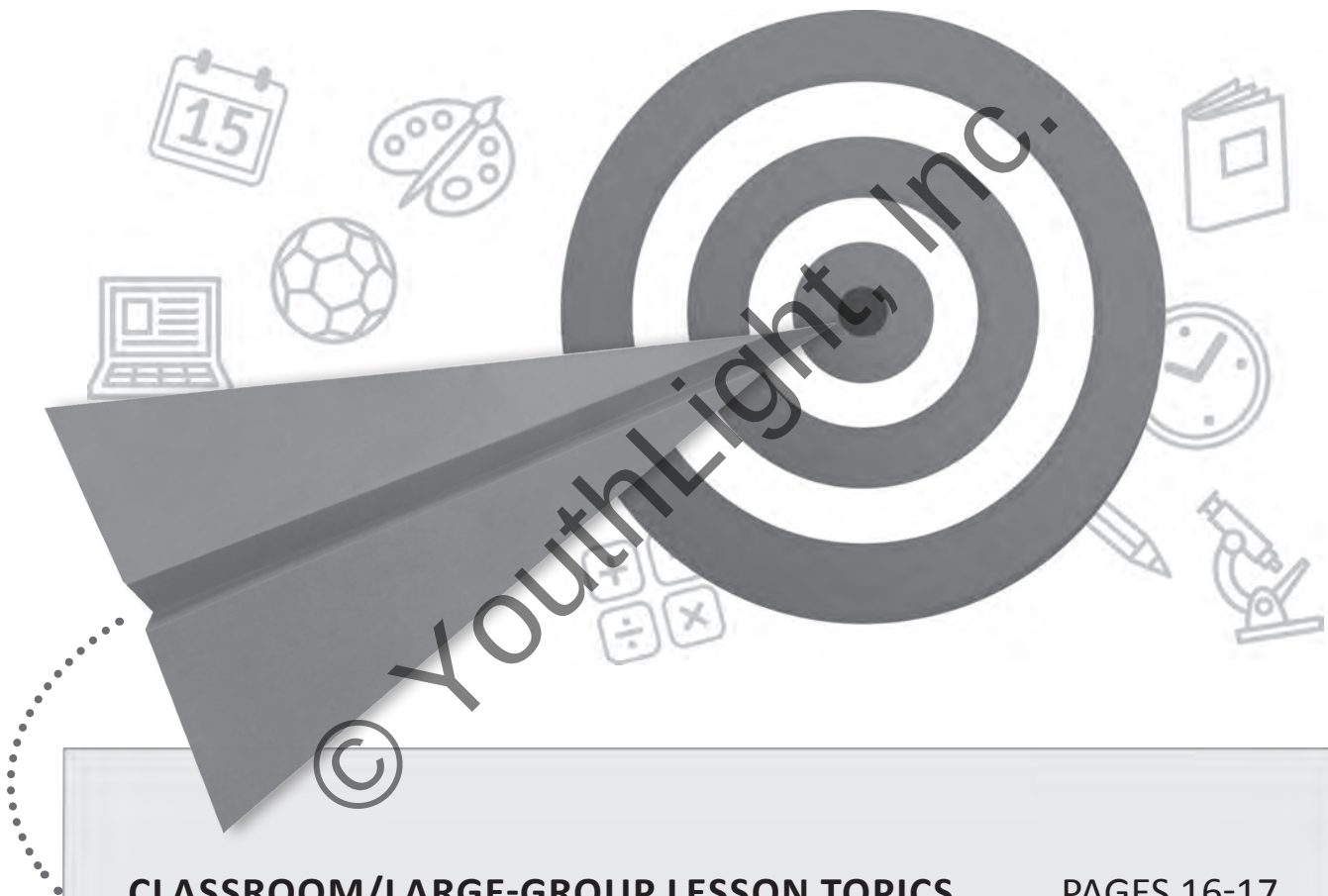
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#1 ORIGAMI STRUCTURE

Airplane

This origami structure has many variations that range from very simple to fairly complicated. In these lessons, a basic wide-model airplane that can be completed by all grade levels will be created. Folding a well-flying airplane may be difficult for some students. Encouraging these students to keep trying, even when an airplane is not flying correctly, can help teach the importance of grit (passion and perseverance).

**CLASSROOM/LARGE-GROUP LESSON TOPICS**

PAGES 16-17

Setting and Achieving Goals • Grit • Positive Support Systems

SMALL-GROUP LESSON TOPICS

PAGES 18-19

Setting and Achieving Goals • Grit • Teamwork

INDIVIDUAL COUNSELING TOPICS

PAGE 19

Positive Attitude • Making and Learning From Mistakes

MATERIALS REQUIRED FOR THE AIRPLANE LESSONS

FOR THE LEADER:

- ☐ Board to write on
- ☐ *Simple Origami Airplane Instructions* (page 20 or PDF file)
- ☐ Optional—Grades 1-4: *I Am Amelia Earhart* by Brad Meltzer for classroom/
large-group presentation
- ☐ Simple paper target for individual counseling

FOR EACH STUDENT:

- ☐ 11" x 8.5" piece of paper
- ☐ Pencil or pen
- ☐ Crayons or markers

CLASSROOM/LARGE-GROUP LESSON PROCEDURE

SETTING AND ACHIEVING GOALS • GRIT • POSITIVE SUPPORT SYSTEMS

TIME REQUIRED: APPROXIMATELY 30-45 MINUTES. This lesson can be used to teach students about goal-setting, grit, and positive support systems. Support systems refer to the people—teachers, trusted adults, friends, family, and peers—students can count on for emotional and practical support. People are more likely to achieve goals if they have supporters encouraging them to be successful.

An origami airplane is an outstanding symbol to teach students about support systems. Just as a person needs support to reach his/her goals, the wings of a plane help it to move upward and forward toward its destination (goal).

INTRODUCTION/DISCUSSION/BOOK READING:

1. Begin by telling the students that today's lesson is about goals and, to achieve your goals, you have to have a plan and a positive attitude. Emphasize that most long-term goals require patience and hard work—grit.
- 2A. **GRADES 1-4**—Optional Book Reading: *I Am Amelia Earhart* by Brad Metlzer. This book discusses the importance of Amelia's Earhart's many supporters who believed in her.

After reading the book, briefly discuss how the story relates to:

- the importance of hard work.
- the importance of having positive people in your life (support system).
- how supportive people can help you achieve your goals.

- 2B. **GRADES 5-6:** Begin the lesson by saying:

"Raise your hand if it is OK to make a mistake." Then say: "Give me a thumbs up if you think making mistakes can help you achieve goals."

Discuss the adventures of the Wright Brothers (Wilbur/Orville):

- Their first glider, built in 1900, did not produce the desired lift. However, the controls worked well and they were encouraged to try again.

- They made several more gliders, experiencing successes and setbacks.
- In 1903, the brothers made the first controlled and powered flight in an airplane.
- The two brothers believed in each other.

Ask the students:

“What would have happened if the Wright brothers quit after their first test run?”

“Would the brothers have succeeded if they did not make changes to their design?”

3. Discuss setting and achieving goals:

- Set a goal that you would love to accomplish. (Interests and motivates you—passion.)
- Create a plan of action. (The steps you will take to reach your goal.)
- Have a positive support system. (To give you advice and encouragement.)
- Stick with it! Overcome challenges and learn from your mistakes. (Persevere—have grit!)

4. Ask the students to think about people who care for and support them. (Extension: Ask the students what positive character traits their important people possess. List them on the board.)

ORIGAMI AIRPLANE STRUCTURE ACTIVITY:

1. Begin the activity by saying:

“I will show you a basic origami airplane design. You may make changes to the basic design if you want to show grit like Amelia Earhart (The Wright Brothers). Think about a goal you want to set and some people who can help you achieve your goal.”

2. Distribute a piece of paper, a pencil or pen, and crayons or markers to each student. Then have each student make a paper airplane following the *Simple Origami Airplane Instructions* on page 20. (Note: If one or more students is having difficulty creating an origami fold, the leader can allow the class helper(s) to provide assistance. See page 12 for more information regarding class helpers.)
3. Each student should then write the name or draw a picture of a person that he/she can rely on for support on each wing of the plane. This could be a parent, relative, friend, etc.
4. Allow the students time to decorate their airplanes, complimenting them as they do so.

CONCLUSION:

1. Conclude the lesson by asking the students to participate in a Turn and Talk activity:
 - Say to the class: “Who could help you achieve your goals?”
 - Tell the students to turn to a buddy and take turns answering the question. (Give the students 5-10 seconds each to respond.)
 - Call on a few students to talk about their important persons.
2. Let the students toss their airplanes. Remind them that having supportive people in their lives helps them soar like a plane upwards and forward.
3. Thank the students for their participation in the lesson and for doing a great job.

SMALL-GROUP LESSON PROCEDURE

SETTING AND ACHIEVING GOALS • GRIT • TEAMWORK

TIME REQUIRED: APPROXIMATELY 30-40 MINUTES. The counselor/leader can use the origami airplane as a fun, creative project to build teamwork in a small-group or paired setting. Possessing grit means to have the passion and perseverance to keep working toward long-term goals despite mistakes or setbacks. Paper airplanes are an excellent symbol to teach students this trait.

Throughout history people have strived to fly higher and farther than previous generations. As pilots flew further and faster, airplanes changed. Pilots and engineers have had to learn from their mistakes and successes to improve airplanes' designs. In this lesson, the examples of a pilot's determination and an engineer's passion to succeed can be related to the importance of having grit.

1. Begin the group by giving the students a goal to accomplish using their airplanes. For example, you might say:

"Students, your job is to get your airplane to fly past this line on the floor."

☺ **Quick tip:** Students can suggest changes to the goal. This helps the students to be more engaged and creates student buy-in.

2. Distribute a piece of paper, a pencil or pen, and crayons or markers to each student. Then have each student make a paper airplane following the *Simple Origami Airplane Instructions* on page 20. (Note: If the students already know this basic design, encourage them to change/enhance the basic design.)
3. Allow the students an opportunity to throw their airplanes. Measure how far each airplane flew, and have each student note how far his/her airplane flew.

☺ **Quick tip:** The students can make personalized airplane markers during a previous small-group session.

4. After the first flight trial, ask the students the following questions:

"How did you feel when another group member's airplane flew farther than yours?"

"What changes could you make to your airplane's design to make it fly farther?"

5. Encourage the students to make changes to the basic design. Students can make their own revisions or the counselor/leader can ask the student whose plane flew the furthest to teach the other group members how to fold his/her design.
6. Let the students throw their planes again. Continue this process until the students get close to or surpass the group's goal (e.g., pass the line on the floor).

☺ **Quick tip:** Grit: Encourage the students to keep working on the task even if they get frustrated.

☺ **Quick tip:** Teamwork: Students may reach the goal with less throws if they help each other improve their airplanes' designs. If this happens, remind the students that, by working together as a team, they reached the group's goal more quickly.)

7. Allow the students time to decorate their airplanes.
8. Conclude the lesson by asking the students what they learned. Then quickly review the goal-setting progress:
 - Set a goal that you would love to accomplish. (Interests and motivates you—passion.)
 - Create a plan of action. (The steps you will take to reach your goal.)
 - Have a positive support system. (To give you advice and encouragement.)
 - Stick with it! Overcome challenges and learn from your mistakes. (Persevere—have grit!)
9. Thank the students for their participation in the group and for doing a great job.

INDIVIDUAL COUNSELING PROCEDURE

POSITIVE ATTITUDE • MAKING AND LEARNING FROM MISTAKES

TIME REQUIRED: APPROXIMATELY 30-40 MINUTES. The origami airplane is a great structure to help students understand the importance of grit and rising to the top or above criticism. This is also a great structure to reinforce to students that mistakes are OK and essential to learning.

1. Read an inspirational quote related to grit such as:

“Rise above the storm and you will find the sunshine.” ~ Mario Fernandez

“Don’t run with the crowd; fly with the stars.” ~ Matshona Dhliwayo
2. Ask the student what this quote means to him/her and write his/her response on the board. Relate the importance of grit to your discussion of the quote.
3. Give the student the necessary materials, then help him/her make an origami airplane using the instructions on page 20. (This is a great way to build a relationship and rapport with the student.)
4. Place a target on the wall. Have the student stand fairly close to the target. Tell the student that his/her goal is to hit the target three times with the paper airplane.
5. After the student hits the target, congratulate him/her. Then ask the student to move back from the original point and try again to hit the target three times.
6. Repeat this procedure until the student has difficulty hitting the target consistently. Then encourage the student to make adjustments to the airplane’s design or his/her throwing motion. Tell the student to keep trying. Remind the student that mistakes are OK and essential for learning. If the student gets frustrated, help him/her change his/her negative self-talk into positive self-talk.
7. Conclude the session by congratulating the student for working hard and for learning from his/her mistakes.

Simple Origami Airplane Instructions

