

Lesson Plan: Chapter 4 - The Fist Bump Boost™

Learning Objectives:

- Students will explore the concept of positive reinforcement.
- Students will discuss the importance of celebrating small achievements.
- Students will engage in activities that promote positive reinforcement and confidence-building.



Activities:

Boosting Confidence:

- Discuss how Malik uses the 'Fist-Bump Boost' to overcome nervousness. How does positive reinforcement boost his confidence?
- Explore the importance of celebrating even the smallest accomplishments.

Positive Reinforcement in Action:

- Share personal experiences or examples of positive reinforcement in daily life.
- Discuss how positive reinforcement can impact one's confidence and motivation.

Your Fist-Bump Habit:

- Encourage students to create their own positive reinforcement habits.
- Incorporate a fun activity where students can celebrate and boost each other's confidence with fist bumps.