

# The Seven Habits of Highly Effective Teenagers Lesson Plan

## Synergize – Lesson Plan

Here is the lesson plan for Habit 6's advisory activity. Please read over the lesson plan ahead of time.

### **Introduction:**

"This year is flying by. Hopefully you have found success in your classes, with your friends, and outside of school. Any challenge you face can be filled with barriers or obstacles. The most successful people in life have found that working with a group of people or a team can help you overcome your challenges more easily. This month's habit is 'Synergize'. Synergize means to work together. Teams are all around you. Athletic, Musical, Academic, Social, and hundreds of other types of groups. Working as a team can help you accomplish bigger challenges than you could on your own. This month think about what teams you have made yourself a part of, and understand that you are not alone."

**Discussion** – "Teams sports are more popular than individual sports. Why do you think that is? Where can someone demonstrate teamwork outside of athletics? What are characteristics you must have to be successful on a team? What makes a bad teammate? How important is communication on a team? Humility?"

### **Activity 1:**

[Watch this video. Click here.](#) How did these individuals show teamwork? What would it sound like if only one person was there to sing?

### **Activity 2:**

Students must solve murder mystery. Teacher will pass out 3-5 clues to each student. Students must read clues out loud, but they may not pass around clues. Teacher reads out the task. Students must solve mystery on their own.

"How were decisions made in your group? Was a leader needed? Was time lost getting organized? Was it ineffective for everyone to talk at once? Did problems arise because some people didn't present their clues? Did any members ignore the clues of others? Were attempts made to encourage the participation of all members? Did anyone monopolize the discussion? Was this productive for the group? How did you organize the information to solve the mystery - time, person, location, etc? Could you have organized the information more efficiently? "

### **Conclusion:**

"The greatest accomplishments in history have been accomplished through teamwork. Working alone in life makes challenges harder to overcome and leaves you lonely. This month at Mayo Middle School we encourage you to work together and demonstrate team-like characteristics. Remember that a successful team does not always win, but they learn to work together and learn from one another. Challenge yourself to learn from others, and help out where needed. Let's make our school a team focused on success."