



- Guidance Lesson -

## **Plan B:**

Objective: Encourage students to create alternative outcomes in regards to life situations in order to create a feeling of preparedness and confidence.

Estimated Time: 20-30 minutes

Materials: pen/pencil, paper, Plan B-examples

## **Activity/Discussion:**

1. Ask students to provide adjectives to describe how they feel when something in their life doesn't go the way they planned. For example, they fail a class, boyfriend breaks up with them, etc.
2. Write the adjectives on the board. Ask students to explain what the words have in common (they are all negative, they make us feel bad, etc)
3. Display the Plan B examples on the board. Have students work with a partner or small group to create an alternative plan that can be used if the the first plan doesn't work. Remind them that the alternative plan should be positive and realistic.
4. Once students are finished creating their Plan B ideas have them share.

## **Reflection:**

1. How can having a Plan B allow you to feel more calm and confident in various situations?
2. How can you use this strategy in your own life right now?
3. **Challenge:** Write down 2-3 plans you have right now related to school, work, future, or relationships. Think about worst-case scenario and try to create an alternative plan that you would be happy with if your original plan couldn't work out. This has nothing to do with being negative and has everything to do with being prepared to succeed regardless of what life throws your way.



**Plan B situations:**

1. My plan is to go to a 4-year college when I graduate high school so that I can become a Doctor.
2. My plan is to make an A on my Chemistry test by studying with a friend over the weekend.
3. My plan is to stay with my girlfriend throughout high school and then go to the same college together.
4. My plan is to make good grades and get a job so that my dad will love and respect me.
5. My plan is to practice my trumpet every night so that I can make first chair in Band.
6. My plan is to lay low and stay under the radar in school so that nobody notices me.
7. My plan is to go to college on a football scholarship and then go pro.