

Lesson Name:

Hi Cat!

Student Objectives:

- Brainstorm objects in their life that seem like obstacles or frustrations.
- Write about three of those obstacles that could be viewed with a different perspective.

Educator Preparation:

- Familiarize yourself with the lesson outline and the story.
- Read *Hi Cat!*
- Be ready to share examples of obstacles in your own life and how you could view them with a different perspective.

Introduction:

Hello! Today I am sharing with you a lesson about how we have a more positive perspective about certain obstacles in our life. I will be teaching this lesson through the story *Hi Cat!* By Ezra Jack Keats.

Instruction:

I want you to start today by getting a piece of paper or using your graphic organizer and making a list of ten objects, people, or ideas that seem like obstacles in your life. Obstacles are objects that seem to get in the way of our happiness. Sometimes those obstacles are our attitude. Sometimes obstacles are negative events that happened to us. Sometimes those obstacles are the ways other people are treating us. I am going to share with you my list.

1. Not having enough time
2. Extra grading
3. Bad weather
4. Stressful news
5. Kids not getting along
6. Daughter doesn't want to do e-learning

7. Weeds in my garden
8. Dirty dishes
9. Other daughter is grumpy
10. Everyone is loud in my house

Interaction:

Today, we are going to read a story about a boy who has an obstacle in his life and as the story goes on, he shifts from having a negative perspective to a positive perspective. This shift in perspective enables him to be happier about his day. The story is called *Hi Cat!* It is written by Ezra Jack Keats.

Closure:

In this story, Archie realizes that the cat who annoys him isn't really trying to be annoying at all. Instead, the cat is trying to be his friend. When he changes his perspective from negative to positive, he is able to find happiness about the situation.

Now, obviously, not all obstacles are positive. Some obstacles are truly challenging. Sometimes those challenges force us to work to change those situations. Some obstacles are impossible to change and we have to acknowledge the ways in which they are a challenge to us. But, there are other obstacles we all face that improve once we figure out a way to have a more positive perspective about them. Sometimes, we can even find ways to be happy about what is currently happening if we can find ways to have a more positive perspective about them.

Activity:

We are going to return to our original list of ten obstacles we face. Pick three of those obstacles and try to think about how you could have a positive perspective about them. Then, write a sentence explaining how they could be positive.

Example:

1. Not having enough time: When I am busy, it means that I have meaningful work that I love.
2. Weeds in my garden: Having weeds in my garden means the weather is getting warmer and plants are growing.

3. Dirty dishes: Dirty dishes means that I have been able to cook food and enjoy eating it.

Additional Resources:

- [Interactive reading of book with children](#)
- [Activities from the Ezra Jack Keats Foundation for the book](#)
- [Author interview](#)