

Who Moved My Cheese? for Teens



Lesson Plan

Objectives:

- Students will be able to adapt to change and win by learning from the four characters in the book *Who Moved My Cheese? for Teens*.
- Students will be able to talk and write about their personal reactions to change events.

Materials:

- *Who Moved My Cheese? for Teens* books
- Change Events Cards handout
- Character Summary Sheet handout
- Change Events Recording Sheet handout
- The Handwriting on the Wall handout

Procedure:

1. Divide the class into small groups of at least four students.
2. Duplicate and distribute the Character Summary Sheet, the Change Events Recording Sheet, and the Handwriting on the Wall handout. (one per student).
3. Duplicate the Change Events Cards (one per group), cut them apart, and give one set to each group.
4. Have students read the book *Who Moved My Cheese? for Teens* in small groups.
5. Allow sufficient time for students to discuss the book.
6. Have students assume the identity of one of the book's characters. (You may want to assign each student with a role.)

7. Instruct students to view one *Change Event Card* at a time and react in the role of their assigned character.
8. Ask students to discuss whether each reaction was true to the character. The group needs to come to consensus on the reaction and may need to refer to the *Character Summary Sheet*.
9. On the *Change Events Recording Sheet*, students write down the reaction that each character has to a specific change event.
10. Repeat until all of the change events have been discussed.
11. Encourage students to discuss what their personal reactions would be to the change events.

Extension Activities:

- Have students read and react to the *Handwriting on the Wall* handout.
- Have students write a rap song or poem that reflects one of the messages on the *Handwriting on the Wall* handout.
- Have students design a poster that reflects one of the messages on the *Handwriting on the Wall* handout.
- Discuss a problem or change event that is occurring in your community or school. Have students reflect the ways that Sniff, Scurry, Hem, and Haw would react.
- Choose a book that the students have read recently. Assign the students to write the similarities/differences between the characters in the book and Sniff, Scurry, Hem, and Haw.

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Change Events Cards

School will be starting 45 minutes earlier next year.	You get a new job, but they want you to work every Friday and Saturday night.
Your best friend is developing a new friendship with someone at his/her work.	You tried out for the lead in the school play and got a less important part.
You promised to mow the lawn and the lawnmower won't start.	You broke your foot playing your favorite sport.
Your parents have just told you that you are moving to a new home in a new town.	You got a job working in a grocery store.
Your girlfriend/boyfriend broke up with you.	The class you want to take is full.
You grew five inches this past year and are now taller than all of your friends.	You dye your hair and it comes out the wrong color.
Your parents tell you that they are expecting a baby.	You get home from school and find that the doors to your house are locked and you don't have a key.
It's your best friend's birthday and you don't have any money for a present.	You want to play soccer, but practice is on the day you have to baby-sit for your younger sister.

Name _____ Date _____

THE HANDWRITING ON THE WALL

Select one of the ideas that Haw learned from his journeys in the maze and explain how it relates to your life experiences. Use the bottom (and the back, if you need more room) of this paper to capture your ideas.



Change Happens - *They Keep Moving The Cheese*



Anticipate Change - *Get Ready For The Cheese To Move*



Monitor Change - *Smell The Cheese Often So You Know When It Is Getting Old*



Adapt to Change Quickly - *The Quicker You Let Go Of Old Cheese, The Sooner You Can Enjoy New Cheese*



Change - *Move With The Cheese*



Enjoy Change! - *Savor The Adventure And Enjoy The Taste Of New Cheese!*



Be Ready to Quickly Change And Enjoy It, Again And Again! - *They Keep Moving The Cheese*

Name _____ Date _____



Change Events Recording Sheet

Record three Change Events from your cards and predict how each *Who Moved My Cheese?* character would react to it.

Change Event:	
Sniff:	Hem:
Scurry:	Haw:
Change Event:	
Sniff:	Hem:
Scurry:	Haw:
Change Event:	
Sniff:	Hem:
Scurry:	Haw:

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Character Summary Sheet

Sniff

- Sniffs out and anticipates change sooner than most teens.
- Because he anticipates, Sniff is better prepared for change.
- Is alert to small changes that may lead to larger changes.
- Expects change to occur in life.
- Can adapt and change.

Scurry

- Scurries into action quickly when change occurs, so he changes and wins sooner than most teens.
- Easily changes direction, if needed.
- Can adapt and change.

Hem

- Gets hemmed in by his reluctance to change.
- Wants to stay in comfortable surroundings.
- Gets stuck in fear and discomfort.
- Gets angry, blames others, gets depressed.
- Cannot adapt and doesn't change, so he loses.

Haw

- At first he "hems and haws," but is able to laugh at his fear of change (haw, haw!).
- Is able to see the real situation.
- Can adjust.
- Is happy when he changes and finds something better.