**Sit-In by Andrea Davis Pinkney**

**Character Trait:** Fairness, Respect  
**Grades:** 3rd-4th  
**Time:** 30 minutes  
**Materials:**  
- Sit-In Book  
- Worksheet

**Lesson:**
1. Ask students who Martin Luther King Jr. was and what important part he played in the history of our country.
2. Explain that Martin Luther King, Jr. was not the only person standing up for equal rights. Rosa Parks made her point by refusing to give up her seat on the bus. Tell the students that the story you are going to read is about some other people who stood up for equal right but they stood up by sitting down.
3. Read Sit-In.
4. Ask the students if the men in the book had a goal. They had both a short term goal (a doughnut and coffee with cream on the side) and a long term goal (integration).
5. Discuss SMART goals:  
   a. S-Specific  
   b. M- Measurable  
   c. A- Achievable  
   d. R- Relevant  
   e. T- Time-limited
6. Ask the students if the goals in the book met the criteria of a SMART goal.
7. Give a personal example of a SMART goal. (ex. My daughter wanted to learn to ride a bike in one weekend.)
8. Ask the students to write their own smart goal on paper or on their iPad.
9. Ask for volunteers to share their goals.