

Ms. Miller's Counseling Lesson Grade K-5:

## Making a "Talk It Out" Bucket

Welcome! So happy to have you checking out my lessons.

I hope you enjoy them and find them helpful!

**Note to Parents:** Please know that my lessons are to benefit your child's emotional wellbeing and provide some skills that can be used by the whole family. Do what works for you and your family. This should be a fun and relaxing activity and not one that adds stress. Corresponding parenting article on *Putting it all Together is found at:* <https://kirk.lwsd.org/academics/counseling>

Questions, concerns contact me at [mmiller@lwsd.org](mailto:mmiller@lwsd.org)

1. You will need a piece of paper and pencil for this lesson.
2. Please click on this link to access a video lesson:  
<https://www.wevideo.com/view/1689185714>
3. All documents mentioned in the video are included below.

***Have fun with this learning! Let me know how it goes! Feel free to send me a picture of your work ...or just send me an email to let me know you did the lesson and to say "hello"! [mmiller@lwsd.org](mailto:mmiller@lwsd.org)***

## What Can I put in my “Talk it Out Bucket”?



- A copy of the “How to Solve a Kid Sized Problem with a Talk it out”.
- Props for Bugs and Wishes.
- A Brain Bottle. Watching the glitter settle can help us keep our calm when “Talking it Out”.
- Play Doh or markers and paper. Sometimes keeping our hands busy keeps our brains calm so we can “Talk it Out” respectfully. There are many recipes on-line for making homemade Play Doh.
- Feeling Faces Chart.
- Picture of a turtle, or a turtle stuffy...to remind you to keep your “Turtle Flo” while talking it out. And if it is too hard to keep your “Turtle Flo”, take a break and visit your clam down spot.
- What else do you want to include? Write down your list. See below for how to make some of these items, or for documents that you can print.

Find a container to hold your “Talk it Out” items. Or, set up a space in your home that can be designated as your “Talk it Out” space. This could be a table, a desk, a couple of chairs or bean bag chairs. Maybe a comfy corner with some pillows.

## How to Solve a Kid Sized Problem

### With a "Talk it Out"!

1. Stop. Calm down, get your Turtle Flo.



2. Invite the person to have a "Talk it Out". Together, go to your home's "Talk it Out" space.

3. "Talk it Out"

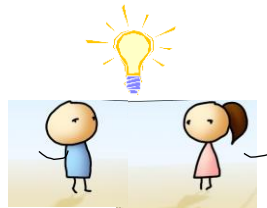
Share an "I felt Story"

Practice Sharing and Listening

Use Bugs and Wishes



4. Brainstorm solutions...What could we use from our Solution Bucket that could help us solve our problem? Decide on a solution and try it!



***Congratulations, you solved a kid sized problem!***

How to make a Brain Bottle...

for getting your Turtle Flo back when your Lid is Flipped!



### Ingredients:

One empty and clean water bottle  
1-2 T glitter glue  
1-2 T glitter  
Warm water

### How to...

Squeeze glitter glue into empty single use plastic bottle.  
Add glitter.  
Add very warm to hot water

Replace cap and shake.

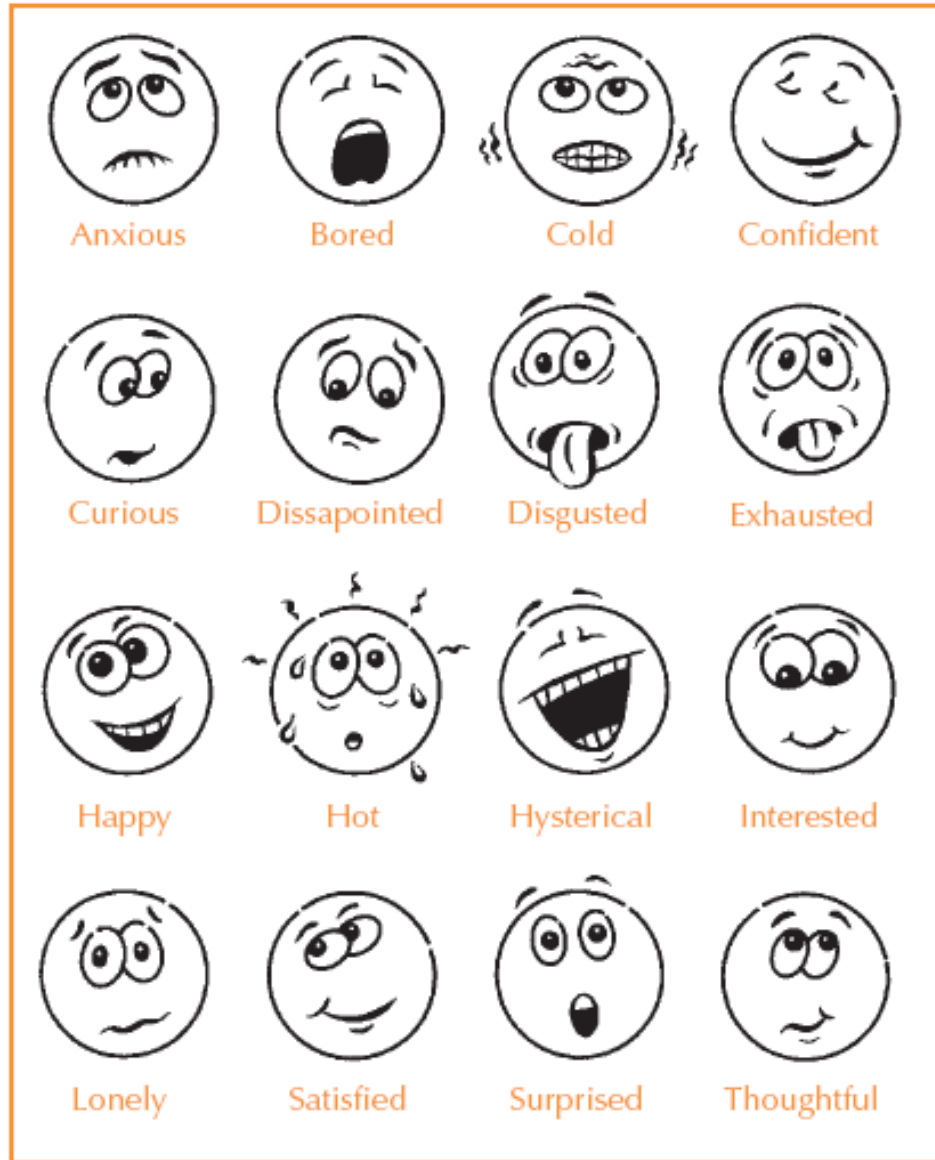
If glitter is taking too long to settle, add more warm water.  
If settling too fast, add more glitter glue.

Please note that it will take a while for the glitter glue to completely dissolve, so your brain bottle may look like it has chunks of glitter for a while.

Once you have the consistency that you like, have your parent superglue the lid to the bottle....wouldn't want that Brain Bottle to spill all over the carpet!!

Use this Feeling Faces Chart or make your own.

To make your own: Have someone in your home take pictures of you, your parent, your sibling making a different feeling face. Copy them all onto a document. You could even have relatives send you a selfie of them showing one of the feelings that you want to have on your chart!



## Bugs and Wishes Props.....

Cut out this bug and wand  
or find some other props around your home.







First step in solving a problem is to  
Calm your feelings. (Get your "Turtle Flo")

And, if at any time you lose your "Turtle Flo" while Talking it Out, take a break at your calm down spot and come back to "Talking it out" when you are back in the "Flo".

Cut out this Turtle to help everyone remember that we solve problems when we are calm. And we take a break when we are not calm.

