

Week 1 ~ School Counseling Lesson

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E-mail Office Hours for Assistance: 9:30-11:00am & 1:00-2:30 pm

ASCA Standards Addressed

Grade(s): K-5

- ASCA Standards:
- PS:A1.5 Identify and express feelings
- PS:B1.1 Use a decision-making and problem-solving model
- PS:B1.4 Develop effective coping skills for dealing with problems
- PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions

Learning Objective

I will be able to recognize worry and identify 3 solutions or coping skills strategies.

ACTIVITY 1

Managing Worry and Anxiety for Kids

This video explains what it means to worry and provides several relaxation strategies for managing worried feelings, such as deep breathing and thinking positive thoughts. It also encourages kids to reach out to trusted adults or friends to help the "What ifs?" go away.

https://www.youtube.com/watch?v=l7g8Atv27Q8

Reflection Questions

1. What coping strategy could you use when you're angry or mad?
2. When do you need to seek support to deal with an emotion?
3. Is name-calling or saying mean things a positive way to deal with a hard emotion?

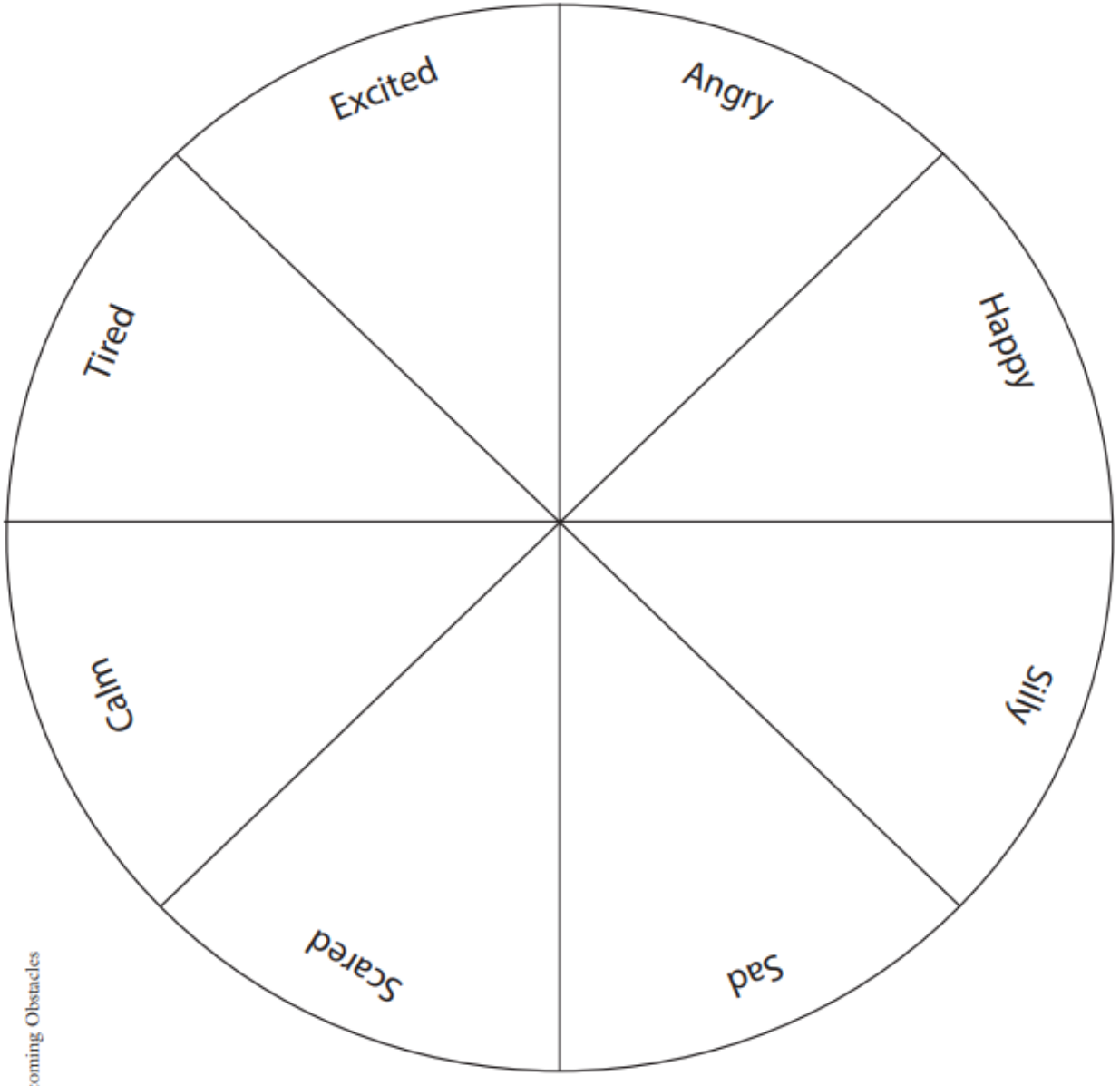
Possible Coping Strategies:

- Identify your emotions by asking yourself, “How do I feel?”
- Stop and think about a result before taking an action. Don’t just react.
- Take five deep breaths.
- Think of things that make you happy.
- Exercise, move around, and stretch.
- Focus on your five senses—count sounds, sights, tastes, smells, and textures around you.
- Talk to a friend.
- Distract yourself with TV, music, a book, a chore, or something fun that you like to do.
- Get fresh air.
- Ask for help.

ACTIVITY 2

WHEEL OF EMOTIONS

Today I Feel...



coming Obstacles

Draw the "Wheel of Emotions" with a picture of how you act and look when you feel each emotion.

Reflection Questions

1. What are emotions?