

Week 2 ~ 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.

Materials

- Technology to listen to Wilma Jean the Worry Machine story on YouTube
- Paper
- Pencil

What are coping skills?

- Sometimes we have worries we can't control, like the weather, so we need to use coping skills to deal with these worries.
- Coping skills are things that we can do to help us deal with difficult things.
  - Example: When I am scared or upset, I like to talk to a friend or read a book to calm down. *Wilma Jean used a hat that she imagined can take away all her worries as her coping skill.*

LISTEN TO THE STORY

CLICK THE LINK BELOW:

WILMA JEAN THE WORRY MACHINE (TIME: 11:41)

Assignment

- Make a list like Wilma Jean's teacher did. Write a line down the middle of the paper. Label the left side as **Worries**. Label the right side **Unworries**.
- Write down or draw a picture of your worries on the left side.
- On the right side add to your previous example by demonstrating an "unworry."

Reflection Questions

- Have you ever worried about something? What was your worry?
- What did it feel like when you worried?
- Does worrying help us solve our problems?
- How can we help others when they are worried?