

Counseling Lesson Plan Jumping Hurdles

April 27 – May 5, 2020

CONTINUE TO JOURNAL AND DRAW WITHIN YOUR NOTEBOOKS.

Attention getter: Warm up, movie clips or art:

Arrange several chairs in a circle. Everyone take a seat. The game you will be playing is called Numbers Review. Each person will get up to say a number. You will time the session to see how long it takes the group to count to 20.

Rules: Only one person can stand and say a number at the time. You must count 1-20 in order. If 2 people stand and say a number at the same time, you must start over. You cannot talk during the activity but can use other means of communication.

Questions: Did you implement a plan to do this activity? Did you improve on your time each time? How did it feel to start over? How important is communication to complete a task?

Visual Walkthrough:

Draw a picture of a sneaker or tennis shoes. Make it big enough to where you can see the eyes where the shoe laces go through. As you read through the learning activity below, write down the steps on each shoelace eyes/holes.

Learning Activity:

As you grow, you will encounter setbacks or ups and downs. Successful people “jump back up” and keep trying. There are certain steps you can learn to help you get back up. Examples of challenges can be: passing a test, striving to get good grades, making friends, or cleaning your room. Being aware of your strengths and characters can help you get back up after setbacks.

Step 1: Identify the problem – What is the hurdle you need to jump?

Step 2: Create Options – Brainstorm ideas of how to get over it?

Step 3: Get Help – Talk to your support system: mom, dad, brother, sister, grandma/pa.

Step 4: Take Action – Once you have established your action steps, implement them.

Step 5: Believe in Change – keep positive, things happen and with the right tools, you can jump your hurdles and succeed.

Step 6: Jump Back Up – You might not always get it right the first time, but your dedication to your life goals will help you maintain the focus to always JUMP BACK UP!

Journal Activity:

Parents: Share a time when you had a challenge and you jumped back up and leaped to success. Identify some hurdles with your child that they might encounter. Have them write a list of the people who support them. Make them aware that setbacks are weaknesses but a second opportunity to succeed. They will have more skills the second time around.

Example Stories/Resources:

NASA wanted to land people on the moon but they had to deal with how to keep them on the moon. They had to run test after test until they could get a suit that helped with keeping them on the moon and not float off into space. NASA did not give up and after many trials got man to walk on the moon.