

Counseling Lesson Plan
Week of May 11, 2020
Get Plugged In

Attention getter: Warm up, movie clips or art:

Activity: Connections Web:

Materials needed: a medium size ball and a spool of yarn

Form a human triangle: 3 people at the tips and others in between. Begin throwing the ball to one another. The only rule is not to throw the yarn to someone next to you. Once you have built a web, get the ball and bounce it on the web. The goal is to not let the ball fall through or hit the ground.

Learning: students will learn that the more connections/supports they make, the more prepared they will be to face life's challenges.

Your school teacher, counselor, or other positive mentors can help you grow strong to becoming a good person. Think about the ways you can be a good person and incorporate those positive characters into your everyday life. Make sure you pick friends who also share your good characters.

Visual Walkthrough:

<https://whytryprogram.org/wp-content/uploads/wtp-gpi-vm-elementary-pdf.pdf>

Fill out the form as you read the learning activity below.

Learning Activity:

Getting help is not a weakness, it is a strength. Challenges will be easier if you have positive supports. You have the power to create these positive supports. Many of them will last a lifetime. You also have the power to strengthen your supports. Create strong relationships with your family and friends. Interactions with adults is important and the main interaction should be with your parents. If you don't spend at least 30 minutes a day with your parents, you will need to demand more. Your parents will be the longest and lasting relationship in your life. You can talk to them, get mad at them, encourage them, etc. The love you have for one another makes that possible. This also extends to your siblings. As you grow, you will acquire friends who become life-long friends. These relationships must be positive and respectful.

Journal Activity:

1. Write down a list of activities you could do with your parents. Examples are: talking about movies and music, talking about your day, your interests, your disappointments, what their career choices were, what are grandparents' positive attributes, etc.
2. Designate a family time where you can all get together and talk to each other.
3. Plan a family picnic in your living room.
4. Write down the positive attributes of the friends you now have.

Resources:

Ask yourself if you are getting all the help you need. Again, do not hesitate to ask for help. There are many resources out there that can help you as you grow. Take advantage of them and be strong in mind, body and spirit.