

Unit #2 Title: How does one cope with life-changing events?

Lesson Title: What To Do? What To Do? Part One

Lesson 1 of 2

Grade Level: 3

Length of Lesson: 30 minutes

Missouri Comprehensive Guidance Standard:

PS.3: Applying Personal Safety Skills and Coping Strategies

Grade Level Expectation (GLE):

PS.3.C.03.a.i: Identify coping skills for managing life changes or events.

American School Counselor Association National Standard (ASCA):

Personal/Social Development

C: Students will understand safety and survival skills

Materials (include activity sheets and/ or supporting resources)

Life Changing Situations sheet (cut into separate situation strips), pencils, chart paper and markers

Show Me Standards: Performance Goals (check one or more that apply)

X	Goal 1: Gather, analyze and apply information and ideas 5. Comprehend and evaluate written, visual and oral presentations and works 6. Discover and evaluate patterns and relationships in information, ideas and structures
X	Goal 2: Communicate effectively within and beyond the classroom 1. Plan and make written, oral and visual presentations for a variety of purposes and audiences 2. Review and revise communications to improve accuracy and clarity 3. Exchange information, questions and ideas while recognizing the perspectives of others 6. Apply communication techniques to the job search and to the workplace
X	Goal 3: Recognize and solve problems 1. Identify problems and define their scope and elements 2. Develop and apply strategies based on ways others have prevented or solved problems 3. Develop and apply strategies based on one's own experience in preventing or solving problems 4. Evaluate the processes used in recognizing and solving problems 6. Examine problems and proposed solutions from multiple perspectives 7. Evaluate the extent to which a strategy addresses the problem 8. Assess costs, benefits and other consequences of proposed solutions
X	Goal 4: Make decisions and act as responsible members of society 1. Explain reasoning and identify information used to support decisions 7. Identify and apply practices that preserve and enhance the safety and health of self and others

This lesson supports the development of skills in the following academic content areas.

Academic Content Area(s)		Specific Skill(s)
X	Communication Arts	1. Speaking and writing standard English (including grammar, usage, punctuation, spelling, capitalization) 4. Writing formally (such as reports, narratives, essays) and informally (such as outlines, notes) 6. Participating in formal and informal presentations and discussions of issues and ideas
	Mathematics	
	Social Studies	
	Science	
X	Health/Physical Education	2. Principles and practices of physical and mental health (such as personal health habits, nutrition, stress management) 7. Responses to emergency situations
	Fine Arts	

Enduring Life Skill(s)

X	Perseverance		Integrity	X	Problem Solving
X	Courage	X	Compassion	X	Tolerance
X	Respect		Goal Setting	X	Responsibility

Lesson Assessment (acceptable evidence):

Observation of students working together on coping skills

Lesson Preparation

Essential Questions: How can you cope with a life-changing event?

Engagement (Hook): Enter the classroom exaggerating a way of inappropriately handling you losing your job.

Procedures

Instructor Procedures:	Student Involvement:
1. Enter the classroom exaggerating a way of inappropriately handling you losing your job. Review life-changing events and what is in a person's control and what is not in their control.	1. Students listen and participate in review.
2. Divide students into small groups. Give each group a piece of chart paper and a different colored marker. Give each group a life-changing situation slip. They will brainstorm ways to deal with the situation, and formulate a plan to present their ideas	2. Students get into groups, read their situation, brainstorm how to handle these feelings, and work on how to present.

in skits during the next lesson. Circulate around the room ensuring that they are all on task.	
3. Remind students that they will present their ideas in skits during the next lesson.	3. Students finish up and go back to their seats.

Teacher Follow-Up Activities

Teacher can designate a time for students to practice their presentation for next class.
Remind students of effective coping skills when life-changing events occur.

Counselor reflection notes (completed after the lesson)

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Lesson 1 Materials

Life-Changing Situations

1. Your parents tell you that they are getting a divorce. You don't understand why because you never saw them fight. You are furious and have a lot of angry energy. **What to do? What to do?**
2. Your parents tell you that your favorite grandmother has passed away. You loved spending time with her and will miss her a lot. You feel very sad and tired. **What to do? What to do?**
3. Your mother just had a new baby boy. You're excited about having a new baby in the family, but worry about sharing time with your parents. **What to do? What to do?**
4. Your house just burned down. You lost all of your possessions and are not sure where you will live. You are very scared. **What to do? What to do?**
5. Your dad just got remarried and you are not sure what to think of your new step-mom. She does things very differently than your mom does. You have already gotten in trouble for not putting your clothes away correctly. You are frustrated knowing that you are going to have to learn and follow a new set of rules. **What to do? What to do?**
6. Your aunt comes to see you at school and tells you that your mom and dad were in a bad car accident. They are in the hospital. Your aunt will take you to the hospital. You are worried about your parents. **What to do? What to do?**
7. Your brother just returned from college. He has been gone for an entire year. You feel excited about having him home; however, you have to move out of your room to another room in the house so he has a place to sleep. **What to do? What to do?**