

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

Lesson Title: What to do? What to Do? Part Two

Lesson: 2 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)

Student notes from previous lesson, any props necessary for skits, copies of Solution Sheet for each student, pencils

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	5. Methods used to assess health, reduce risk factors, and avoid high risk behaviors (such as violence, tobacco, alcohol and other drug use) 7. Responses to emergency situations
Fine Arts	

Enduring Life Skill(s)

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

Lesson Assessment (acceptable evidence):

Students will perform skits and note ideas for problem solving in various situations

Lesson Preparation

Essential Questions:

How can people learn how to cope with a life-changing event?

Engagement (Hook):

Come into the classroom, appropriately handling loosing your job.
 “Now it is your turn to show how to cope.”

Procedures

Instructor Procedures:	Student Involvement:
1. Come into the classroom, appropriately handling loosing your job. Remind students that in the last lesson they were given life-changing situations to practice coping skills and problem solving. “Now it is your turn to show how to cope.”	1. Students follow along on the sheet.
2. Hand a solution sheet to each student and explain they will take notes on ideas for	2. Students watch each group and write down at least one thing they learned from

problem solving and coping in life-changing situations.

each presentation.

- | | |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------|
| 3. Have each group present. | 3. Students watch and listen. |
| 4. Give each group a power clap after they present. (Count 1, 2, 3 and everybody claps once) | 4. Students give power claps. |
| 5. Discuss with students the notes they made on their solution sheets. | 5. Students finish solution sheets and use for discussion. |

Teacher Follow-Up Activities

Give feedback to students on their coping skills when life-changing events occur.

Counselor reflection notes (completed after the lesson)

--

Name: _____

Date: _____

“What to Do” Solution Sheet

Situation 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 I learned:

Situation 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 I learned:

Situation 3: You find out that your father got transferred to another state for his job. You will have to move at the end of the school year and won’t be able to see your friends anymore. You are nervous about making new friends and what your new school will be like.

What I learned:

Situation 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 I learned:

Situation 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 I learned:

Situation 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 I learned:
