

Unit #2 Title: How Does A Person Cope With Life Changing Events?

Lesson Title: Coping or Copping Out?

Lesson 2 of 2

Grade Level: 5

Length of Lesson: 45 minute session

Missouri Comprehensive Guidance Standard:

PS.3: Applying personal safety skills and coping strategies.

Grade Level Expectation (GLE):

PS.3.C.05.a.i: Evaluate various 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)

Coping or Copping Out? work sheet, writing materials and chart paper.

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

X	Goal 1: Gather, analyze and apply information and ideas 1. Develop questions and ideas to initiate and refine research
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
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 experiences in preventing or solving problems
X	Goal 4: Make decisions and act as responsible members of society 1. Explain reasoning and identify information used to support decisions

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
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	Mathematics	
	Social Studies	
	Science	
	Health/Physical Education	
	Fine Arts	

Enduring Life Skill(s)

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

Lesson Assessment (acceptable evidence):

Students will participate in small groups to identify and present coping skills for various life changing events.

Lesson Preparation

Essential Questions: What are life-changing events? How does a person cope with life-changing events?

Engagement (Hook): Direct the class to follow directions without speaking. Ask the class to stand up if: You have lost a pet. You have lost a relative. You have moved to a new house. Tell the class that today we are going to talk about coping with these events.

Procedures

Instructor Procedures:	Student Involvement:
1. Counselor opens session with “Stand Up If” activity above.	1. Students respond.
2. Counselor gives the definition of coping as to deal with or strive with difficulty. Coping out can be defined as giving up without really trying. An example of coping might be when the teacher is absent and the class has a substitute. The substitute may do or say things differently from the teacher, but the class deals with it to make it through the day.	2. Students listen.
3. Counselor divides the class into groups of four or five and passes on the Coping or Coping Out worksheet. As a group, students will give alternatives and consequences for each decision and present their results to the class.	3. Students move to groups. Students review, discuss, and develop possible alternatives and consequences on their problem (Coping or Coping Out worksheet) and present to the class.
4. Counselor lists suggestions on the chart	4. Students meet and present.

paper.	
5. Counselor concludes with a discussion reviewing the various ways to respond to life changing events.	5. Students participate in the review.

Teacher Follow-Up Activities

Teacher will review some of the coping strategies suggested on the chart paper. The chart will be posted in the classroom to review during stressful situations in the future.

Counselor reflection notes (completed after the lesson)

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Coping or Copping Out?

If you were facing the following situations, how would you cope?

1. A rumor was spread at your school that was not true and the people that you thought were your friends stopped talking and playing with you.

Coping vs. Copping out solution:

2. In the middle of the year, your parents move to another house and you have to transfer to another school.

Coping vs. Copping out solution:

3. A close relative is ill and dies.

Coping vs. Copping out solution:

4. Your parent's work hours change. Since they work afternoons, you can no longer participate in the activities with your peers.

Coping vs. Copping out solution:

5. Your teacher has a long-term illness. The class is in chaos.

Coping vs. Copping out solution:

6. Your parents announce that you will have a new or adopted sister or brother soon.

Coping vs. Copping out solution:
