

Unit #2 Title: Life-Changing Events	
Lesson Title: How Families Change	Lesson 1 of 2
Grade Level: K	
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.0K.a.i: Identify different 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)

Paper and drawing materials
Optional – Counselor may choose to bring pictures of the ways that families change to aid in the discussion.

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

	Goal 1: Gather, analyze and apply information and ideas
	Goal 2: Communicate effectively within and beyond the classroom
	Goal 3: Recognize and solve problems
X	Goal 4: Make decisions and act as responsible members of society 7. Identify and apply practices that preserve and enhance the safety 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	6. Participating in formal and informal presentations and discussions of issues and ideas.
Mathematics	
Social Studies	
Science	
Health/Physical Education	
Fine Arts	

Enduring Life Skill(s)

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

Lesson Assessment (acceptable evidence):

Students will draw a picture of their families and “Show and Tell” changes that have occurred within their families.

Lesson Preparation

Essential Questions: How do families change?

Engagement (Hook): The counselor enters the room with shiny pieces of foil that she/he passes out to each student. “Today, we are going to draw our families.”

Procedures

Instructor Procedures:	Student Involvement:
<ol style="list-style-type: none"> 1. Counselor distributes paper and drawing materials. 2. When students have finished, the counselor will say, “Students, thank you for doing such a nice job on your family picture. I would like for each of you to tell the rest of us about your family. Tell us who the people are and tell us if there have been any changes in your family. Families change. Maybe a baby has been born in your family. Maybe a relative has died in your family. Maybe parents have separated or divorced. Maybe your mom or dad got a different job, or you moved to a different place. Maybe an older sister or brother has married or moved away or gone to college. <u>NOTE:</u> The counselor will facilitate a discussion of how change is a natural part of life and some changes require adjustments (coping skills) during student presentations. 3. Counselor will say, “Today we listened to our friends tell us about their families and changes that have happened in their families. Do you remember some of the changes that our friends talked about?” 	<ol style="list-style-type: none"> 1. Each student draws a family picture. 2. Each student will participate in a “Show and Tell” about his/her family, being prompted by counselor to talk about any changes that have occurred in his/her family. 3. Students will review the changes that occur in families.

Teacher Follow-Up Activities

1. Teacher may choose to read related books about new babies, new jobs for parents, new houses, death, loss, or divorce.
2. Counselor/Teacher may identify the need for some students to join a counselor lead small group dealing with the issues of grief, loss, and divorce.
3. Teacher may choose to display the students' families alongside stories the students have written about their families.

Counselor reflection notes (completed after the lesson)