

Unit #2 Title: Life-Changing Events

Lesson Title: Other Changes (Life-Changing Events outside of the Family) **Lesson 2 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)

Drawing paper and materials

Lesson song "I Can Change." (included)

A picture of a family moving to another home and a picture of a boy starting kindergarten for the first time.

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
X	Courage	X	Compassion		Tolerance
X	Respect		Goal Setting		

Missouri Comprehensive Guidance Programs:

Linking School Success to Life Success

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Lesson Assessment (acceptable evidence):

Students will draw a picture of something they had to change when they started kindergarten and share it with the class.

Lesson Preparation

Essential Questions: What are life-changing events? What are some possible coping strategies/skills to use to adjust to life-changing events?

Engagement (Hook): Counselor will show students pictures of life-changing events. A family moving to a new place. A child starting a new school for the first time at the kindergarten level.

Procedures

Instructor Procedures:	Student Involvement:
1. Counselor will say, "Students, today we will be talking about change. I brought two pictures that show change."	1. Students listen.
2. Counselor shows students the picture of people moving and asks, "What do you see happening in this picture?"	2. Students might say, "A family is moving to a new place."
3. Counselor asks, "What kinds of changes do you think the family will experience? What will be different for them?"	3. Students respond.
4. Counselor will say, "What do you think the family will have to do to adjust, get used to, or be happy with their new house?" Counselor would explain/assure students that change is a natural part of life and that there are always steps that can be taken to adjust to change and return to some type of normalcy.	4. Students respond.
5. Counselor will show students picture number two of a child starting kindergarten for the first time and ask, "What do you see happening in this picture?"	5. Students will look at second picture and respond.
6. Counselor asks, "What do you think will be different for the child? How do you think his life will change now that he is going to school?"	6. Students respond.
7. Counselor says, "Great job students. You are really thinking about this. Do you	7. Students respond.

<p>remember changes <u>you</u> had to make when you started kindergarten this year?" (Counselor may want to list the changes on the board or draw pictures of the changes on the board as students discuss them.)</p> <p>8. Counselor distributes paper and drawing materials.</p> <p>9. Counselor will leave the class with the concept that change is a natural part of life and that most of the time adjustments can be made in order to bring life back as close to normal as possible. Change is a challenge that allows us to learn new things. These concepts will be shared with the students using the lesson song, "I Can Change."</p>	<p>8. Students draw a picture of something that changed in their life when they started school. Students will share their pictures with the class, with special emphasis on changes that the student has experienced.</p> <p>9. Students listen while Counselor explains the lessons concepts. Students will sing the "I Can Change" lesson song (copy at the end of this lesson).</p>
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Teacher Follow-Up Activities

1. Teacher can sing “I Can Change” lesson song with students throughout the week.
2. Teacher can bring in current event pictures of how events change our lives (natural disasters, re-location, births, deaths, etc.).
3. Teacher can ask students to draw a picture, write or tell a story about how they were able to change to meet a new situation.

Counselor reflection notes (completed after the lesson)

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Lesson Song: "I Can Change" (Sung to the tune of Three Blind Mice)

Written by: Kathy Keller

I can change. (Counselor sings)

I can change. (Students sing)

Do new things. (Counselor sings)

Do new things. (Students sing)

I can come to school on time. (Together)

I can learn to read and rhyme. (Together)

I can be polite and kind. (Together)

I can change. (Counselor sings)

I can change. (Students sing)

I can change. (Counselor sings)

I can change. (Students sing)

Learn new ways. (Counselor sings)

Learn new ways. (Students sing)

I can learn to tie my shoes. (Together)

I can learn to count by twos. (Together)

I can learn to work not snooze. (Together)

I can change. (Counselor sings)

I can change. (Students sing)

I can change. (Counselor sings)

I can change. (Students sing)

Watch me change. (Counselor sings)

Watch me change. (Students sing)

I can make change good or bad. (Together)

I decide if I'm happy or sad. (Together)

Change is a challenge that makes me glad. (Together)

Things do change. (Counselor sings)

I'm okay with change. (Students sing)