

Lesson Plan

(Feel free to mix and match however you see fit)

Slide Show Activity:

Slide 1: Start with a discussion of what the word “overwhelmed” means.

Other possible discussion piece for this slide: today is a more serious lesson, if anyone needs to talk after the lesson, the counselor will be available.

Slide 2: A couple of different activities can accompany this slide. Students can write on post it notes all the things that are overwhelming them or take turns writing on the board what is overwhelming them (to see how many things are overlapping).

Slide 3: The class can take a minute to read over either silently or with a partner some of the things and add anything else that is overwhelming that might be missing from the slide of overwhelming things for a 5th grader.

Slide 4-6: Click through

Slide 7: You can use this slide as a moment to talk about the difference between healthy coping skills and unhealthy coping skills. Or even what coping skills are if some students are unsure.

Slide 8: This is a great place to remind students how they can request to see the school counselor.

Slide 9-11: These are self-explanatory, and you may click through if you wish.

Slide 13-16: This is where you can discuss your procedures for telling the school counselor or teacher when they hear a student say a concerning statement or they themselves feel like harming themselves.

Optional Activities to consider:

- Allow students to use this website to make a list of coping skills that they can print and keep with them: <http://www.yourlifeyourvoice.org/Pages/tip-99-coping-skills.aspx>
- Ask students to produce a “Coping Skills Campaign”. Each student picks a different coping skill that they will make a poster for that can be hung up in the halls for peers.