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♥  
Ashley

# GOOGLE SLIDES

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**1** Click here  [I Got This! Book Companion](#)

**2** You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



**3** Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

**4** Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

**5** From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

[Helpful links for using Google Classroom:](#)

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# BOOK COMPANION

**I Got This! by Julia Cook**

**Published by National Center for Youth Issues**



**This book companion lesson was created with written permission from the author.**

## Session Objective:

\*Students will identify ways to be resilient when problems come up.

## Materials:

\*Book: I Got This! by Julia Cook.  
\*Handouts, scissors, tape/glue, pencils.

## Guiding Questions:

\*What are some ways to show resilience when facing difficulties?  
\*Why is learning to persevere through creative problem-solving important?

## ASCA Standards Alignment:

\*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)  
\*Behavior: Ability to identify and overcome barriers. (B-SMS 6)  
\*Behavior: Effective coping skills. (B-SMS 7)  
\*Behavior: Creative approach to learning, tasks, and problem-solving.

## SEL Competencies:

\*Responsible decision-making: Solving-problems.

## Session Details

\*Say "Today we are going to be reading a book called "I Got This!" by Julia Cook. In it, Charlie learns about bounce back powers that help him persevere when challenges come up." Read the book aloud. Have the students complete the story map as you are reading. Afterward, for grades K-1 use the Cut and Paste activity (p. 4-5), and for grades 2-5 use the Story Questions (p. 6-7) and the Think & Discuss pages (p. 8-11) to generate class/group discussion. Next, explain what perspective means. Say "Thinking about another person's perspective means you are thinking about how that person would view it as if you were looking at the situation from their eyes. For example, Charlie's perspective might be that he was frustrated by all the obstacles, but Hazel's perspective might be that they were having fun problem-solving." Complete the perspective handout (p. 12). Say "Solving problems is not easy, we may have to try many different solutions before we find the right one. There may also be obstacles we have to persevere through. Let's go over ways to problem-solve." Complete the SEL handout (p.13). Next, choose the best option on pages 14-17 for your students writing ability and have them complete the writing prompt and writing craftivity. Next, say "Let's come up with our own Bounce Back Power", complete the creative activity. The writing craftivity and/or creative activity make for a great bulletin board display.

# BOOK COMPANION



I Got This! by Julia Cook

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Creative Activity .....p. 24-25



Posters .....p. 26-27



Answer Keys .....p. 28-29

NAME: \_\_\_\_\_

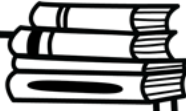
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# Story Map



Setting:



## I Got This! by Julia Cook

Characters:



Beginning:



Middle:



End:



Problem:



Solution:



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Cut & Paste

Cut and paste the situations into Resilient or Not Resilient boxes.

**Resilient**

**Resilient**

**Not Resilient**

**Resilient**

**Resilient**

**Not Resilient**

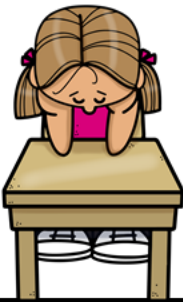
**Resilient**

**Resilient**

**Not Resilient**

Cut each situation card out  
and paste to the correct  
resilient or not resilient boxes.

Not Trying.



Break it into  
smaller  
tasks.



Think positive  
thoughts.



Giving up.



Take a break.



Ask for help.



Asking someone  
to do it for you.



Brainstorm  
ideas.




Take a few deep,  
slow breaths.



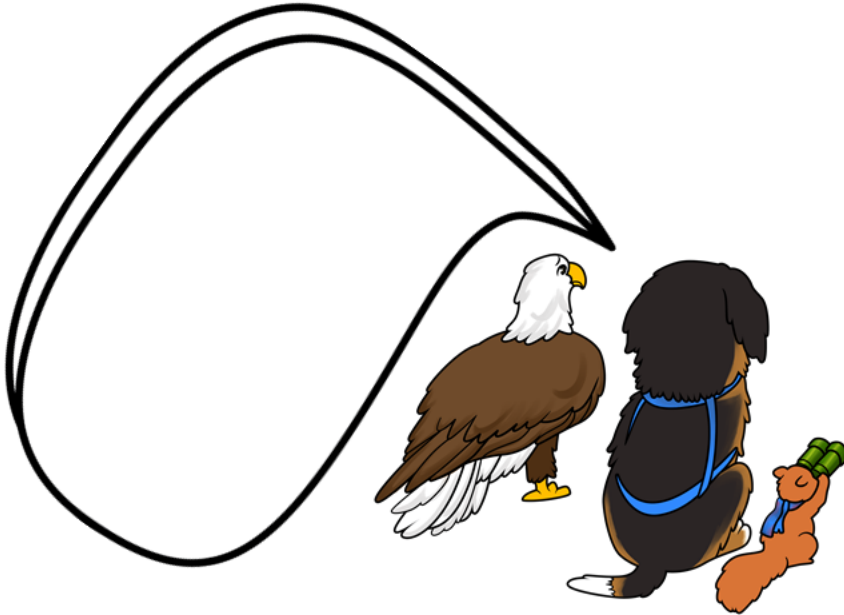
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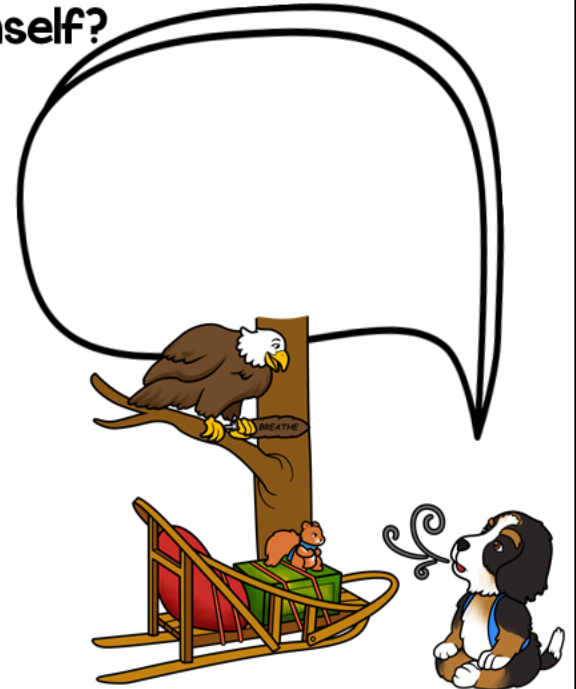
Story   
Questions

# I Got This!

What does Charlie need to use to make it to the top of the mountain?



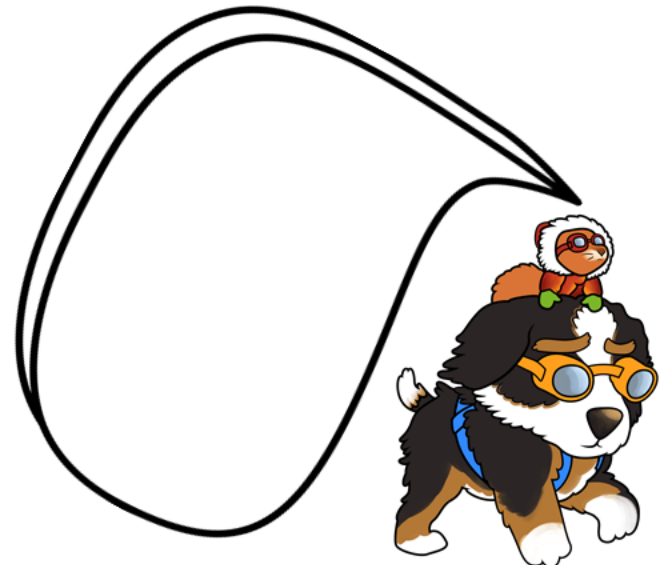
When Charlie gets stuck what Bounce Back Superpower does he use to help calm himself?



What Bounce Back Superpower does he use when he is stuck?



When he slips and falls, what does he tell himself?



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Story   
Questions

# I Got This!

What Bounce Back Superpower does Charlie use when it's too much and he feels like giving up?

What Bounce Back Superpower does Charlie use when he can't see the path ahead?



What bounce back Superpower does Charlie and Hazel use when they are exhausted?

What did Charlie earn at the end of the story?



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



### Think & Discuss



Why is it important to learn to bounce back from problems that come our way?

What are some strategies you use to stay determined when you feel like giving up?



How do you think Charlie and Hazel felt when their journey kept having obstacles?



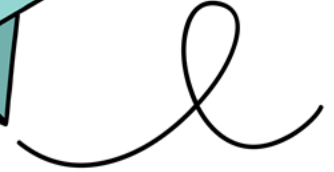
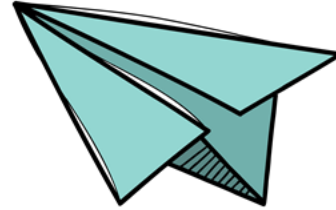
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Think &  
Discuss

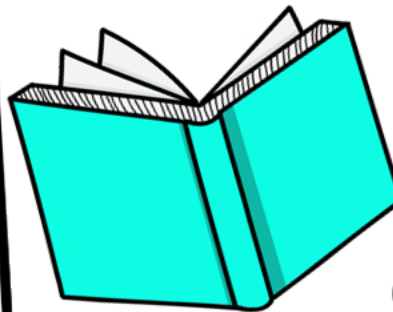
What are some situations that you have a hard time bouncing back from? Why?



What would happen if Charlie did not experience those obstacles when he was in training?



Did experiencing the setbacks and obstacles make Charlie a better rescue dog?



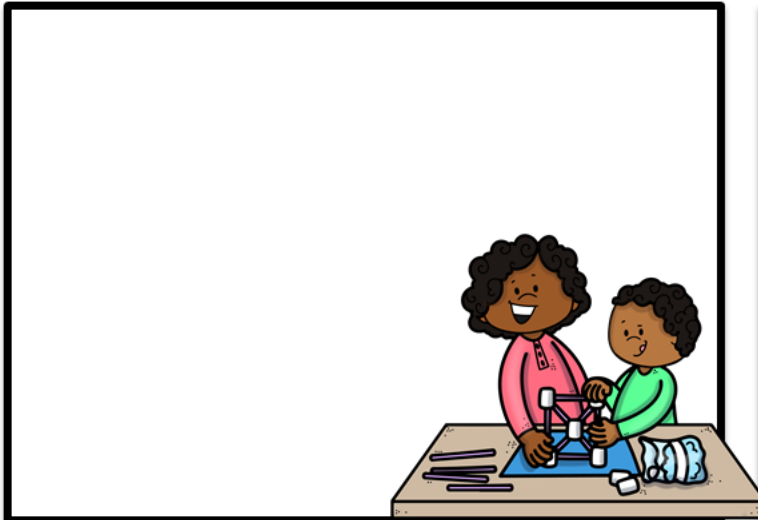
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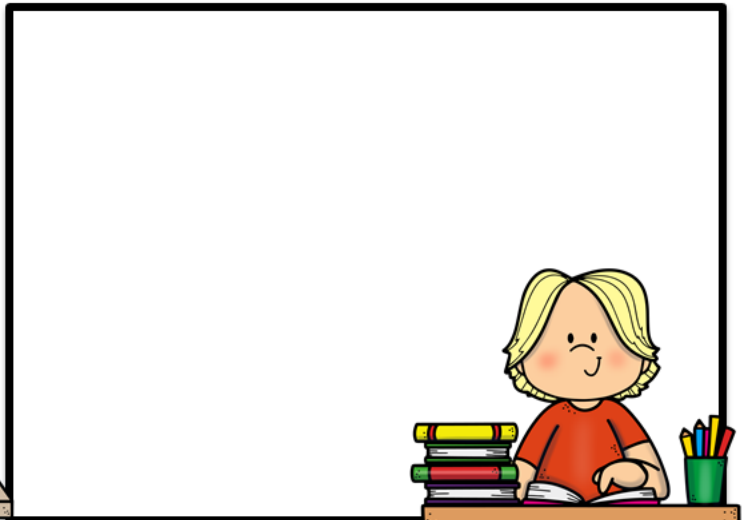


Read the situations and think about how you can use resilience to solve the problem:

You have a big project due and are having trouble finding the right supplies to use.



You have been studying for a while and feel like the information is not sticking.



You have been practicing your soccer skills and still can't seem to score a goal.



You feel overwhelmed with the amount of things you need to do.



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Think & Discuss



Put a checkmark on which you should do in each situation.

When...

Brain-storm

Chunk it

Ask for help

Take a break/breathe

Think Positive Thoughts

You are not sure how to solve the problem.

You feel stuck and are not sure what to do.

You need materials you do not have.

You are not sure of the next step.

You are overwhelmed.

You feel like giving up.

You keep thinking "I can't do this".

The goal feels too big to achieve.

The task requires and older or more experienced person.

You feel frustrated.

You are exhausted.

# Character Perspective



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Think about the different perspectives that each character from the book might have when Charlie is struggling. Write in the boxes below what you think their perspectives might be.



**Charlie**

**Hazel**



**Eagle**



**Perspective means:**

**A way of thinking about and understanding something; a point of view.**

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# Social Emotional Learning

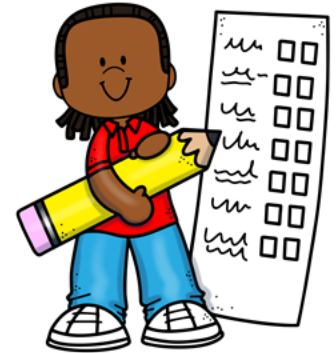


Analyze the problem.



Brainstorm possible solutions.

Evaluate your decision and if you solved the problem or need to try something else.



Consider the positive and negative consequences of each solution.

## Responsible Decision-Making Solving Problems

During what situations do you struggle to solve problems?

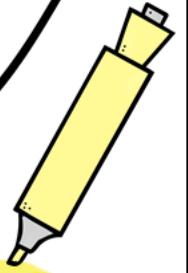
What will you do to show resilience to solve problems?



Solving Problems means:

the process of achieving a goal by overcoming obstacles.

# Draw & Write



NAME: \_\_\_\_\_

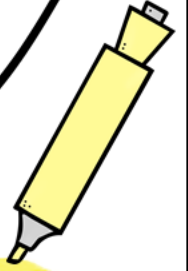
DATE: \_\_\_\_\_

**Draw a situation that you showed Resilience.**

**Show what happened, how it felt, and what you learned.**



# Draw & Write



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

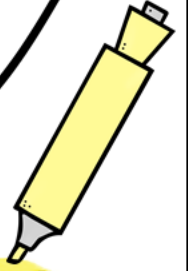
**Describe a situation that you showed Resilience.**

**Explain what happened, how it felt, and what you learned.**



Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are eight sets of these lines for writing.

# Draw & Write



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**Describe a situation that you showed Resilience.**

**Explain what happened, how it felt, and what you learned.**

Handwriting practice area consisting of 10 sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.





\*Cut out and glue  
to the top of the  
writing page.



# Writing Craftivity



Describe a problem you have and a **Bounce Back power** you can use to help solve it.

Handwriting practice area consisting of ten sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement.

# Writing Craftivity

©Heart and Mind Teaching



Describe a problem you have and a **Bounce Back power** you can use to help solve it.

Handwriting practice lines consisting of four sets of solid top and bottom lines with a dashed midline.



# Create your own Bounce Back Power

Draw your  
Bounce Back  
power in  
action here



My Bounce Back Power is:

What does this power do?

Describe a problem it can  
help solve:



By:

# My Bounce Back Power

my Bounce Back Power is:

Draw your  
Bounce Back  
power in  
action here



What does this power do?

Describe a problem it can help solve:

By:



# Resilience SUPERPOWERS



Brainstorm



Breathe



Think positive  
Thoughts



Break it into  
smaller tasks



Ask for help



Take a break

# Resilience

# SUPERPOWERS



## Brainstorm

Think of ideas of how to solve the problem.



## Breathe

Take a minute to breathe slow and deep to calm yourself.



## Think positive thoughts

Tell yourself encouraging and motivating things.



## Break it into smaller tasks

Break up large tasks into multiple smaller tasks.



## Take a break

Take a step away from the problem and rest.



## Ask for help

Certain problems require the help of others to complete, or ask for advice.



# I Got This!

What does Charlie need to use to make it to the top of the mountain?

**Bounce Back Super Powers**

When Charlie gets stuck what Bounce Back Superpower does he use to help calm himself?

**Breathing**

What Bounce Back Superpower does he use when he is stuck?

**Brainstorm**

When he slips and falls, what does he tell himself?

**I got this!**

What Bounce Back Superpower does Charlie use when it's too much and he feels like giving up?

**Chunk it**

What Bounce Back Superpower does Charlie use when he can't see the path ahead?

**Ask for help**

What bounce back Superpower does Charlie and Hazel use when they are exhausted?

**Recharge**

What did Charlie earn at the end of the story?

**His certification to become a rescue dog.**



Think & Discuss



Put a checkmark on which you should do in each situation.

When...

Brain-storm

Chunk it

Ask for help

Take a break/breathe

Think Positive Thoughts

You are not sure how to solve the problem.	✓				
You feel stuck and are not sure what to do.			✓		
You need materials you do not have.			✓		
You are not sure the next step.	✓				
You are overwhelmed.				✓	
You feel like giving up.					✓
You keep thinking "I can't do this".					✓
The goal feels too big to achieve.					✓
The task requires and older or more experienced person.			✓		
You feel frustrated.				✓	
You are exhausted.				✓	

**Black & White Version**

# BOOK COMPANION

## I Got This! by Julia Cook

Published by National Center for Youth Issues



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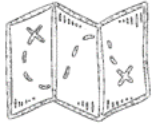
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# BOOK COMPANION



**My Mouth is a Volcano by Julia Cook**

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**Answer Keys .....p. 28-29**

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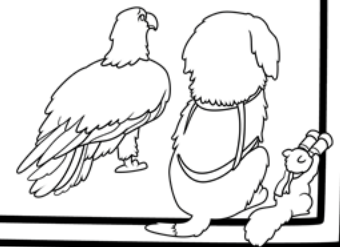
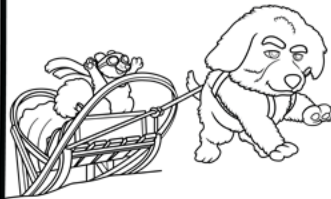
# Story Map

Setting:



## I Got This! by Julia Cook

Characters:



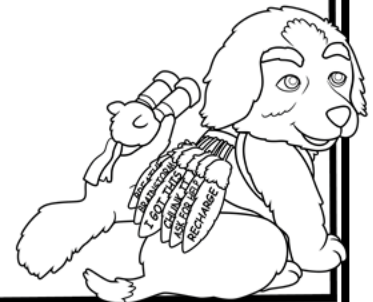
Beginning:



Middle:



End:



Problem:



Solution:



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Cut & Paste

Cut and paste the situations into Resilient or Not Resilient boxes.

Resilient

Resilient

Not Resilient

Resilient

Resilient

Not Resilient

Resilient

Resilient

Not Resilient

Cut each situation card out  
and paste to the correct  
resilient or not resilient boxes.



**Not Trying.**



**Break it into  
smaller  
tasks.**



**Think positive  
thoughts.**



**Giving up.**



**Take a break.**



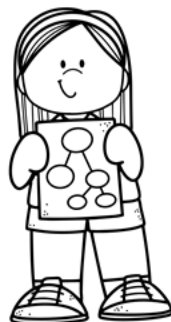
**Ask for help.**



**Asking someone  
to do it for you.**



**Brainstorm  
ideas.**



**Take a few deep,  
slow breaths.**



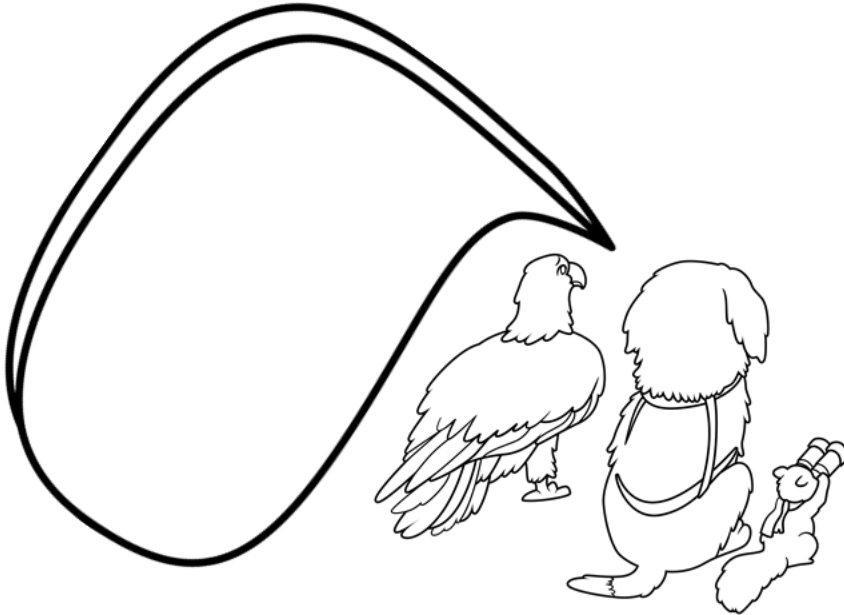
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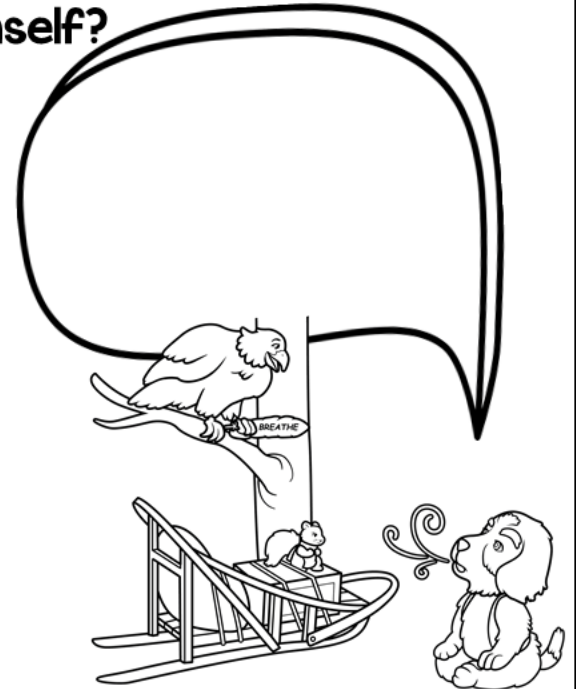
Story   
Questions

# I Got This!

What does Charlie need to use to make it to the top of the mountain?



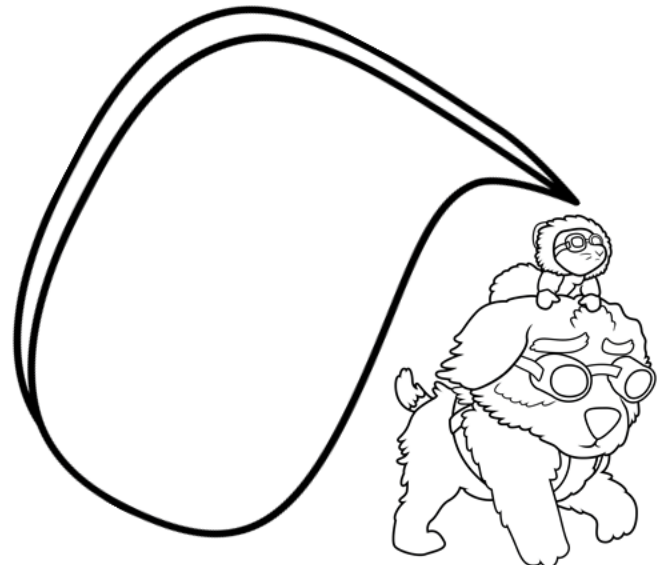
When Charlie gets stuck what Bounce Back Superpower does he use to help calm himself?



What Bounce Back Superpower does he use when he is stuck?



When he slips and falls, what does he tell himself?



NAME: \_\_\_\_\_

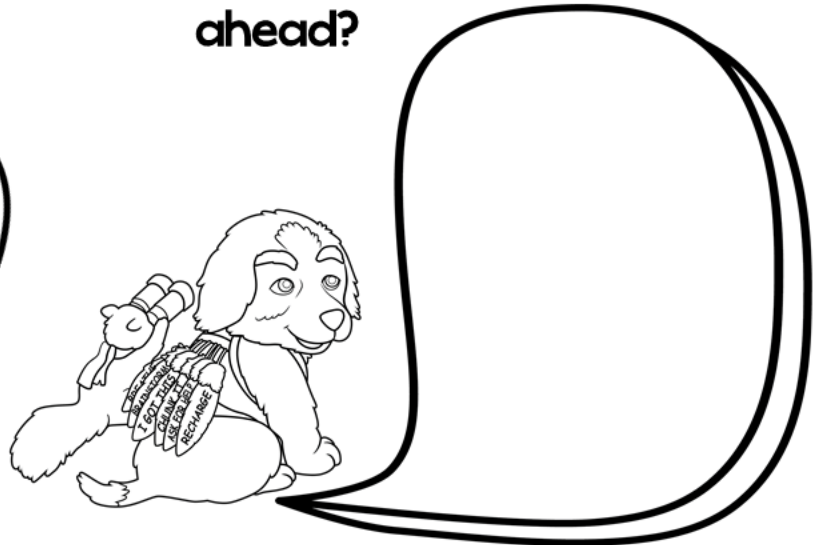
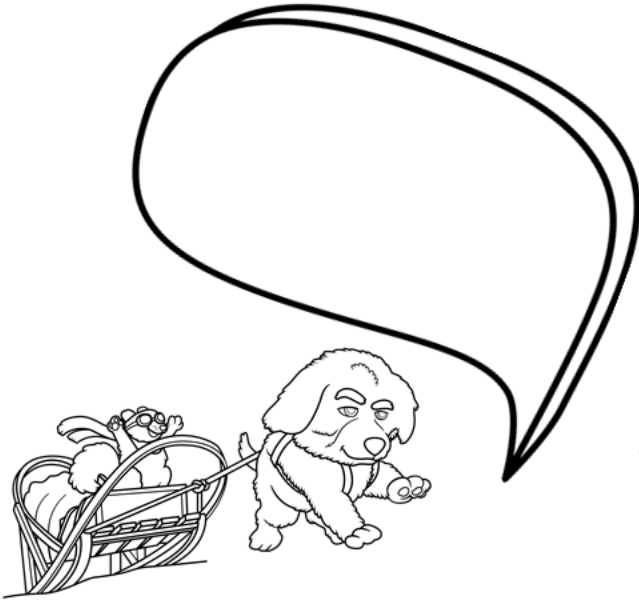
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Story   
Questions

# I Got This!

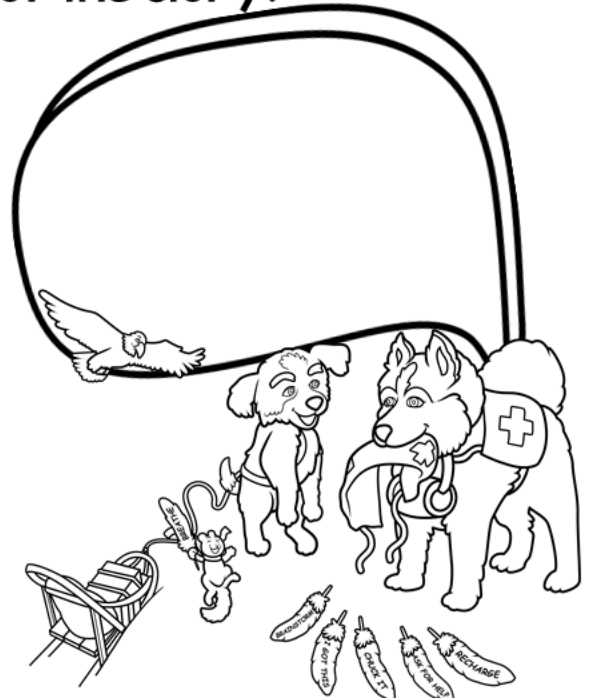
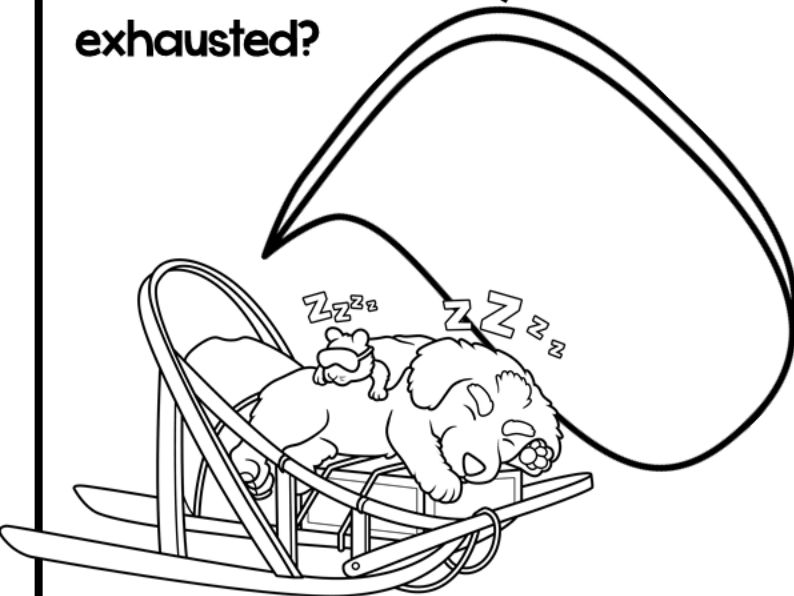
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What Bounce Back Superpower does Charlie use when he can't see the path ahead?



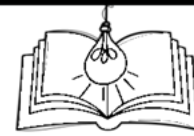
What bounce back Superpower does Charlie and Hazel use when they are exhausted?

What did Charlie earn at the end of the story?

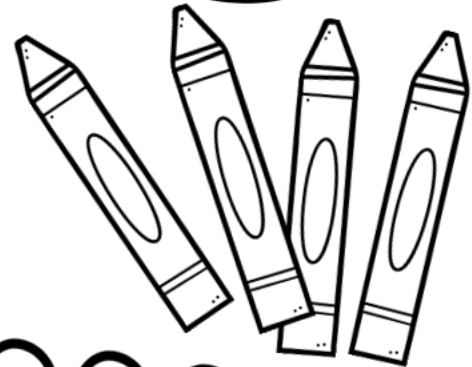


NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



## Think & Discuss



Why is it important to learn to bounce back from problems that come our way?

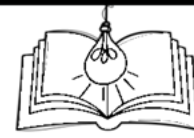
What are some strategies you use to stay determined when you feel like giving up?

How do you think Charlie and Hazel felt when their journey kept having obstacles?



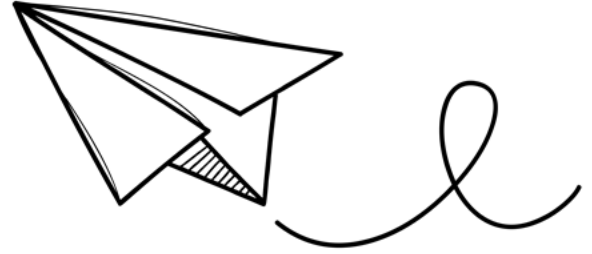
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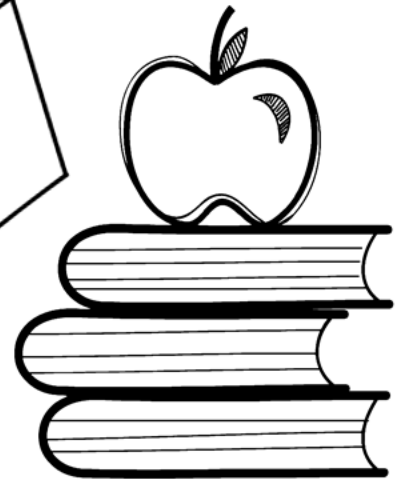
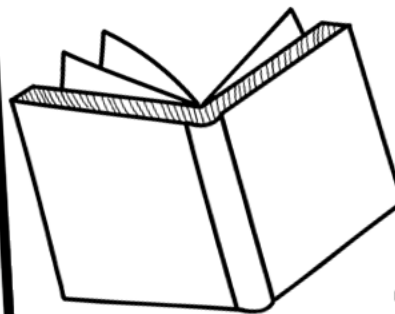
Think &  
Discuss

What are some situations that you have a hard time bouncing back from? Why?



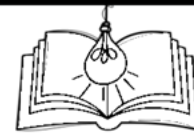
What would happen if Charlie did not experience those obstacles when he was in training?

Did experiencing the setbacks and obstacles make Charlie a better rescue dog?



NAME: \_\_\_\_\_

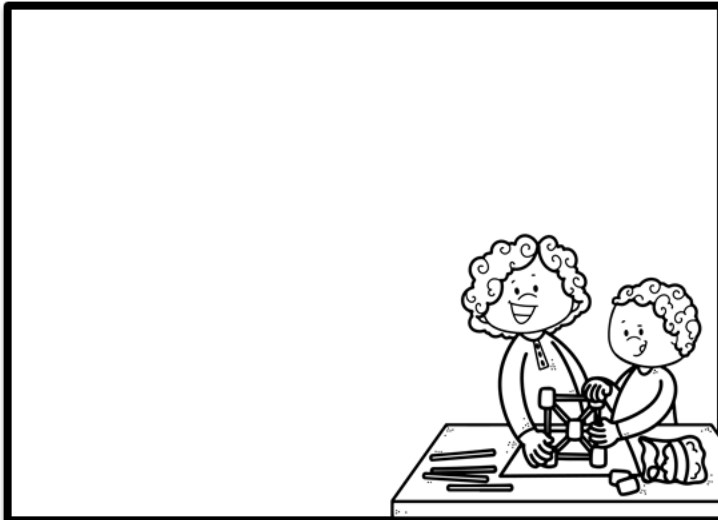
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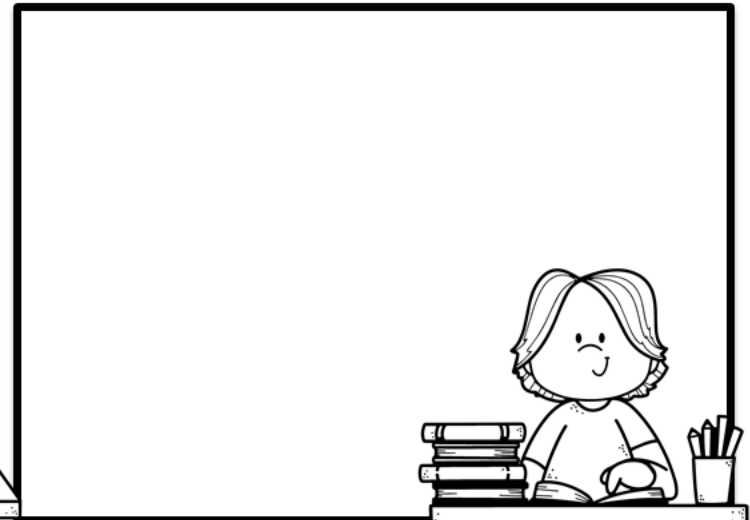
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Discuss

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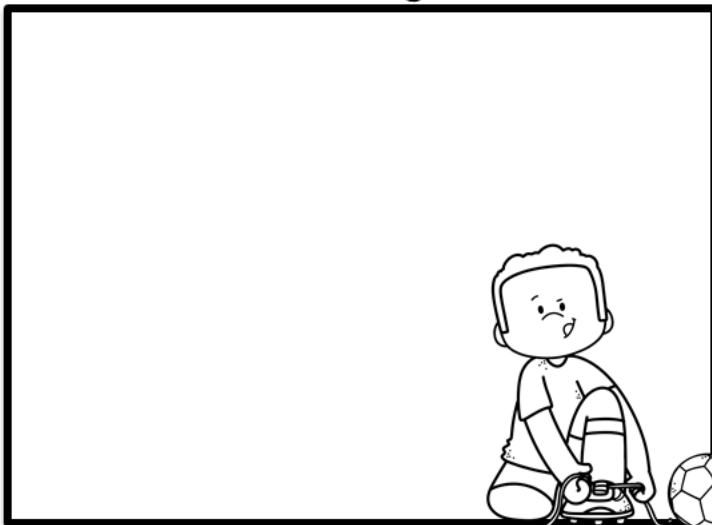
You have a big project due and are having trouble finding the right supplies to use.



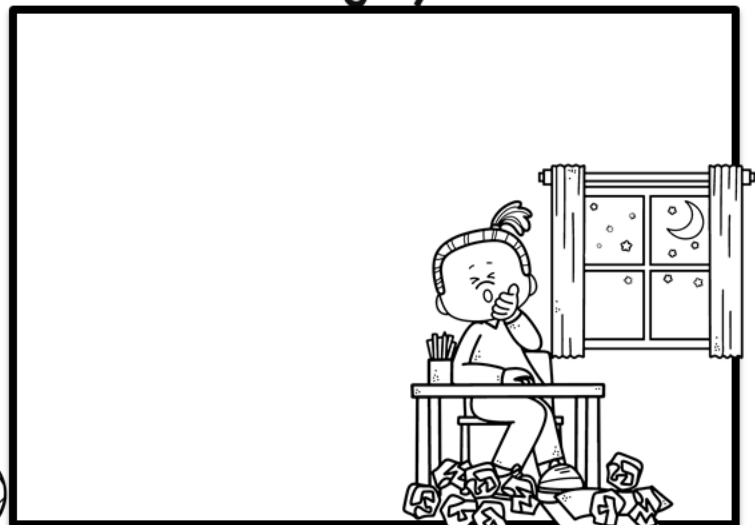
You have been studying for a while and feel like the information is not sticking.



You have been practicing your soccer skills and still can't seem to score a goal.

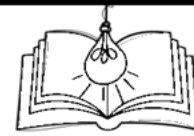


You feel overwhelmed with the amount of things you need to do.



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Think & Discuss

Put a checkmark on which you should do in each situation.



When...

Brain-storm

Chunk it

Ask for help

Take a break/  
breathe

Think Positive Thoughts

You are not sure how to solve the problem.

You feel stuck and are not sure what to do.

You need materials you do not have.

You are not sure of the next step.

You are overwhelmed.

You feel like giving up.

You keep thinking "I can't do this".

The goal feels too big to achieve.

The task requires and older or more experienced person.

You feel frustrated.

You are exhausted.


# Character Perspective



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

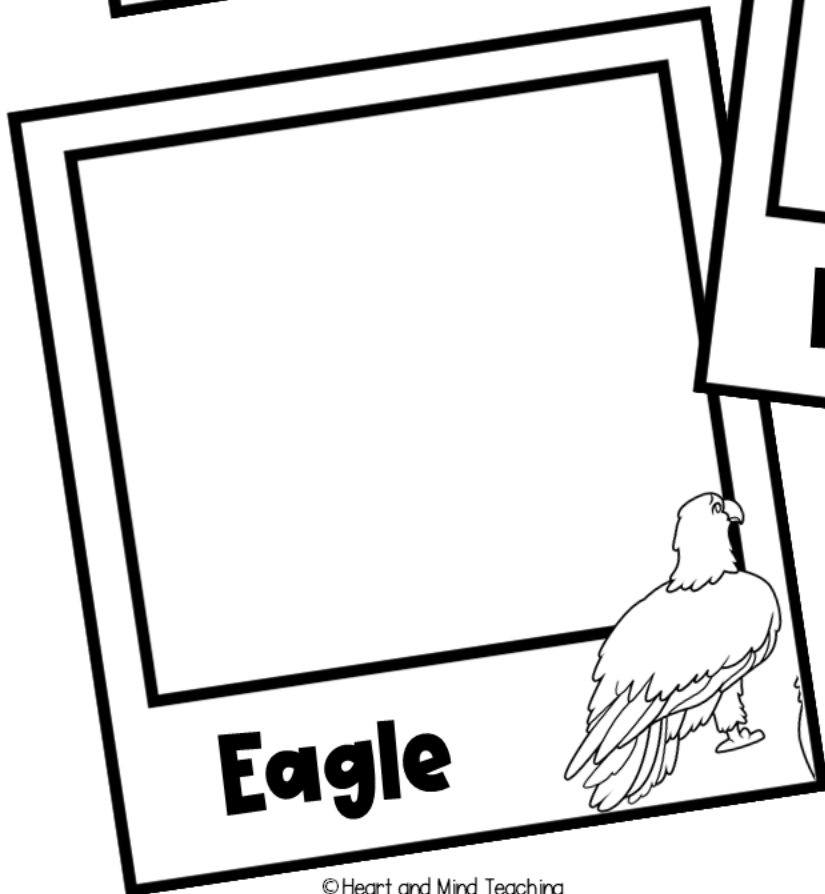
Think about the different perspectives that each character from the book might have when Charlie is struggling. Write in the boxes below what you think their perspectives might be.



**Charlie**



**Hazel**



**Eagle**



**Perspective means:**

**A way of thinking about and understanding something; a point of view.**

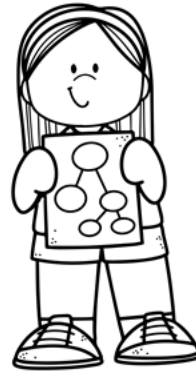
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# Social Emotional Learning

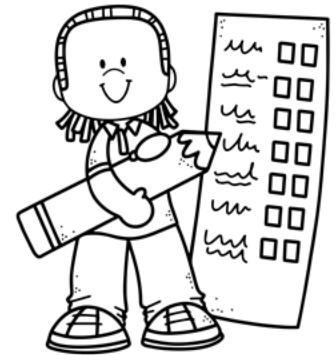
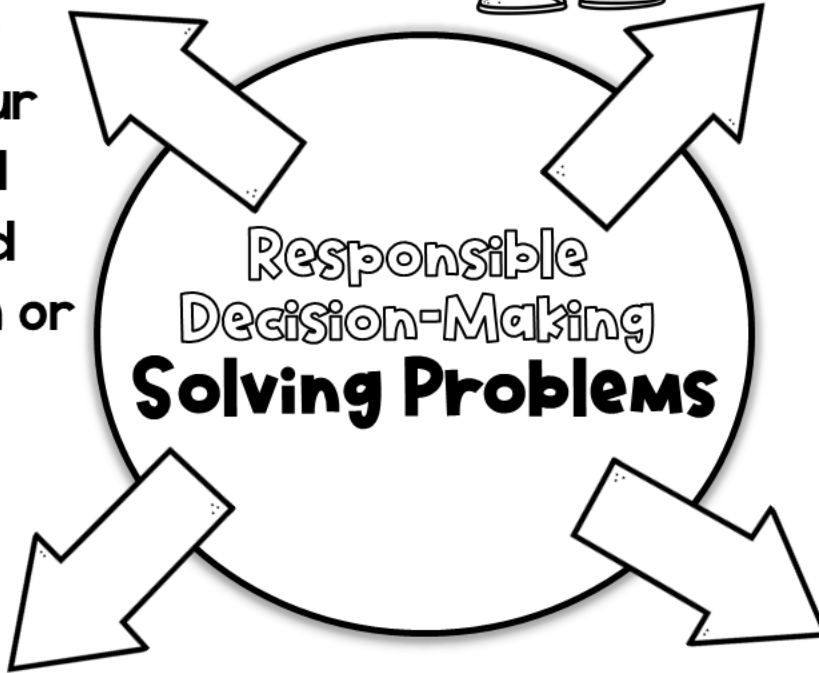


Analyze the problem.



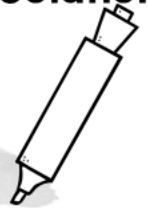
Brainstorm possible solutions.

Evaluate your decision and if you solved the problem or need to try something else.



Consider the positive and negative consequences of each solution.

During what situations do you struggle to solve problems?



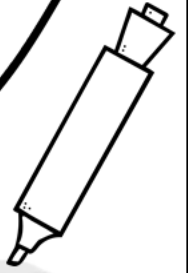
What will you do to show resilience to solve problems?



Solving Problems means:

the process of achieving a goal by overcoming obstacles.

# Draw & Write



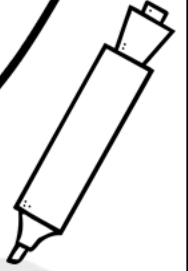
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**Draw a situation that you showed Resilience.**  
**Show what happened, how it felt, and what you learned.**



# Draw & Write

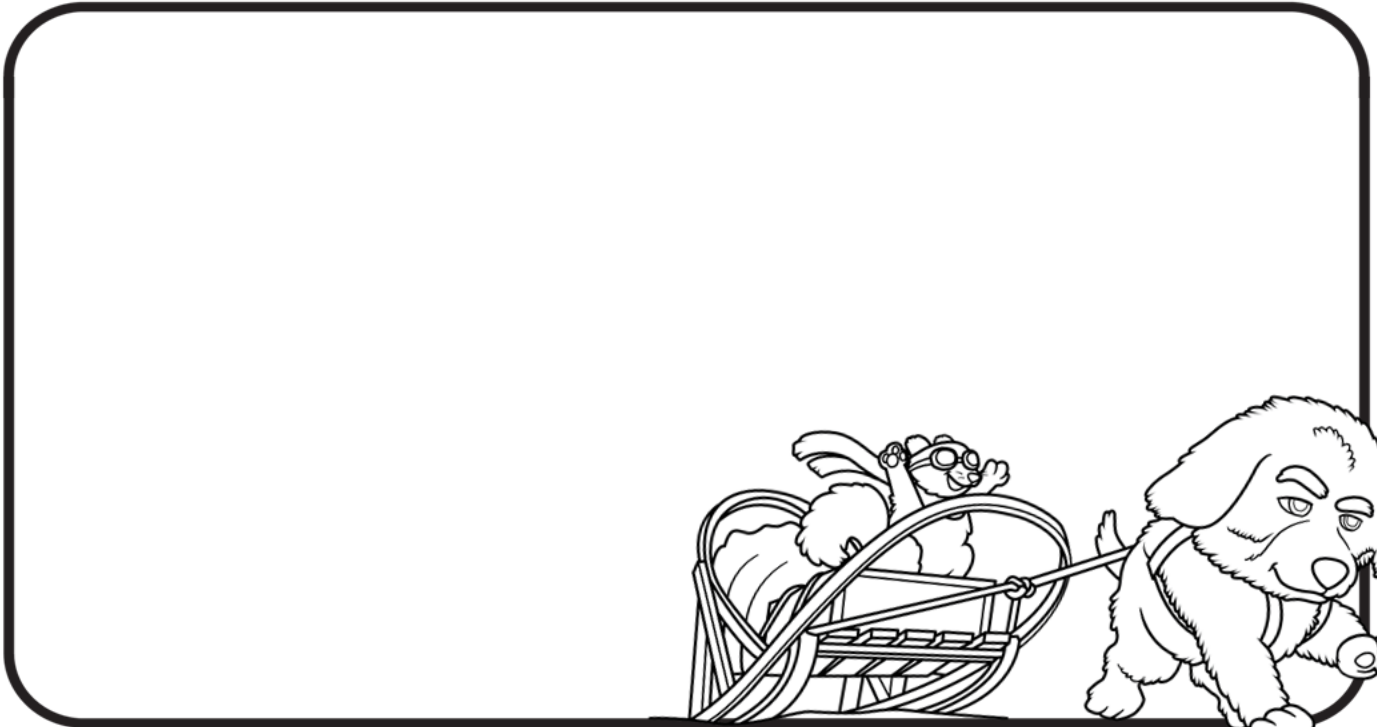


NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**Describe a situation that you showed Resilience.**

**Explain what happened, how it felt, and what you learned.**



\_\_\_\_\_

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\_\_\_\_\_

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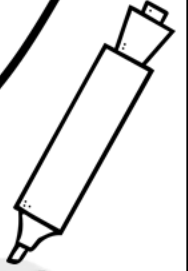
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# Draw & Write



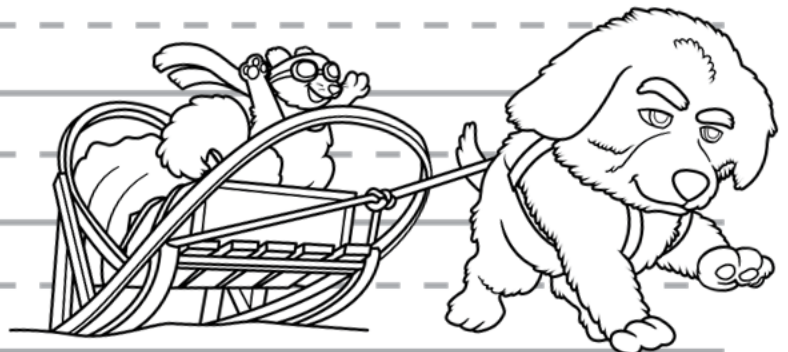
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**Describe a situation that you showed Resilience.**

**Explain what happened, how it felt, and what you learned.**

Handwriting practice area with 10 sets of lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.





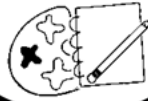
**\*Cut out and glue  
to the top of the  
writing page.**





**: Describe a problem and how using a  
Bounce Back power can help solve it.**

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are 10 sets of these lines for writing.




**: Describe a problem and how using a  
Bounce Back power can help solve it.**

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated four times.



# Create your own Bounce Back Power

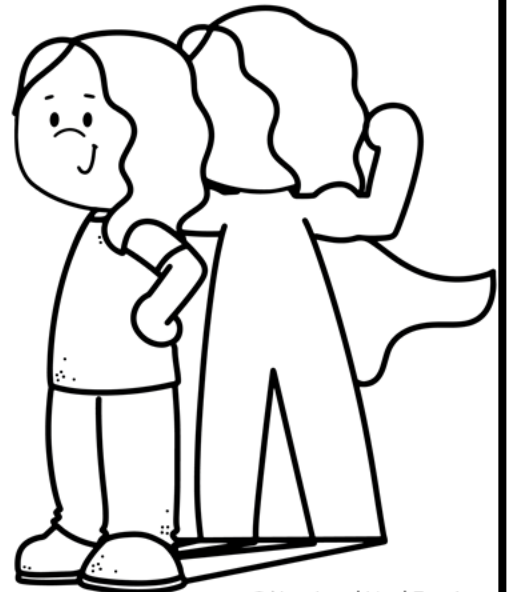
Draw your  
Bounce Back  
power in  
action here



My Bounce Back Power is:

What does this power do?

Describe a problem it can  
help solve:



By:

# My Bounce Back Power

My Bounce Back Power is:

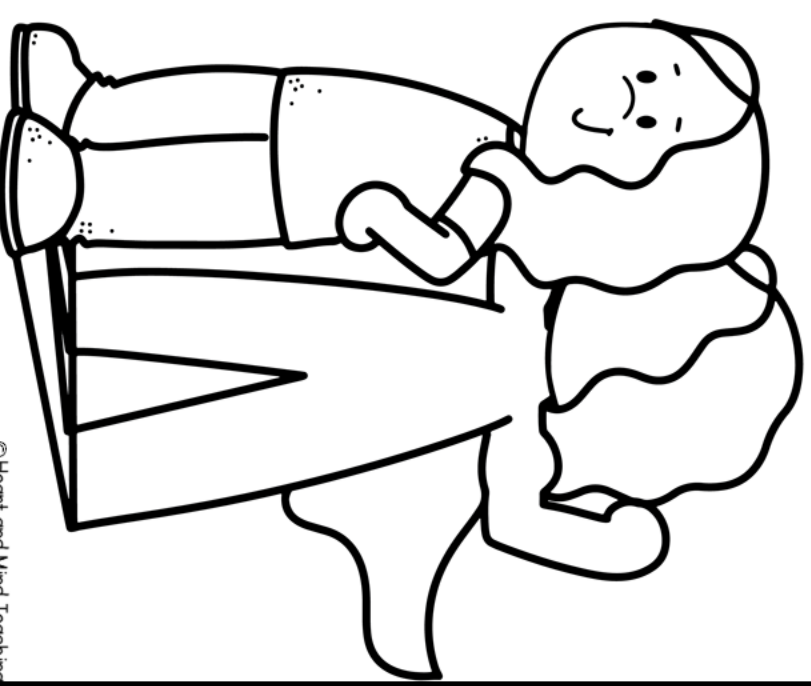
Draw your  
Bounce Back  
power in  
action here



What does this power do?

Describe a problem it can help solve:

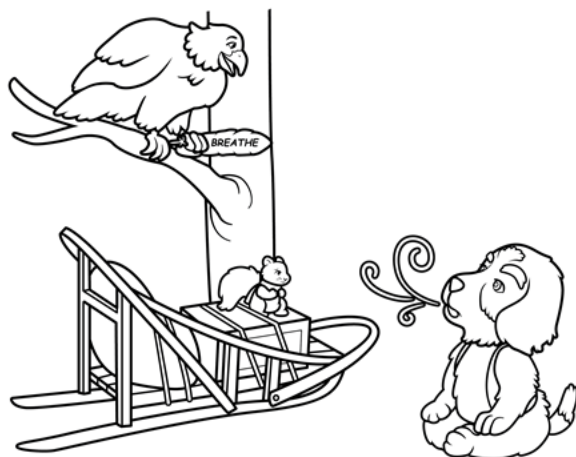
By:



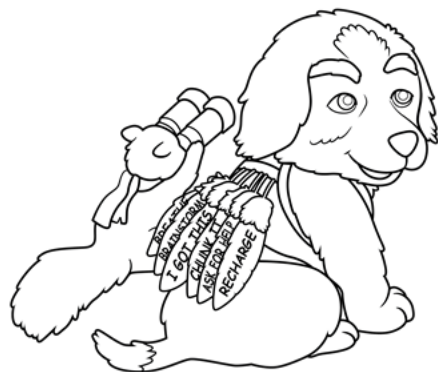
# Resilience SUPERPOWERS



Brainstorm



Breathe



Think positive  
thoughts



Break it into  
smaller tasks



Ask for help



Take a break

# Resilience

# SUPERPOWERS



## Brainstorm

Think of ideas of how to solve the problem.



## Breathe

Take a minute to breathe slow and deep to calm yourself.



## Think positive thoughts

Tell yourself encouraging and motivating things.



## Break it into smaller tasks

Break up large tasks into multiple smaller tasks.



## Take a break

Take a step away from the problem and rest.



## Ask for help

Certain problems require the help of others to complete, or ask for advice.



# I Got This!

What does Charlie need to use to make it to the top of the mountain?

Bounce Back Super Powers

When Charlie gets stuck what Bounce Back Superpower does he use to help calm himself?

Breathing

What Bounce Back Superpower does he use when he is stuck?

Brainstorm

When he slips and falls, what does he tell himself?

I got this!

What Bounce Back Superpower does Charlie use when it's too much and he feels like giving up?

Chunk it

What Bounce Back Superpower does Charlie use when he can't see the path ahead?

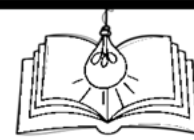
Ask for help

What bounce back Superpower does Charlie and Hazel use when they are exhausted?

Recharge

What did Charlie earn at the end of the story?

His certification to become a rescue dog.



Think & Discuss



Put a checkmark on which you should do in each situation.

When...

Brain-storm

Chunk it

Ask for help

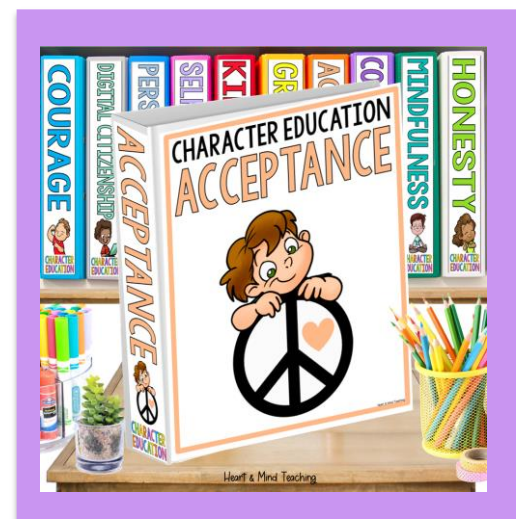
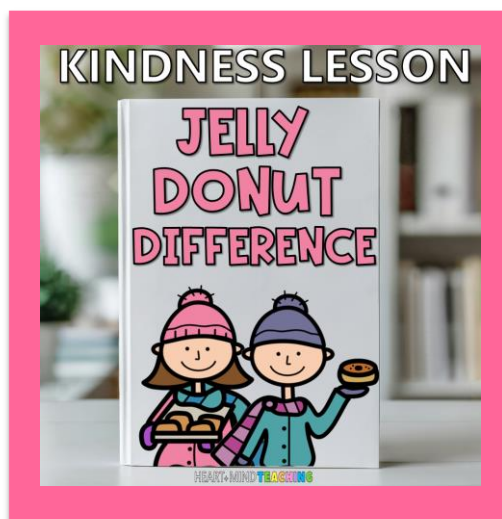
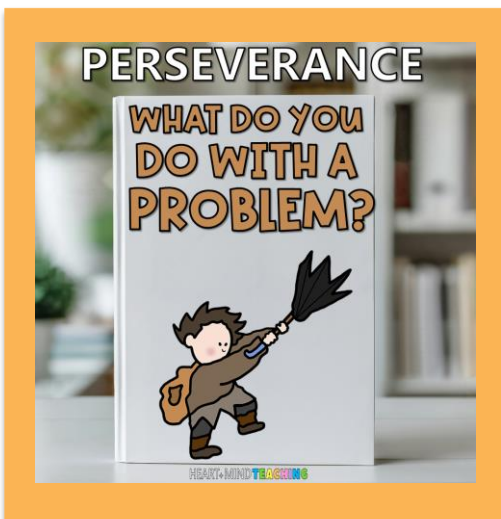
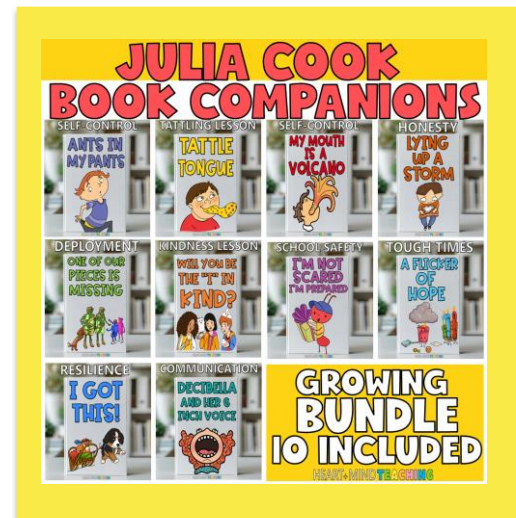
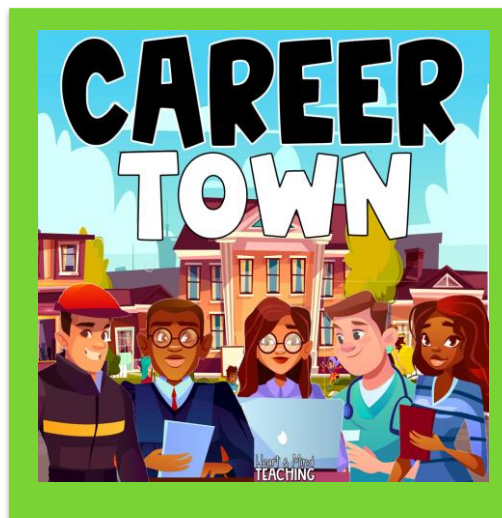
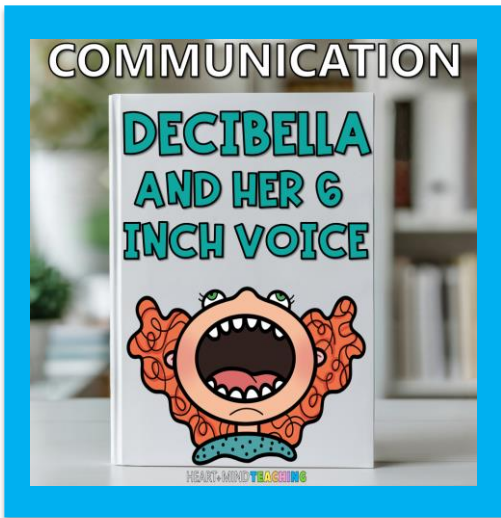
Take a break/ breathe

Think Positive Thoughts

You are not sure how to solve the problem.	✓				
You feel stuck and are not sure what to do.			✓		
You need materials you do not have.			✓		
You are not sure the next step.	✓				
You are overwhelmed.				✓	
You feel like giving up.					✓
You keep thinking "I can't do this".					✓
The goal feels too big to achieve.					✓
The task requires and older or more experienced person.			✓		
You feel frustrated.				✓	
You are exhausted.				✓	

# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



## COUNSELOR Collab

with Laura & Ashley



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

**CLICK TO COLLAB**

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- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.

HEART + MIND  
TEACHING



# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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*Ashley*

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