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Ashley

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1 Click here  [Ants in my Pants 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

## Ants in my Pants 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 have self-control over their bodies need to move.

### Materials:

\*Book: Ants in my Pants by Julia Cook.  
\*Handouts, scissors, tape/glue, pencils.

### Guiding Questions:

\*What are some ways to prevent the wiggles?  
\*What are appropriate locations to get your wiggles out?

### 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: Self-Management: Self-discipline and self-control. (B-SMS 2)  
\*Behavior: Social Skills: Social Maturity and behaviors appropriate to the situation and environment. (B-SS 9)

### SEL Competencies:

\*Self-management: Impulse-control.

### Session Details

\*Say "Today we are going to be reading a book called "Ants in my Pants" by Julia Cook. In it, Louis learns how to control his body and stop wiggling." 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, Louis' teacher's perspective might be that he was disrupting the class with his wiggles, but Louis' perspective might be that he was trying to get his wiggles out and felt like he had to move." Complete the perspective handout (p. 12). Say "Being able to control oneself or have self-control is what Louis needs to do to prevent the wiggles. Let's look at ways to have better control over our bodies." 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 Wiggle Dance", complete the creative activity. The writing craftivity and/or creative activity make for a great bulletin board display.

# BOOK COMPANION



**Ants in my Pants by Julia Cook**

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

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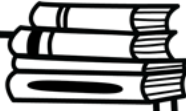
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# Story Map



Setting:

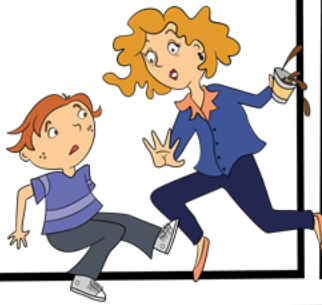


## Ants in My Pants by Julia Cook

Characters:



Beginning:



Middle:



End:



Problem:



Solution:

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

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



Cut & Paste

Cut and paste the locations into either the Stay Still or Wiggle Time boxes.

Stay Still

Stay Still

Wiggle Time

Stay Still

Stay Still

Wiggle Time

Stay Still

Stay Still

Wiggle Time

Cut each location card out  
and paste to the correct  
Stay Still or Wiggle Time  
spot.

Classroom  
Carpet time.



Group work.



Recess.



Cafeteria.



Library.



P.E.



Art Class.



Movie  
theater.




Brain  
Breaks.



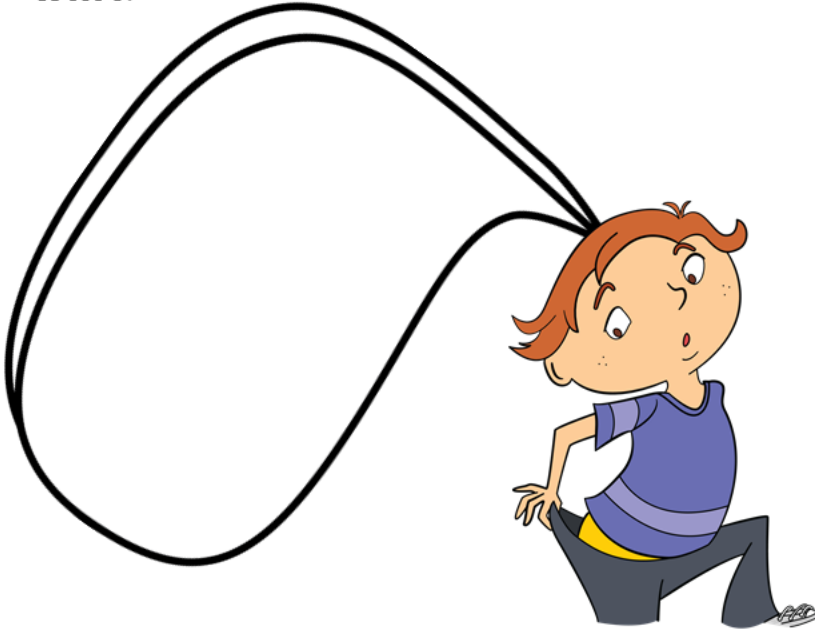
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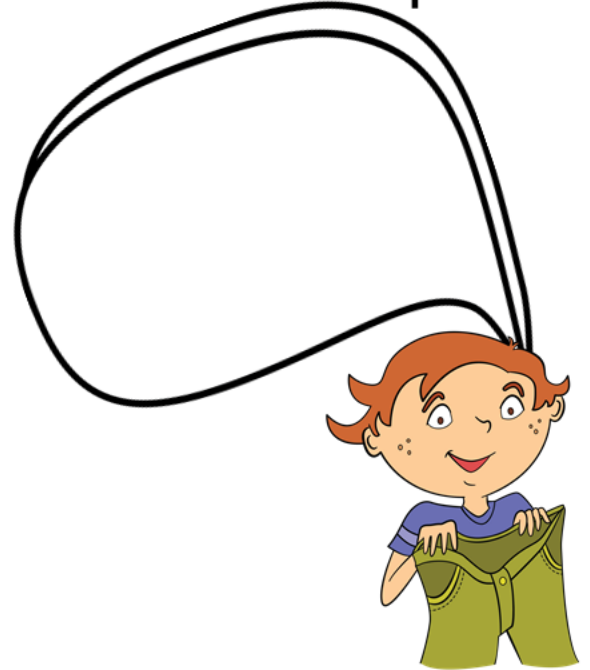
Story   
Questions

# Ants in my Pants

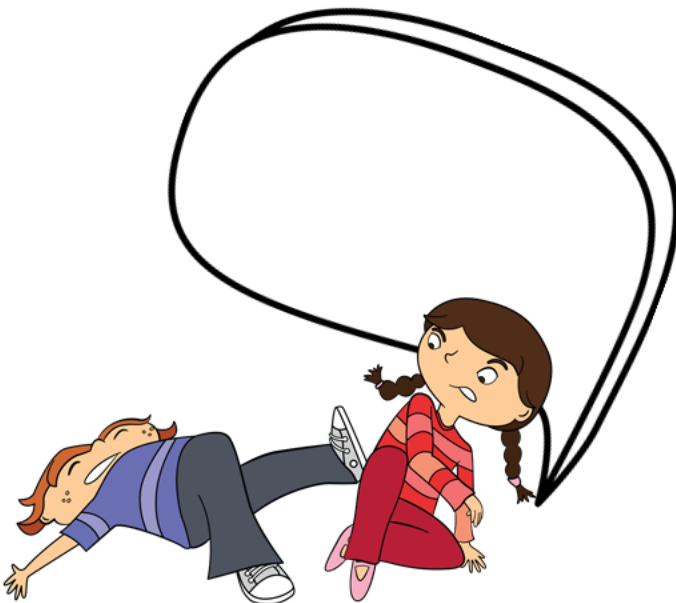
What was Louis struggling with?



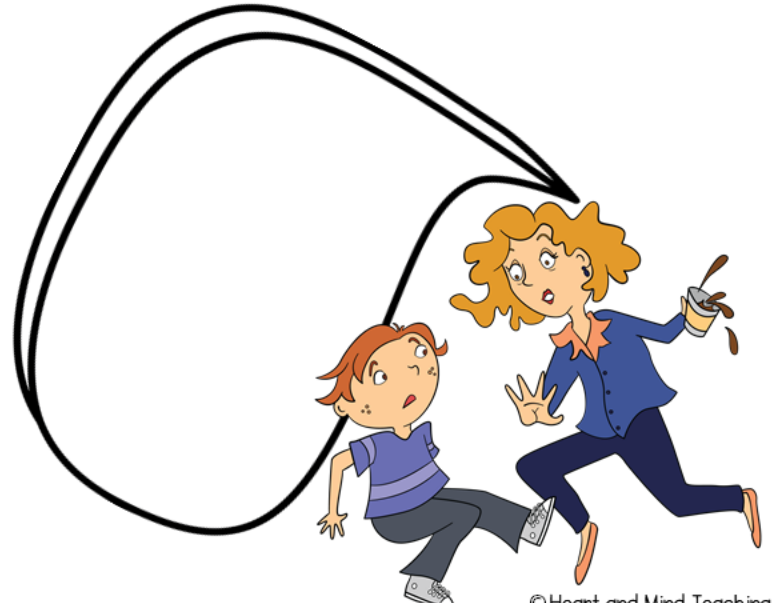
What does everyone say about Louis and his pants?



What happened when Louis wiggled on the rug when listening to a story?



What happened when Louis slid down the wall and kicked his feet out in the cafeteria?



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

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

Story   
Questions

# Ants in my Pants

What did Louis' mom say he needed to do when near a group of people?



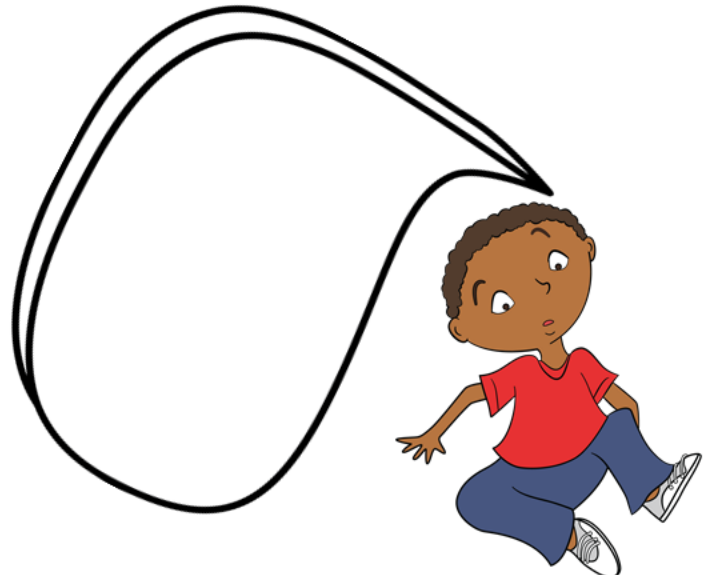
What did Louis' mom tell him to do before when he knows he is going to be sitting for a while?



What did Louis' mom tell him to use when he needs to stay seated?



What happened to Louis' friend Richard?



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

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



Think & Discuss



Why did Louis' Principal talk to him?

How do you look to others when you wiggle too much?



How do you think Louis felt when everyone got upset with him because he wiggled so much?

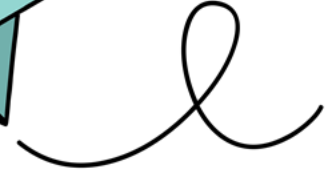
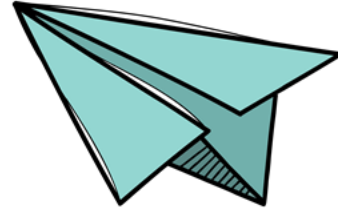


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Think &  
Discuss

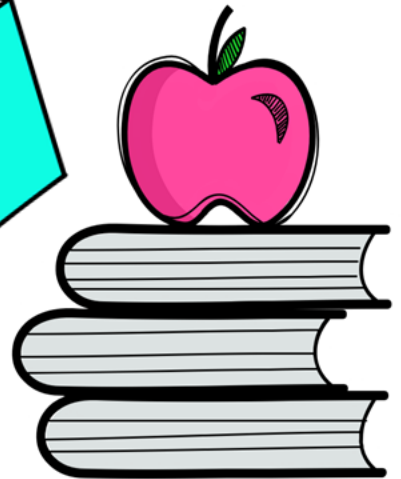
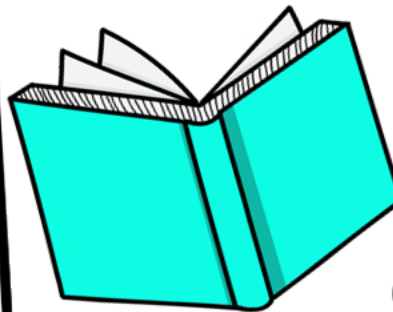


What are some situations that you have a hard time staying still in? Why?



What would happen if everyone wiggled around whenever they wanted?

What would it be like if everyone stayed in their personal space bubble?



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

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



Think &  
Discuss

# Explain each of the Wiggle Solutions

and when you  
should  
use them.

Wiggle Dance



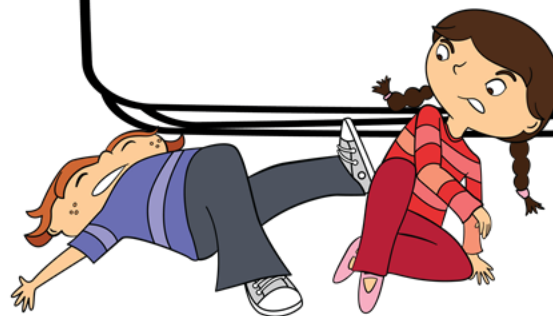
Personal  
Space



Fidget Tool



Mindful  
Breathing



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

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



### Think & Discuss



Uh oh! You have ants in your pants and feel the need to move. Put a checkmark on what you would do in each situation.

Do a wiggle dance.

Stretch.

Use a fidget tool.

Deep breathing.

When you are 

In the library.

Working at your desk.

Sitting with a group.

Walking in line.

In a movie theater.

Waiting at the doctor's office.

In the cafeteria.

Listening to a book on the classroom carpet.

Listening to your teacher teach a lesson at the board.

Working on the computer.

Driving in the car.

# Character Perspective



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

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

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



**Louis**

**Louis' Principal**



**Louis' Classmates**



**Perspective means:**

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



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

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



Stop! Before you do anything,  
Take a deep breath, in through  
your nose and out through  
your mouth.

**Self-  
Management:  
Impulse  
Control**

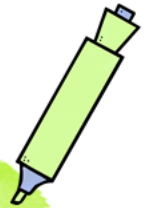


Think about what your  
options are, and  
any consequences  
of the actions.



Choose the best action to  
take with the least amount  
of consequences.

During what situations do you struggle to control your impulses?



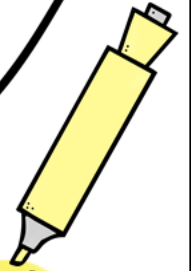
What will you do to control your impulses?



**Impulse Control  
means:**

The ability to control  
oneself; Self-control.

# Draw & Write

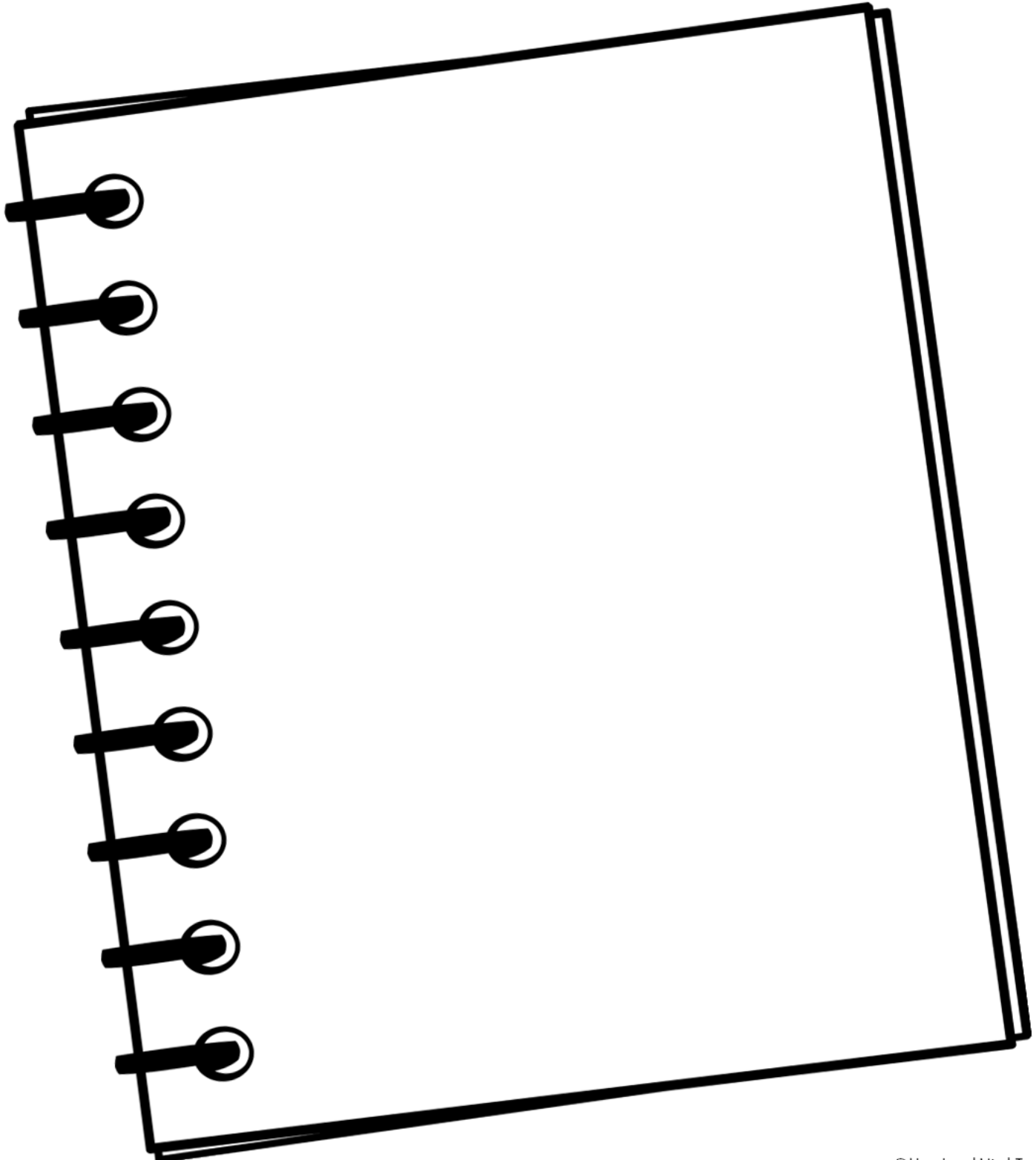


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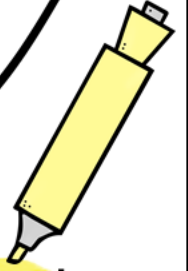
DATE: \_\_\_\_\_

**Draw a situation that you had could not sit still in.**

**Show what happened, how it felt, and what you would do different.**



# Draw & Write



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

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

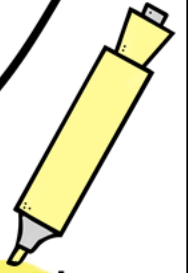
**Describe a situation that you had could not sit still in.**

**Explain what happened, how it felt, and what you would do different.**



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

# Draw & Write



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

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

**Describe a situation that you had could not sit still in.**

**Explain what happened, how it felt, and what you would do different.**

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.**





**What can you do to help sit still  
and control your wiggles?**

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



**What can you do to help sit still  
and control your wiggles?**

Handwriting practice lines consisting of four sets of solid top and bottom lines with a dashed middle line for tracing.



# Create your own Wiggle Dance



Draw  
yourself  
doing your  
wiggle dance  
here



**Describe how to do your wiggle dance:**


**What happens to your body when you feel like you need to move?**

**By:**

# My Wiggle Dance



Draw  
yourself  
doing your  
wiggle dance  
here



What happens to your body when you feel like you need to move?

By:

What to do when you  
have the  
**WIGGLES!**

Stay in your  
personal space.

Do a stretch.

Take a  
few deep  
breaths.

Use a  
fidget tool  
or stress  
ball.

Do a wiggle  
dance.



# What to do when you have the **WIGGLES!**

**Stay in your personal space.**

## **Do a stretch.**

Stretch and bend your muscles to relieve the desire to move, while staying in your personal space.

Give yourself a small space, not too close to others, so if you have to move you have a little space to do so and not invade others personal space.

## **Take a few deep breaths.**

Take time to breathe in through your nose and out through your mouth slowly.

## **Do a wiggle dance.**

When you have to sit for a while, get your energy out beforehand.

## **Use a fidget tool or stress ball.**

Keep your hands busy and moving when you can't move your legs/feet.





# Ants in my Pants

What was Louis struggling with?

**Controlling his wiggles.**

What does everyone say about Louis and his pants?

**He has ants in his pants.**

What happened when Louis wiggled on the rug when listening to a story?

**He accidentally kicked Courtney's leg.**

What happened when Louis slid down the wall and kicked his feet out in the cafeteria?

**He accidentally tripped the Principal.**

What did Louis' mom say he needed to do when near a group of people?

**Keep to his personal space bubble.**

What did Louis' mom tell him to do before when he knows he is going to be sitting for a while?

**Do a wiggle dance.**

What did Louis' mom tell him to use when he needs to stay seated?

**A fidget tool or squishy.**

What happened to Louis' friend Richard?

**He got ants in his pants and accidentally kicked Louis.**

**Black & White Version**

# BOOK COMPANION

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Published by National Center for Youth Issues



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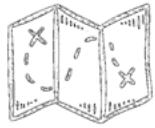
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**Ants in my Pants by Julia Cook**

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**Story Questions .....p. 8-9**



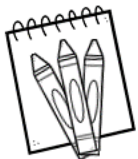
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**Character Perspective .....p. 13**



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

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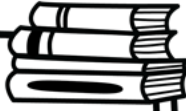
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# Story Map



Setting:



## Ants in my Pants by Julia Cook

Characters:



Beginning:



Middle:



End:



Problem:



Solution:



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

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



Cut & Paste

Cut and paste the locations into either the Stay Still or Wiggle Time boxes.

Stay Still

Stay Still

Wiggle Time

Stay Still

Stay Still

Wiggle Time

Stay Still

Stay Still

Wiggle Time



Cut & Paste

Cut each location card out  
and paste to the correct  
Stay Still or Wiggle Time  
spot.

Classroom  
Carpet time.



Group work.



Recess.



Cafeteria.



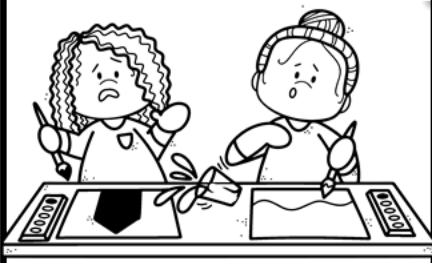
Library.



P.E.



Art Class.



Movie  
theater.



Brain  
Breaks.



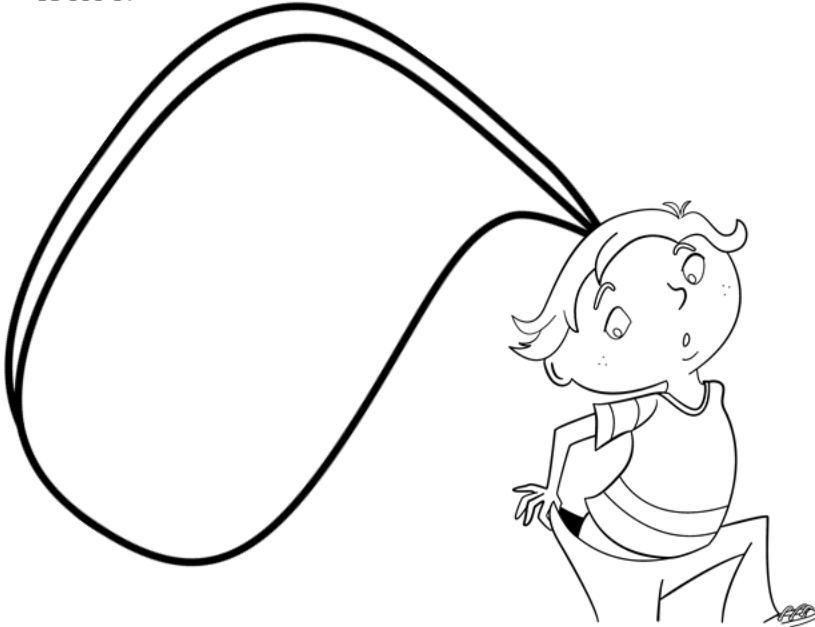
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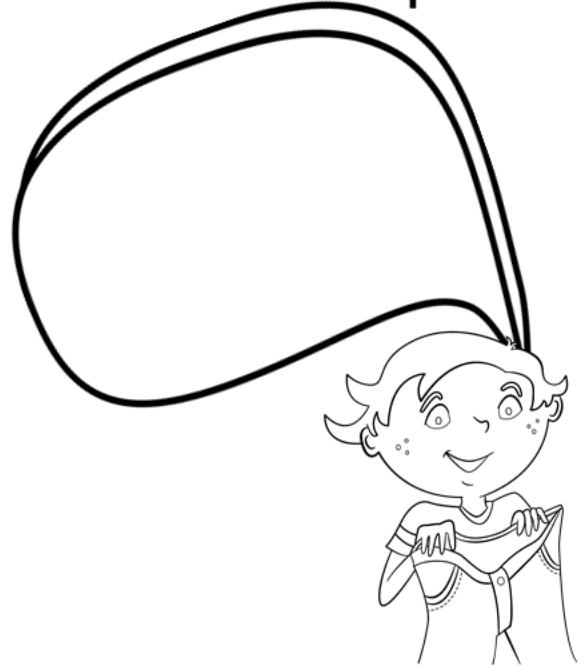
Story   
Questions

# Ants in my Pants

What was Louis struggling with?



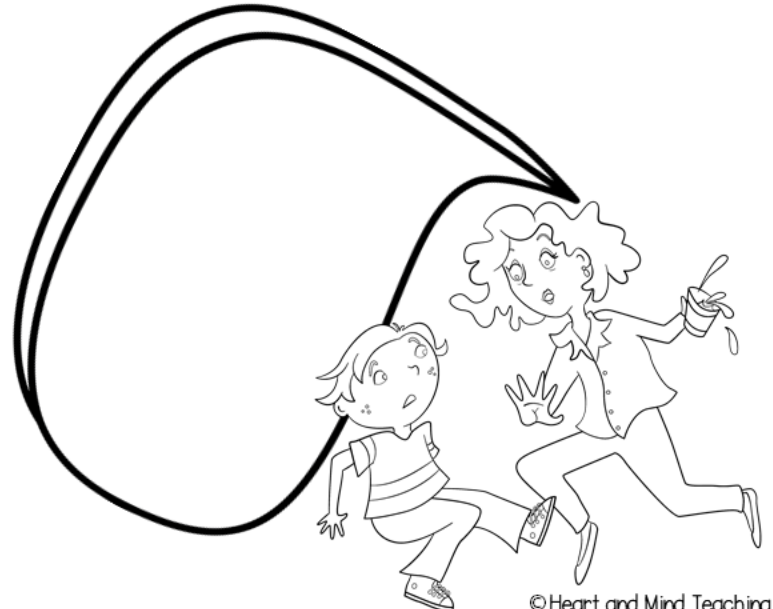
What does everyone say about Louis and his pants?



What happened when Louis wiggled on the rug when listening to a story?



What happened when Louis slid down the wall and kicked his feet out in the cafeteria?



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

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

Story   
Questions

# Ants in my Pants

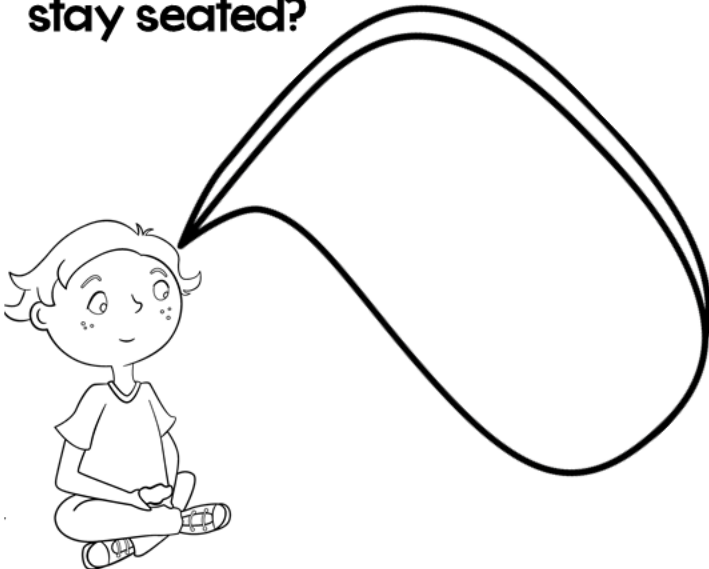
What did Louis' mom say he needed to do when near a group of people?



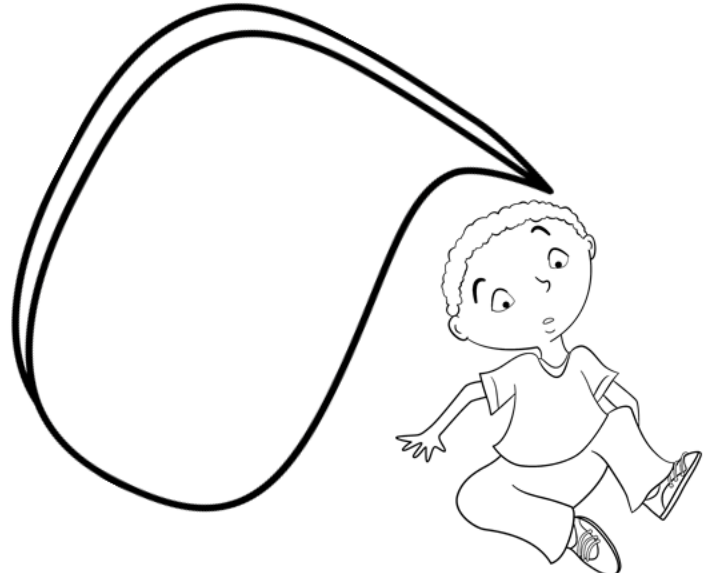
What did Louis' mom tell him to do before when he knows he is going to be sitting for a while?



What did Louis' mom tell him to use when he needs to stay seated?

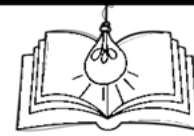


What happened to Louis' friend Richard?



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

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



Think &  
Discuss



Why did Louis' Principal talk to him?

How do you look to others when you wiggle too much?

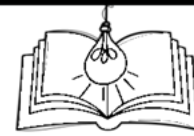


How do you think Louis felt when everyone got upset with him because he wiggled so much?



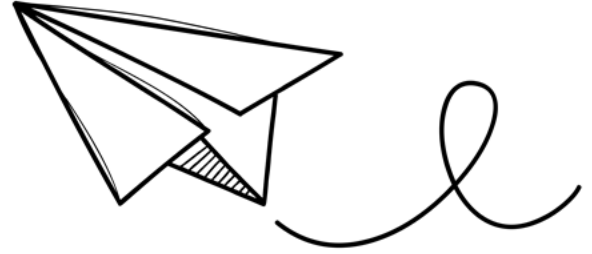
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DATE: \_\_\_\_\_



Think &  
Discuss

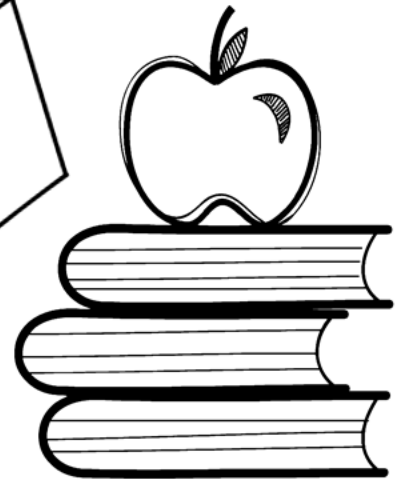
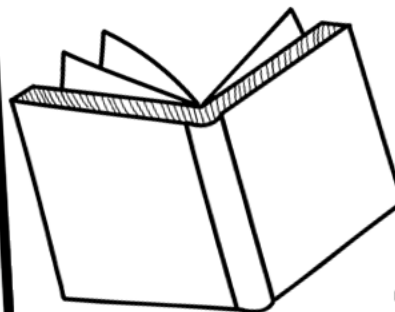
What are some situations that you have a hard time staying still in? Why?



What would happen if everyone wiggled around whenever they wanted?

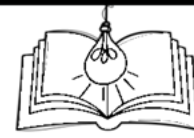


What would it be like if everyone stayed in their personal space bubble?



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

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



Think & Discuss

# Explain each of the Wiggle Solutions

and when you should use them.

Wiggle Dance



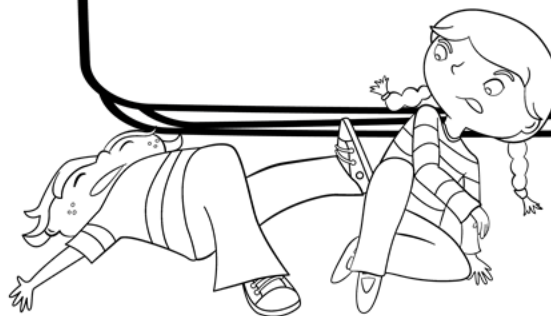
Personal Space



Fidget Tool

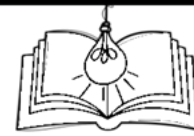


Mindful Breathing



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


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




### Think & Discuss



Uh oh! You have ants in your pants and feel the need to move. Put a checkmark on what you would do in each situation.

When you are  **Do a wiggle dance.** **Stretch.** **Use a fidget tool.** **Deep breathing.**

When you are 	Do a wiggle dance.	Stretch.	Use a fidget tool.	Deep breathing.
In the library.				
Working at your desk.				
Sitting with a group.				
Walking in line.				
In a movie theater.				
Waiting at the doctor's office.				
In the cafeteria.				
Listening to a book on the classroom carpet.				
Listening to your teacher teach a lesson at the board.				
Working on the computer.				
Driving in the car.				

# Character Perspective



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

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

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

**Louis**

**Louis' Principal**

**Louis' Classmates**



**Perspective means:**

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



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

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



Stop! Before you do anything,  
Take a deep breath, in through  
your nose and out through  
your mouth.

Self-  
Management:  
**Impulse  
Control**

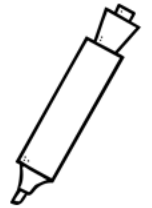


Think about what your  
options are, and  
any consequences  
of the actions.

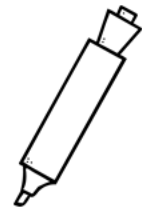


Choose the best action to  
take with the least amount  
of consequences.

During what situations do you struggle to control your impulses?



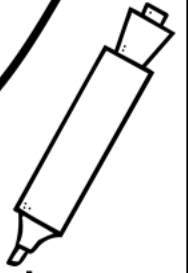
What will you do to control your impulses?



**Impulse Control  
means:**

The ability to control  
oneself; **Self-control.**

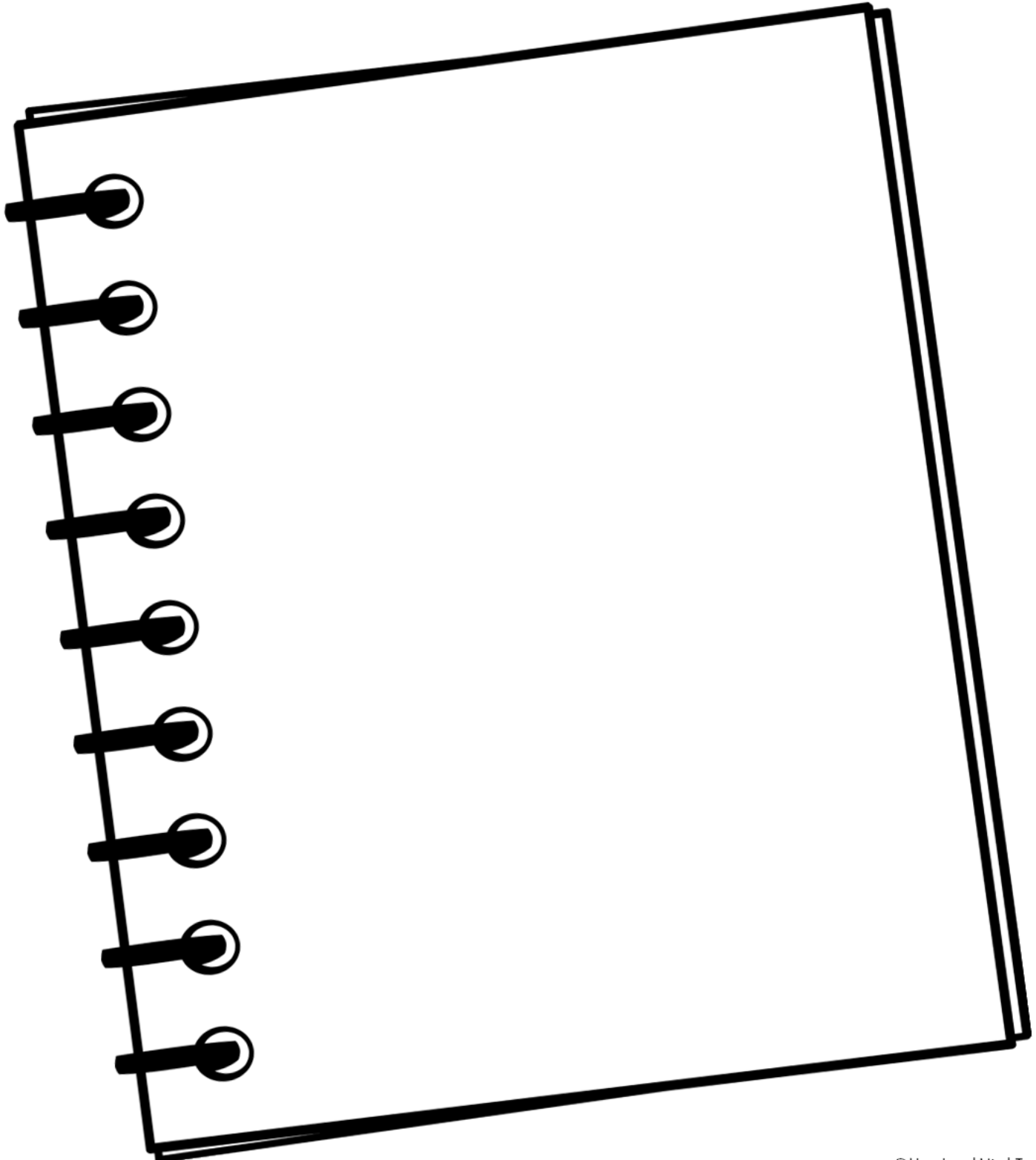
# Draw & Write



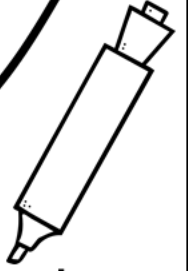
NAME: \_\_\_\_\_

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

**Draw a situation that you had could not sit still in.**  
**Show what happened, how it felt, and what you would do different.**



# Draw & Write



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

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

**Describe a situation that you had could not sit still in.**

**Explain what happened, how it felt, and what you would do different.**



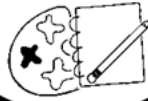
Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are five sets of these lines for writing.





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





**What can you do to help sit still  
and control your wiggles?**

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated multiple times for student response.



**What can you do to help sit still  
and control your wiggles?**

Handwriting practice lines consisting of four 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.



# Create your own Wiggle Dance



Draw  
yourself  
doing your  
wiggle dance  
here



**Describe how to do your wiggle dance:**


**What happens to your body when you feel like you need to move?**

**By:**

# My Wiggle Dance



Draw  
yourself  
doing your  
wiggle dance  
here



What happens to your body when you feel like you need to move?

By:

What to do when you  
have the  
**WIGGLES!**

**Stay in your  
personal space.**

**Do a stretch.**

**Take a  
few deep  
breaths.**

**Use a  
fidget tool  
or stress  
ball.**

**Do a wiggle  
dance.**



# What to do when you have the **WIGGLES!**

**Stay in your personal space.**

## **Do a stretch.**

Stretch and bend your muscles to relieve the desire to move, while staying in your personal space.

Give yourself a small space, not too close to others, so if you have to move you have a little space to do so and not invade others personal space.

## **Take a few deep breaths.**

Take time to breathe in through your nose and out through your mouth slowly.

## **Do a wiggle dance.**

When you have to sit for a while, get your energy out beforehand.

## **Use a fidget tool or stress ball.**

Keep your hands busy and moving when you can't move your legs/feet.





# Ants in my Pants

What was Louis struggling with?

Controlling his wiggles.

What does everyone say about Louis and his pants?

He has ants in his pants.

What happened when Louis wiggled on the rug when listening to a story?

He accidentally kicked Courtney's leg.

What happened when Louis slid down the wall and kicked his feet out in the cafeteria?

He accidentally tripped the Principal.

What did Louis' mom say he needed to do when near a group of people?

Keep to his personal space bubble.

What did Louis' mom tell him to do before when he knows he is going to be sitting for a while?

Do a wiggle dance.

What did Louis' mom tell him to use when he needs to stay seated?

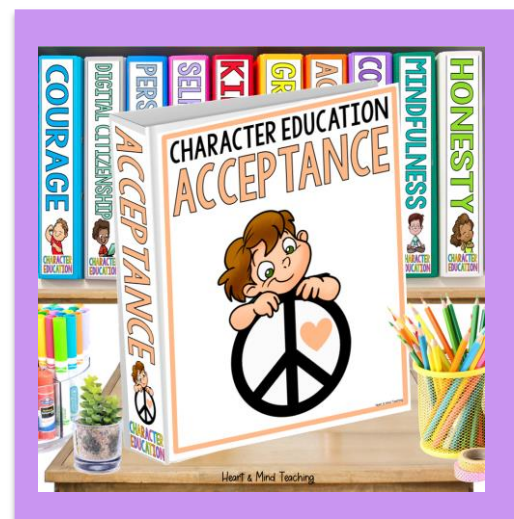
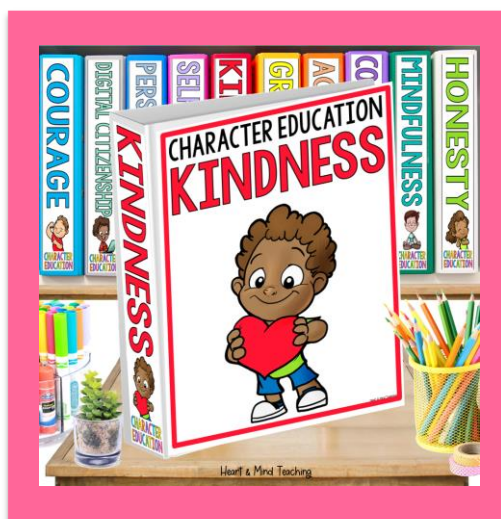
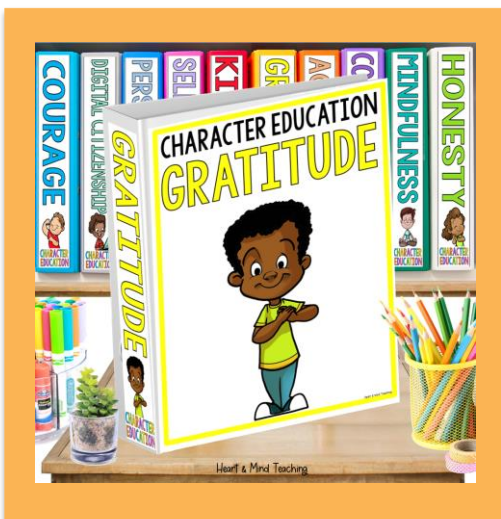
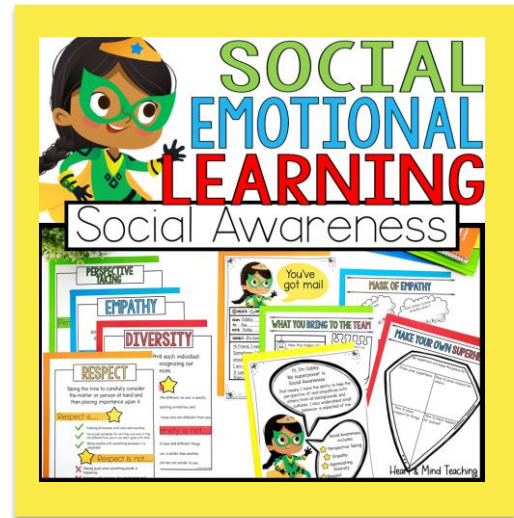
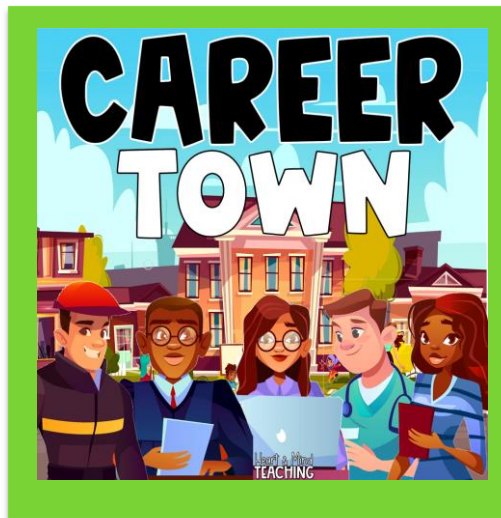
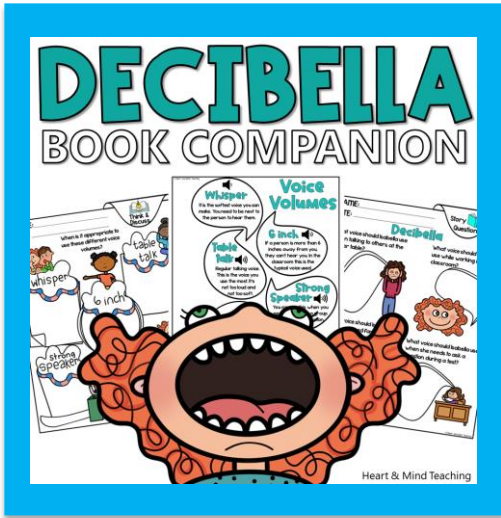
A fidget tool or squishy.

What happened to Louis' friend Richard?

He got ants in his pants and accidentally kicked Louis.

# 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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- ♥ 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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