

○ MUSIC city COUNSELOR

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○

www.musiccitycounselor.com

ASCA Mindsets & Behaviors:

Mindset Standards:

- M 1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.

Behavior Standards:

- B SMS-7: Effective coping skills.
- B SS-8: Advocacy skills for self and others and ability to assert self, when necessary.

Directions:

This lesson will take approximately 45 minutes to teach.

Suggested Sequence:

- Please read aloud the story "Wilma Jean, the Worry Machine" by Julia Cook.
- Please review the PowerPoint (or digital for Google Slides) presentation with students.
- Please choose the cut-and-paste activity, the Worry Hat activity, and/or any of the worksheets or coloring pages to complete with students.
- Please display any posters that you'd like in your space.

Presentation:

This presentation is perfect to review with students after reading aloud the story "Wilma Jean, the Worry Machine" by Julia Cook.

The presentation:

- Summarizes the story
- Teaches students what "worry" and "calm" look and feel like in our bodies
- Lets students identify which parts of their lives worry them most (i.e. school, family, friendships, behavior)
- Teaches students to differentiate between "worries I can control" and "worries I cannot control"
- Teaches students to use the "worry hat" for "out of control" worries
- Teaches students how to use the CBT technique of "reality testing"
- Teaches students multiple additional coping skills
- Offers several opportunities for students to share and "turn and talk" with a neighbor

Directions:

Cut-and-Paste Activity:

Materials Needed: printed pages, hook-and-loop fastener dots or glue stick, scissors

This activity is a great way for students to identify coping skills for worry that they would like to practice. Please start by cutting out the coping skills cards. Then, please review all of the coping skills with students and sort them into 3 piles: "helps me a lot," "helps me a little," and "doesn't help me." Next, students can choose the 5 strategies that are the most helpful and they most want to practice and attach them to the "MY COPING SKILLS" page with either hook-and-loop fastener dots or a glue stick. Hook-and-loop fastener dots are great to make this activity interactive and reusable. Or, glue sticks work well for a one-time activity.

Worry Hat Activity:

Materials Needed: printed pages, scissors, glue stick, paper lunch sack, pencil

This interactive activity lets students write their "out of my control" worries on notecards and place them "inside of the worry hat." To make the worry hat, please first cut out the white rectangle that says "My Worry Hat." Please glue the white rectangle onto the front of the paper lunch sack. Then, please cut out Wilma Jean with her hat on. Please glue her towards the top of the bag/white rectangle so that her hat is hanging off the top of the bag. Please see the included sample!

Directions:

Worksheets & Coloring Pages:

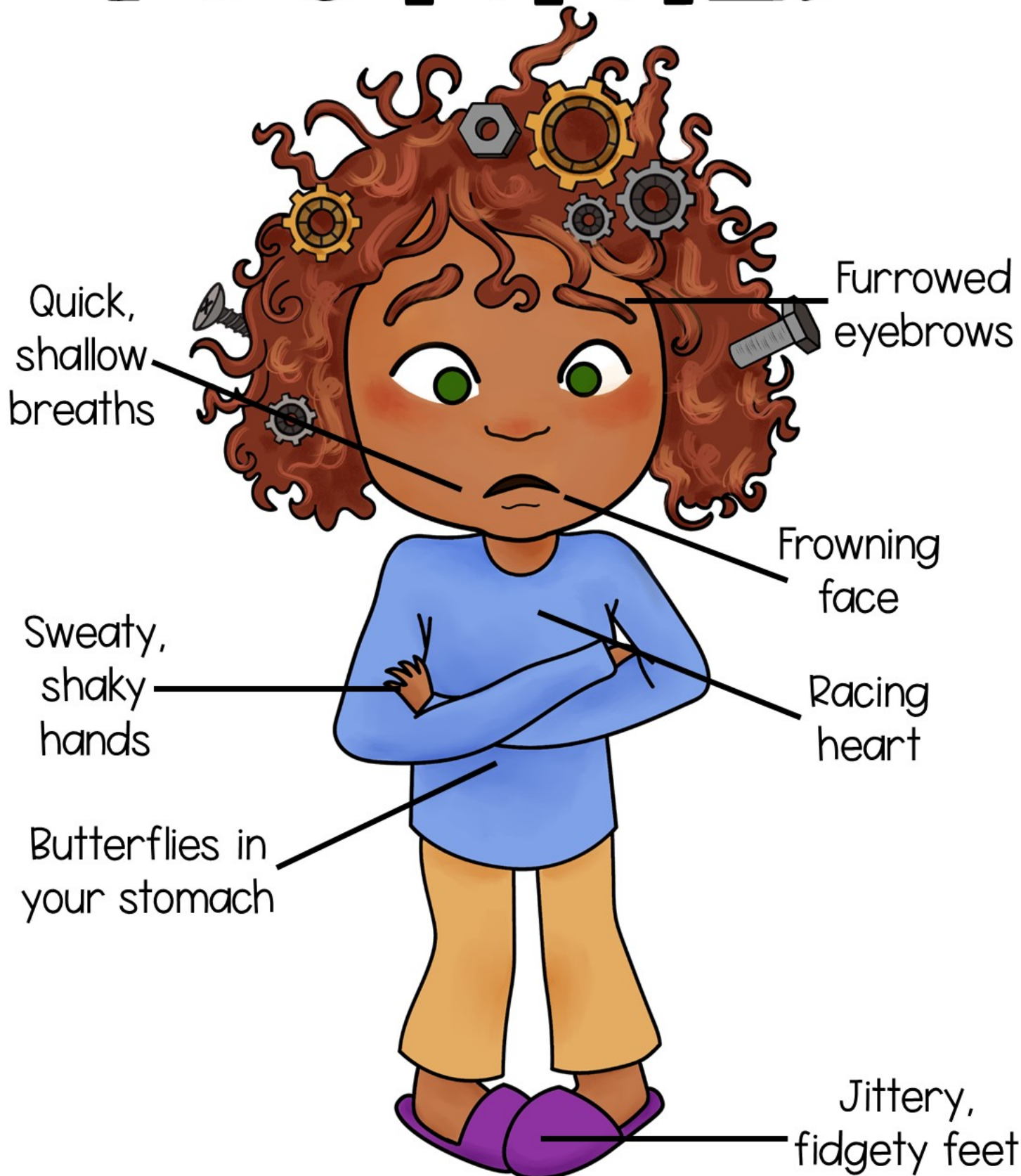
Assorted worksheets and coloring pages are included in full color and black/white. Please choose the ones that best fit the needs and abilities of your students.

Questions or suggestions? Please email me any time at laura@musiccitycounselor.com. I'm here to help!

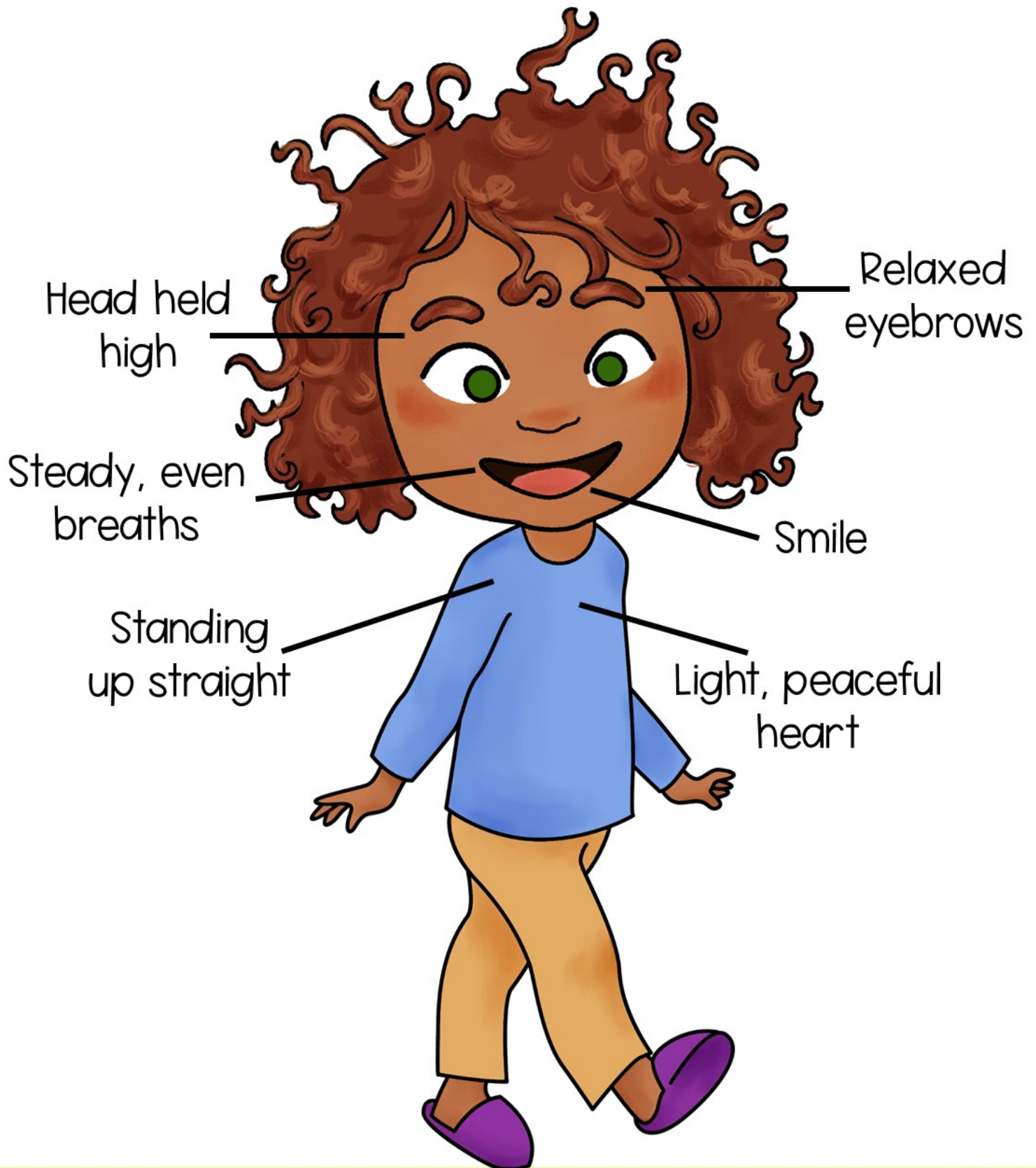
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Posters

WORRIED



CALM



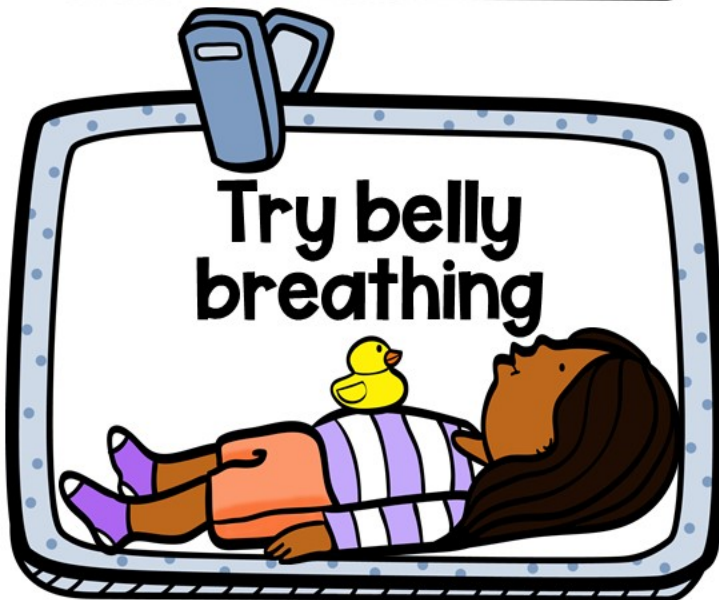
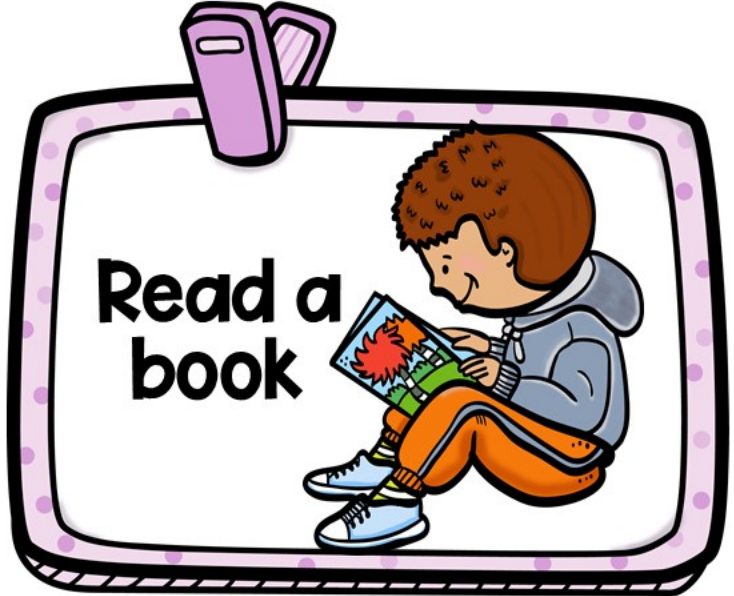
COPING WITH WORRY



COPING WITH WORRY



COPING WITH WORRY



Worry Hat Activity

SAMPLE:



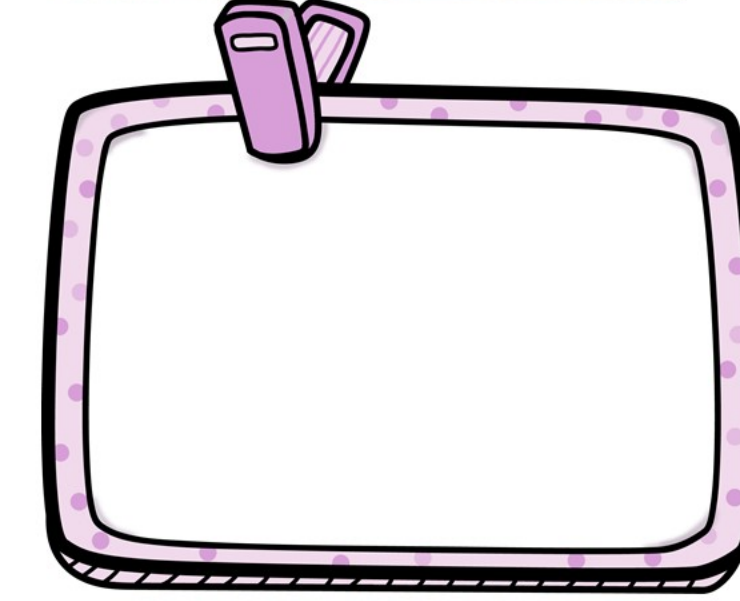
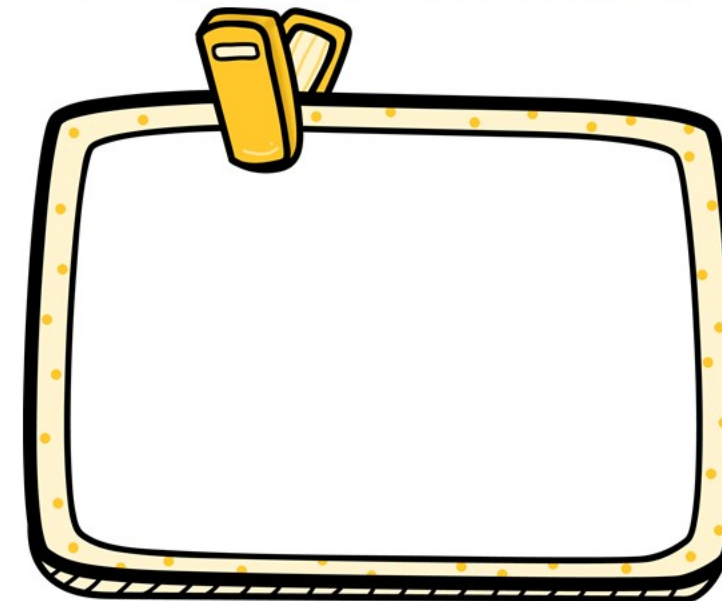
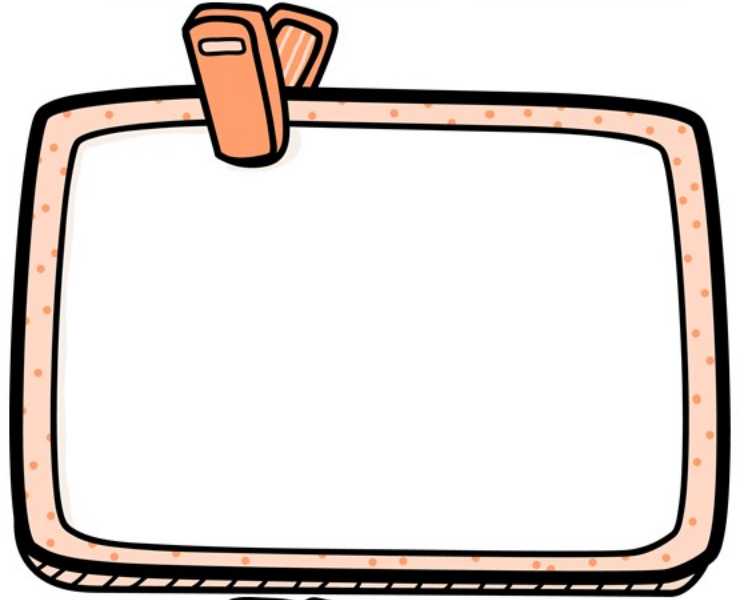
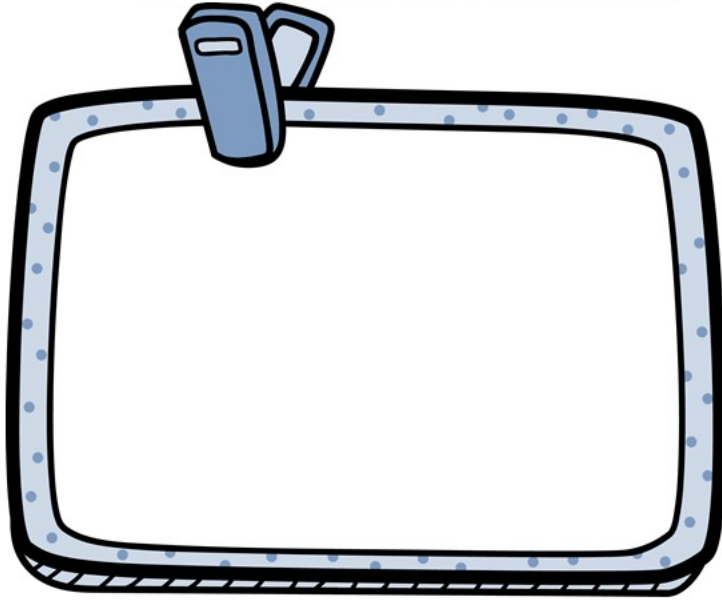
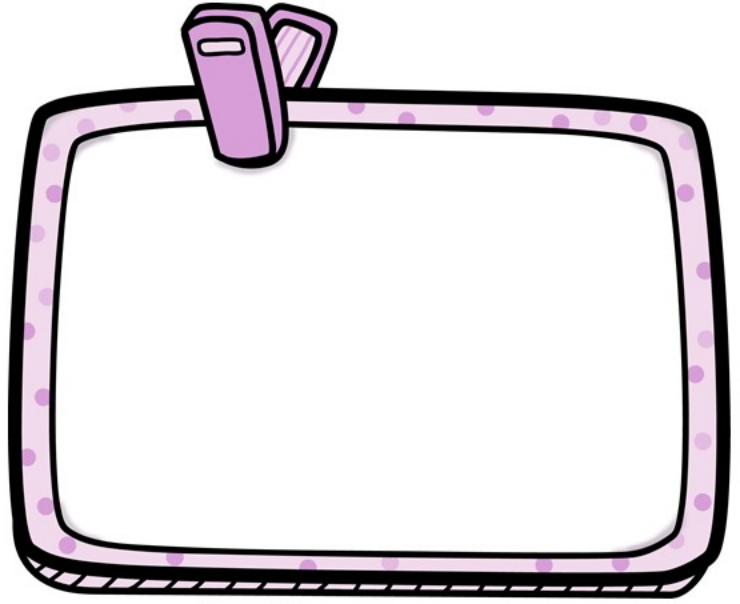
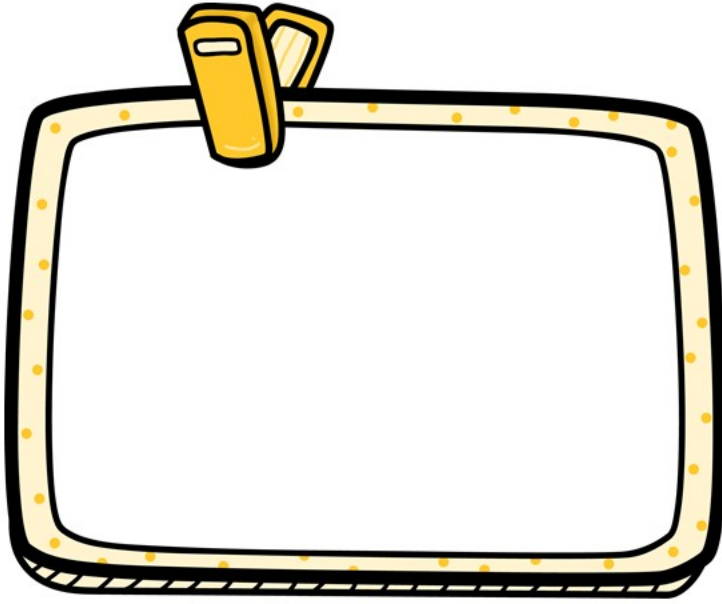
MY
WORRY
HAT



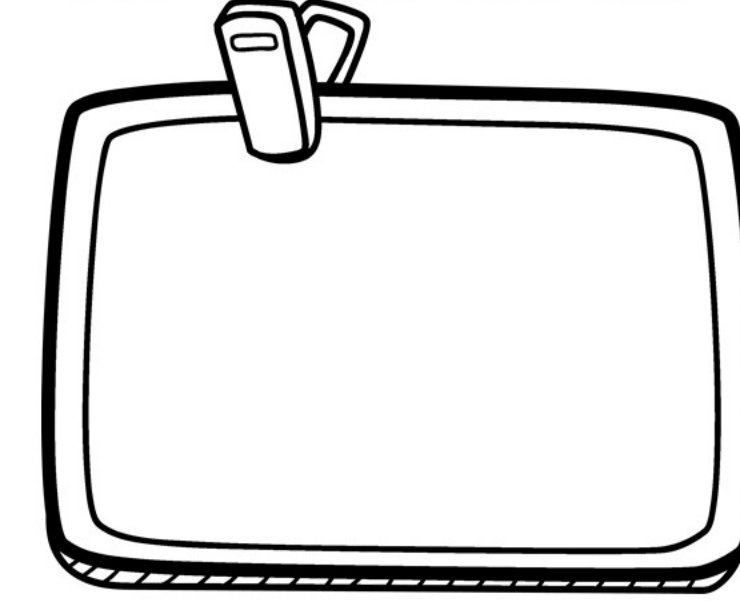
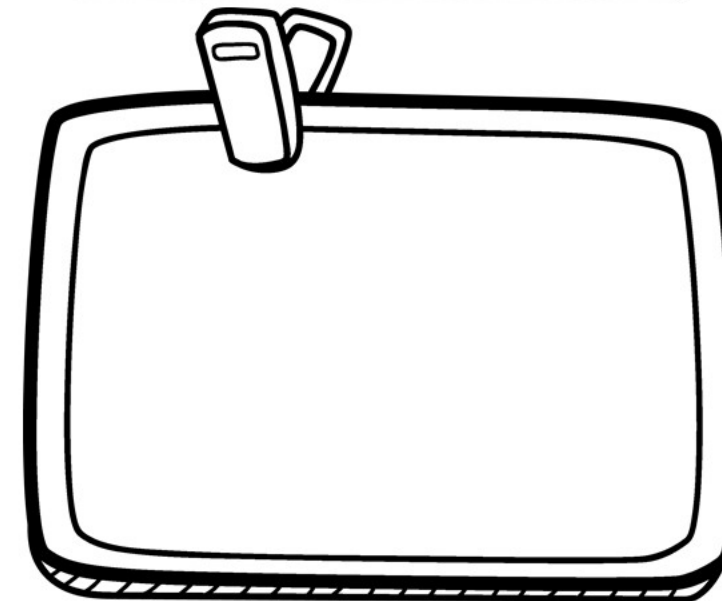
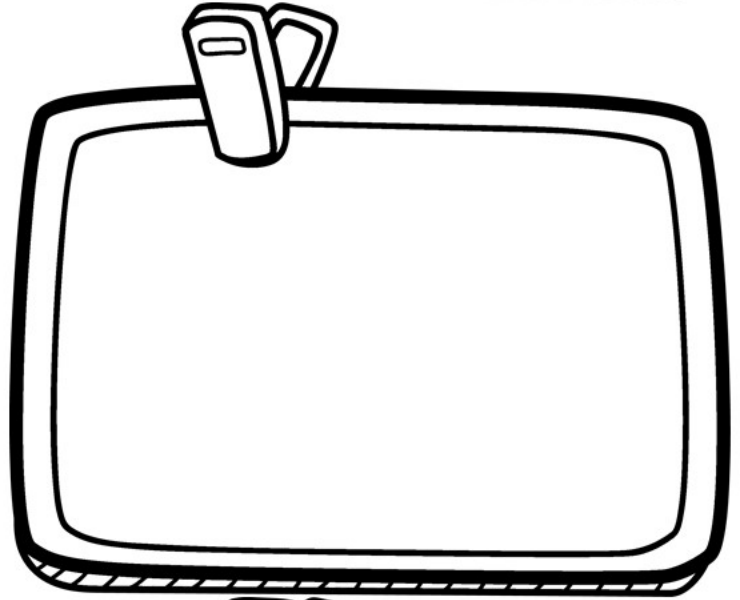
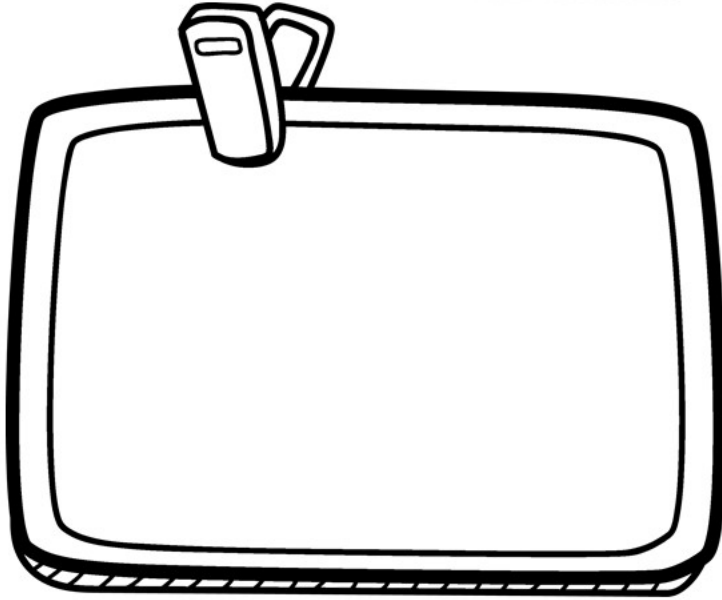
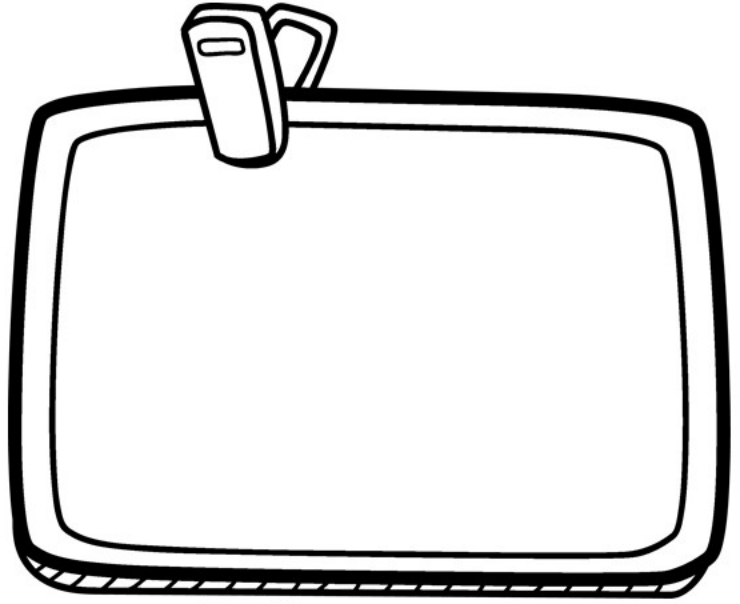
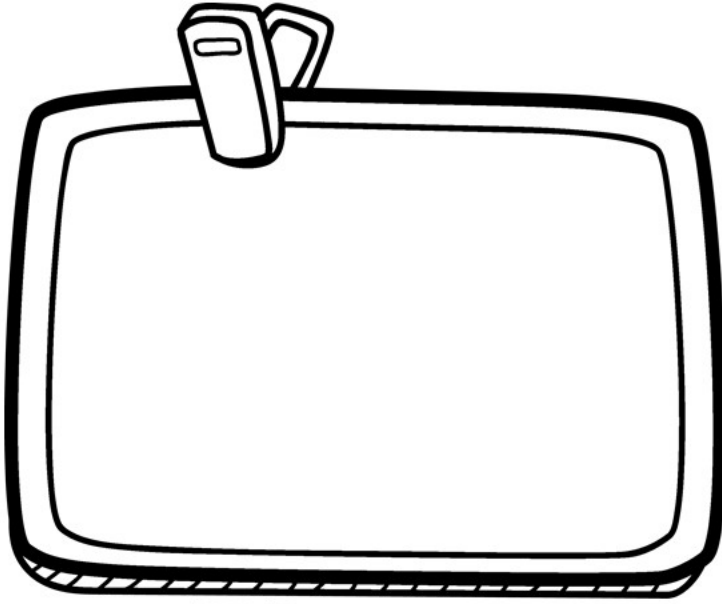
MY
WORRY
HAT



Write your "out of control" worries on these notecards and place them inside of the worry hat bag.



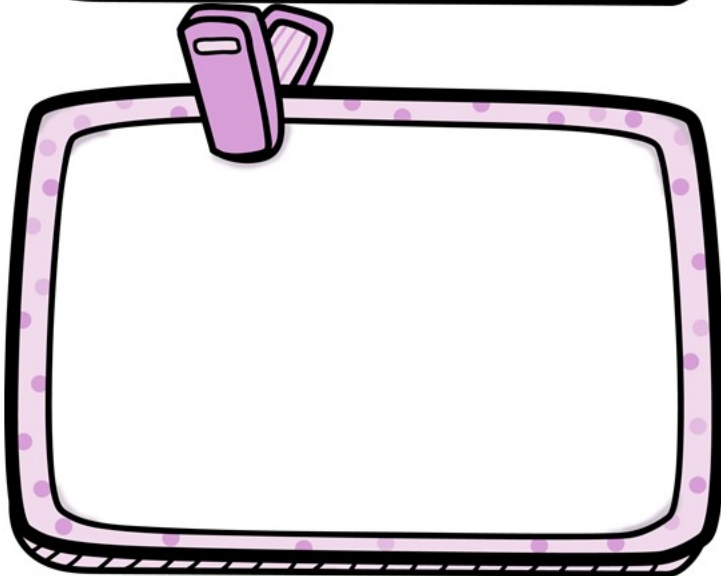
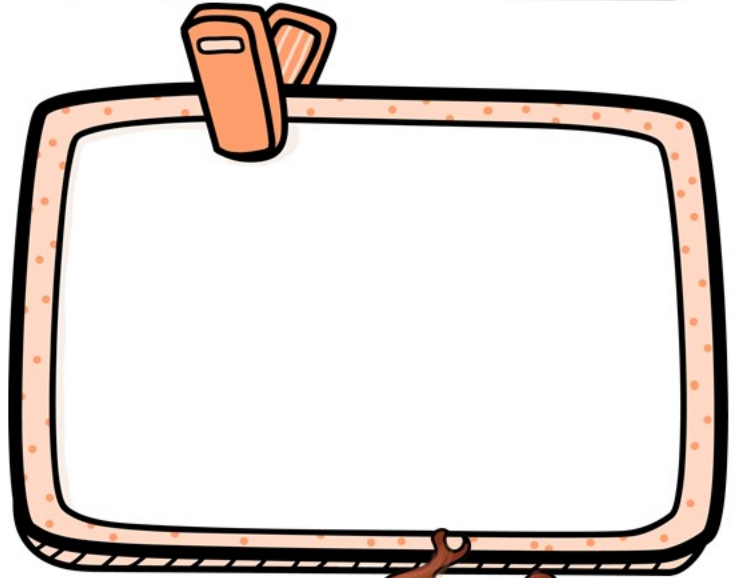
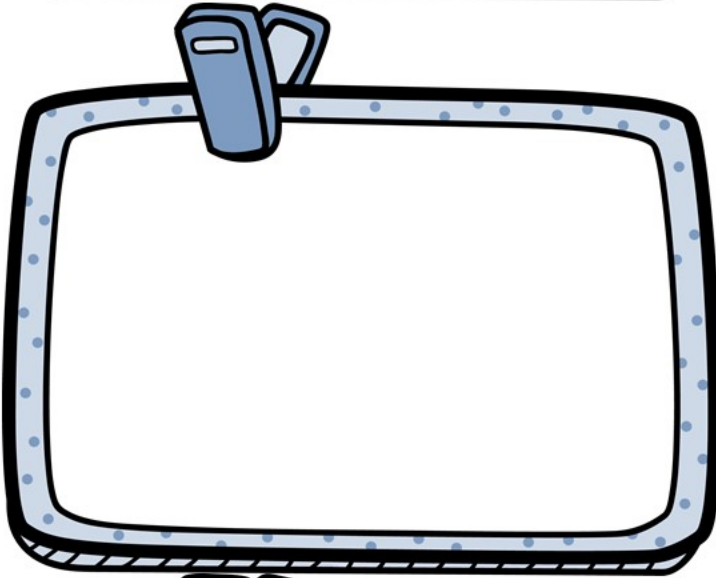
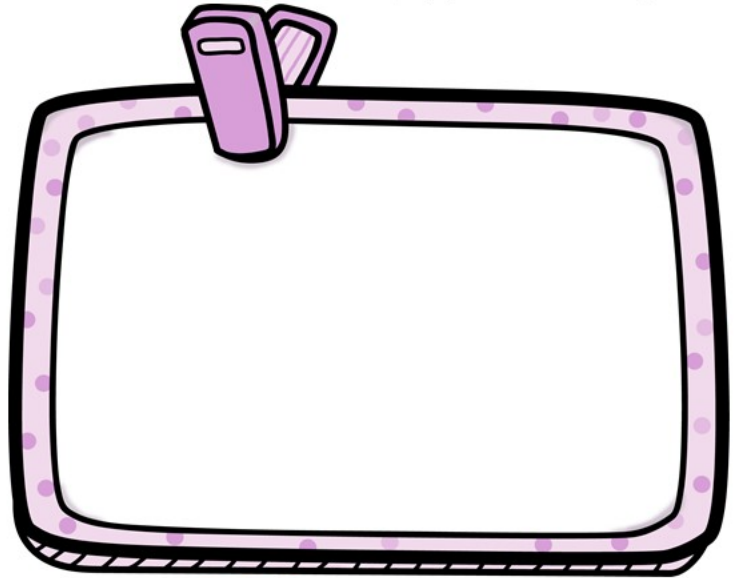
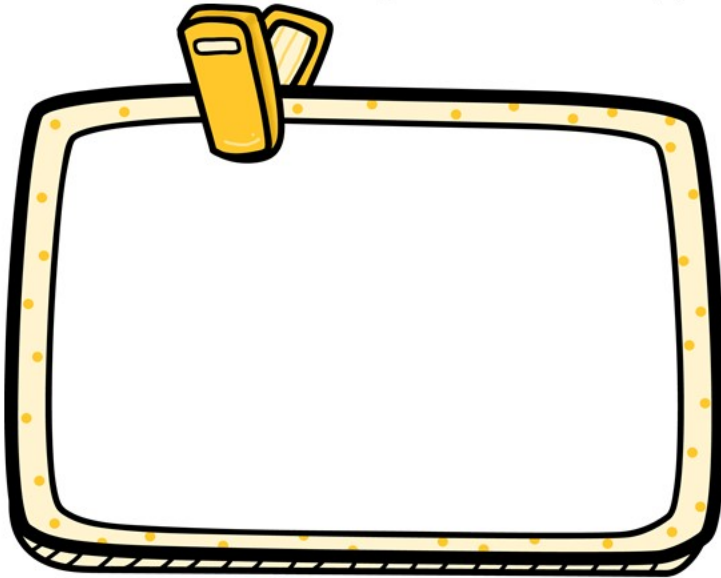
Write your "out of control" worries on these notecards and place them inside of the worry hat bag.



Cut-and- Paste Activity

Name: _____

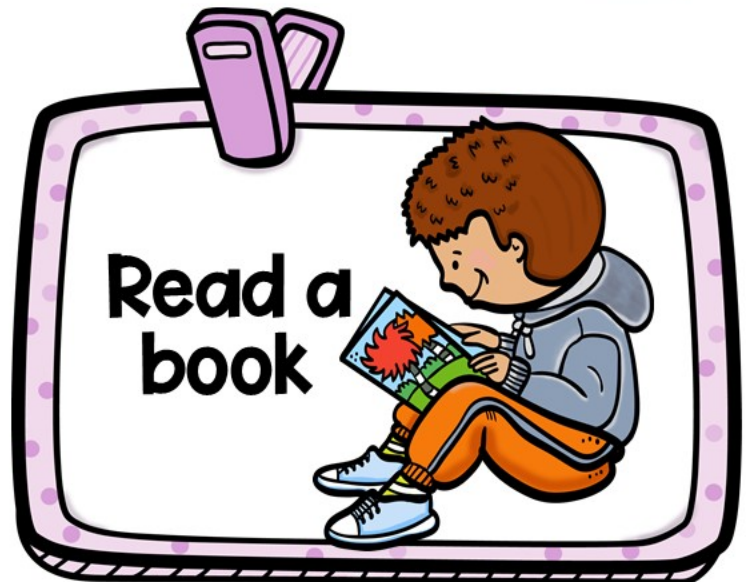
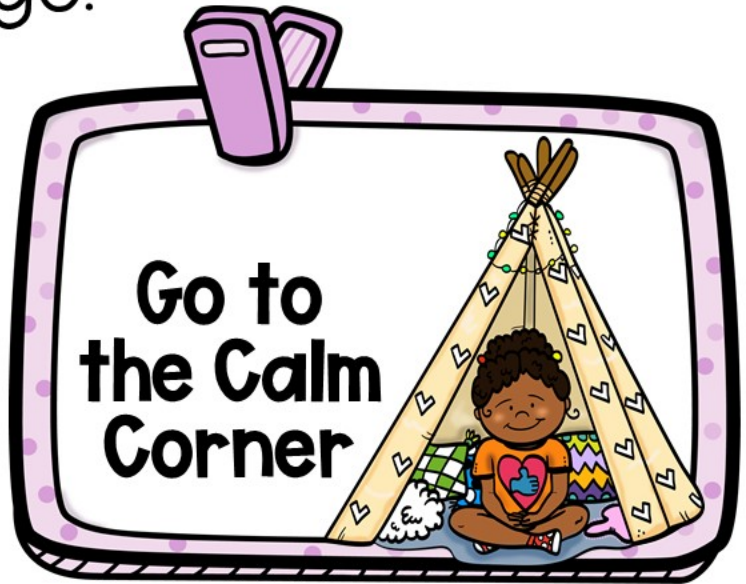
MY COPING SKILLS



Please cut out these coping skills and glue your 5 favorites onto the "MY COPING SKILLS" page.



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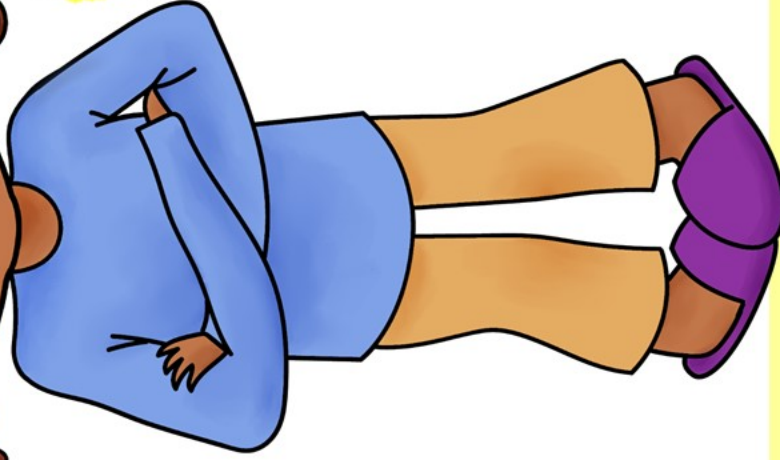
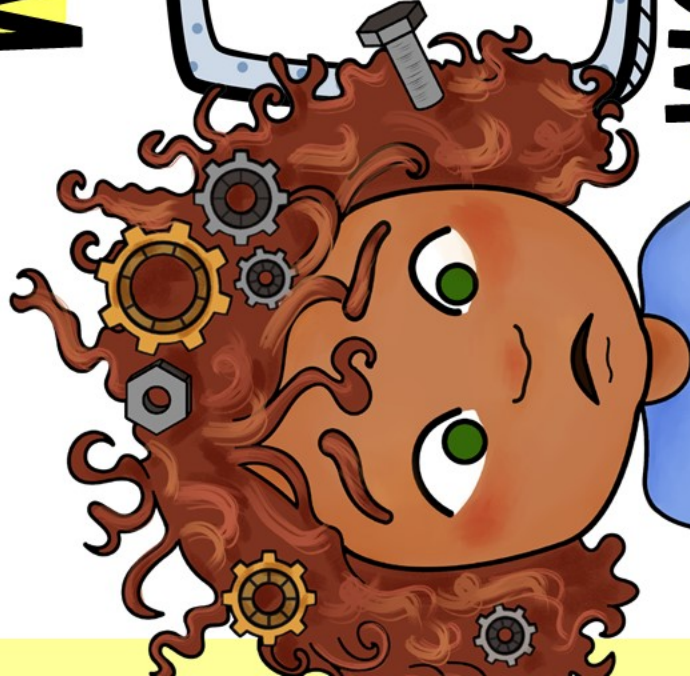
Please cut out these coping skills and glue your 5 favorites onto the "MY COPING SKILLS" page.



Worksheets & Coloring Pages

Name: _____

WORRIES I CAN CONTROL

A large empty rectangular box with a thick orange border decorated with small orange dots.A large empty rectangular box with a thick blue border decorated with small blue dots.

WORRIES I CAN'T CONTROL

A large empty rectangular box with a thick purple border decorated with small purple dots.A large empty rectangular box with a thick yellow border decorated with small yellow dots.

Name: _____

WORRIES I CAN CONTROL

Write two of your "in control" worries on the notecards.
Then, write one way that you can solve each of your worries.



My Worry:



How I Can Fix It:



My Worry:

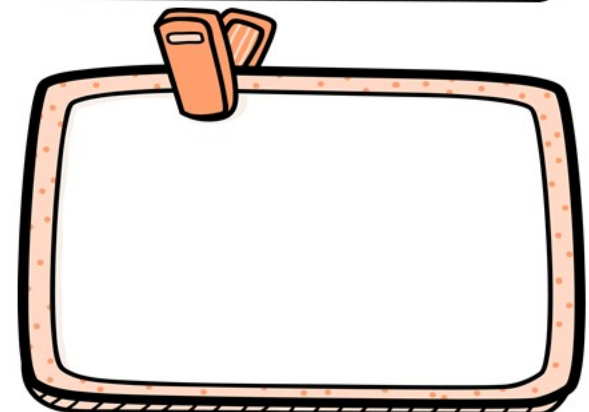
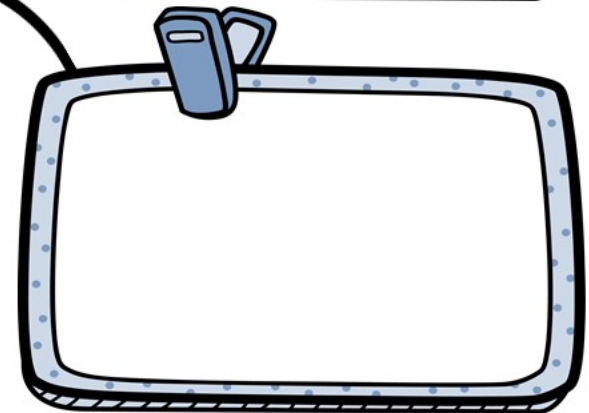
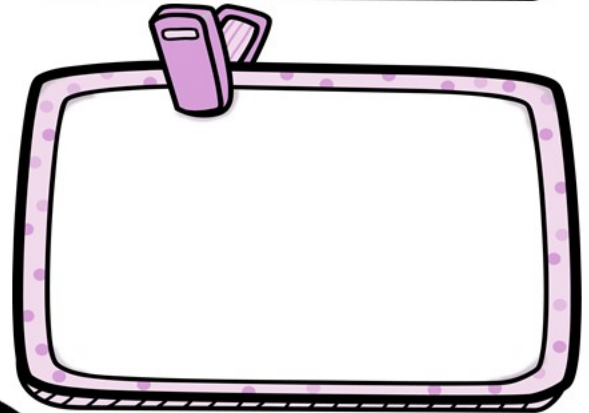
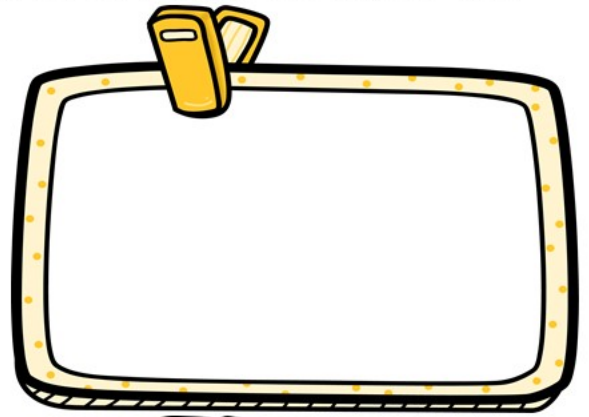


How I Can Fix It:

Name: _____

MY WORRY HAT

Write worries that you cannot control on the notecards.



Name: _____

LET'S TRY REALITY TESTING

1 Share your worry.

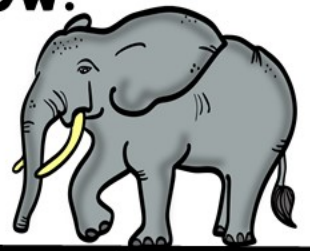
2 How BIG is your worry? Circle below.



Small



Medium



Big

3 How likely is it to happen?

1

Unlikely

2

Somewhat
Likely

3

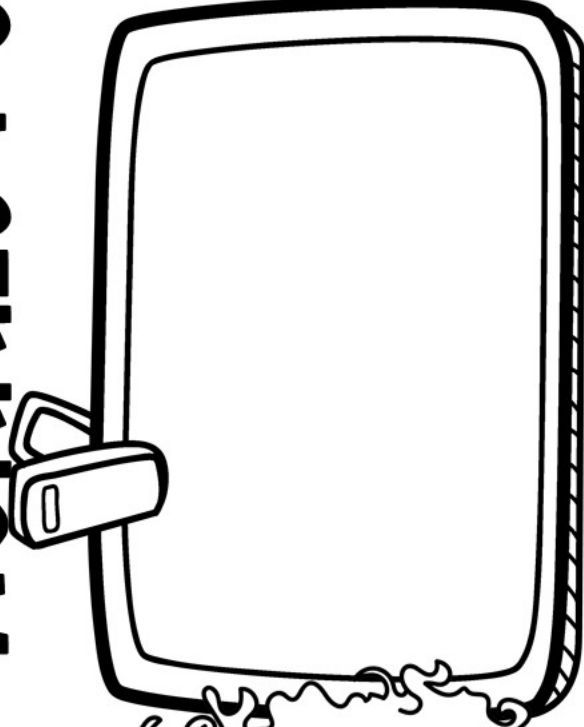
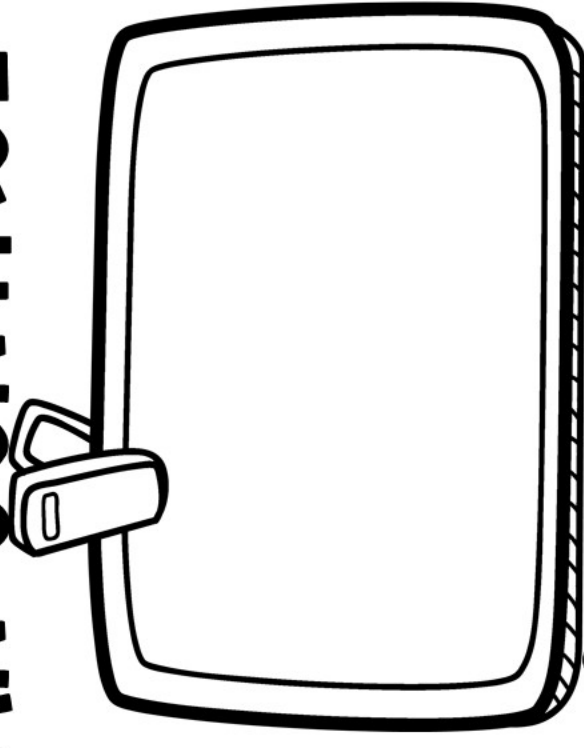
Very
Likely

4 If it does happen, how would you cope?

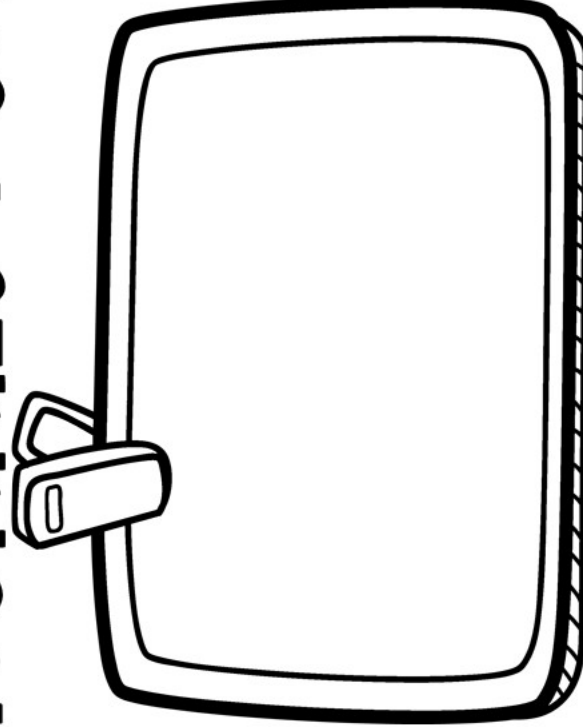
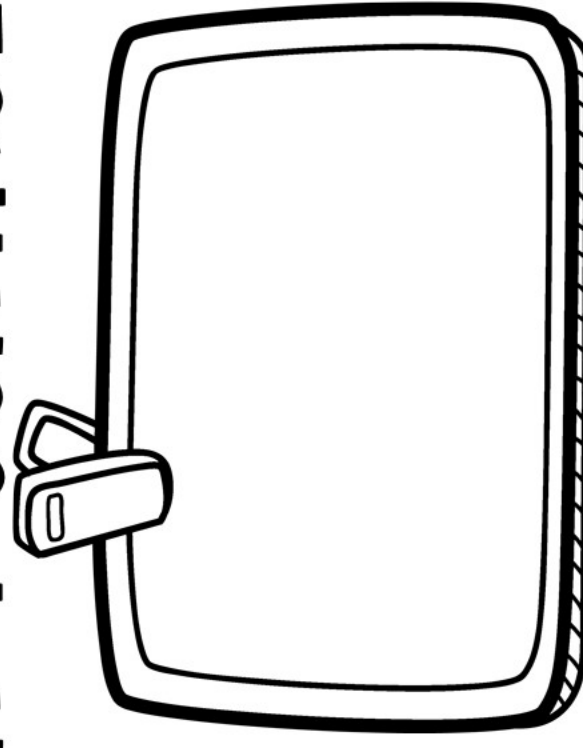


Name: _____

WORRIES I CAN CONTROL



WORRIES I CAN'T CONTROL



Name: _____

WORRIES I CAN CONTROL

Write two of your "in control" worries on the notecards.
Then, write one way that you can solve each of your worries.



My Worry:



How I Can Fix It:



My Worry:



How I Can Fix It:



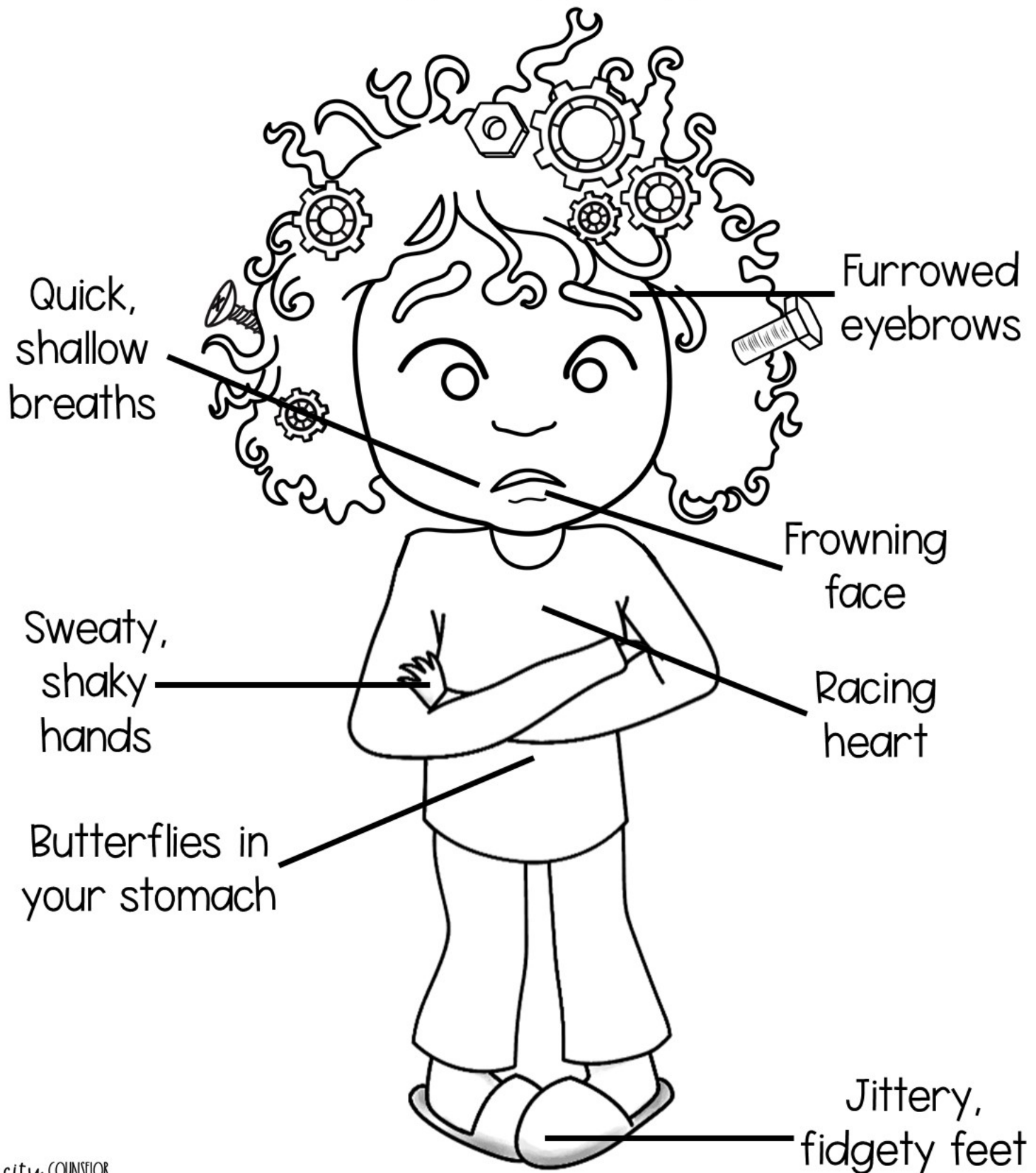
Name: _____

MY WORRY HAT

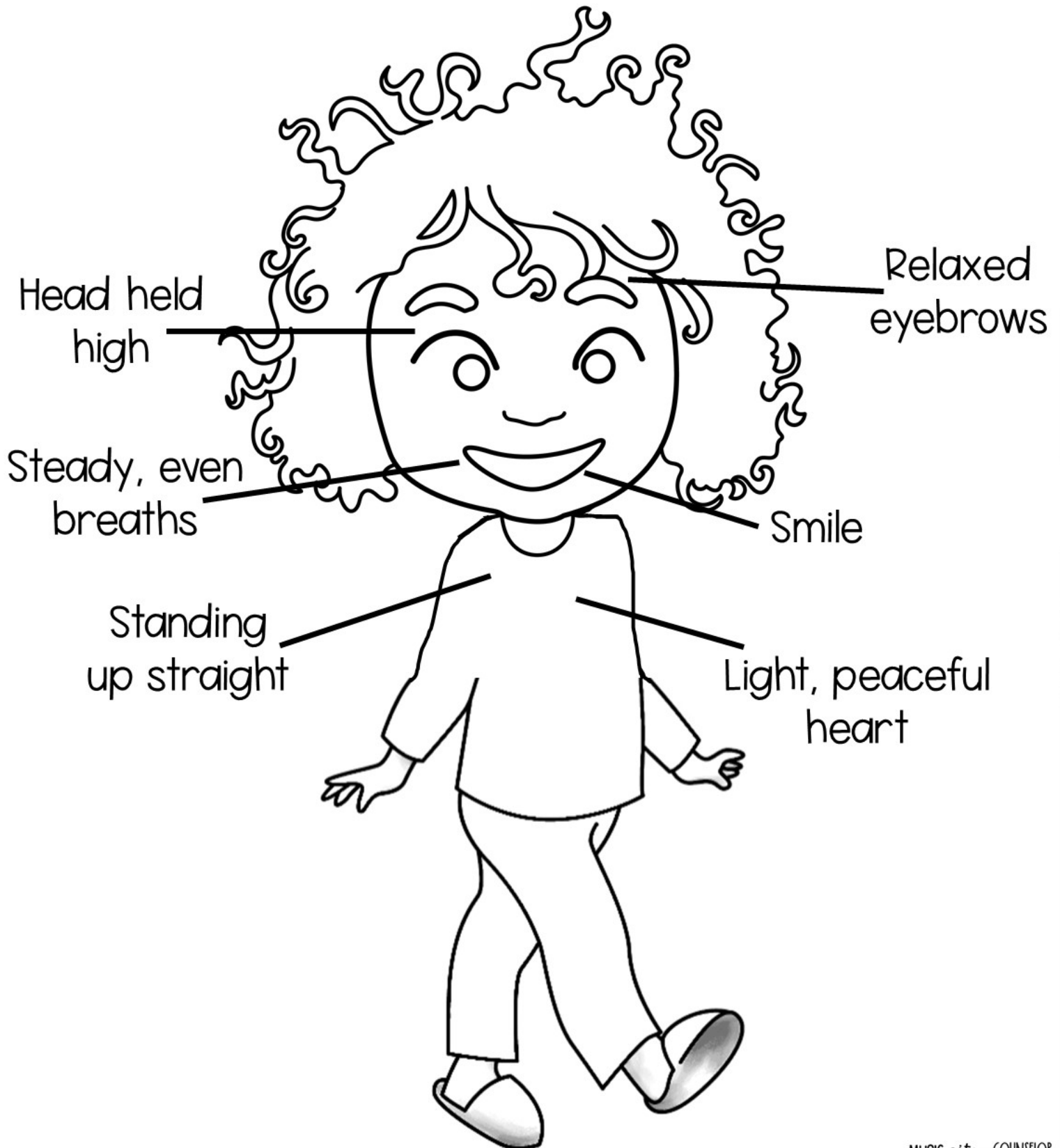
Write worries that you cannot control on the notecards.



WORRIED



CALM



Name: _____

LET'S TRY REALITY TESTING

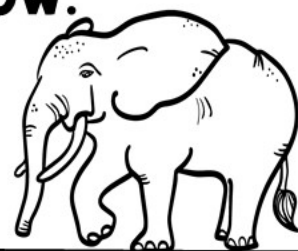
1**Share your worry.**

2**How BIG is your worry? Circle below.**

Small



Medium



Big

3**How likely is it to happen?**

1

2

3

Unlikely

Somewhat

Very

Likely

Likely

4**If it does happen, how would you cope?**



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