

○ MUSIC city COUNSELOR

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For helpful ideas and free resources, please check out my website!

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[www.musiccitycounselor.com](http://www.musiccitycounselor.com)



**Please click on the link below to access the digital activity:**

[https://docs.google.com/presentation/d/1Khze9bAmr-GoiCvEmF9L\\_wQogqJ\\_0DorOT6QI94f170/copy](https://docs.google.com/presentation/d/1Khze9bAmr-GoiCvEmF9L_wQogqJ_0DorOT6QI94f170/copy)

## **General Google Slides Directions:**

- 1. Please sign in with your Google account.**
- 2. Please click "make a copy" and a copy of the lesson will automatically be saved to your Google Drive.**
- 3. If you are using Google Classroom, please assign the lesson to your students.**
- 4. If you are not using Google Classroom, you can post the resource to the virtual platform that you are using, email the link directly to students, or use the presentation in-person on your device.**
- 5. If you email the link to students, please make sure that they or their parents have a free Google account first. They will click on the link, sign in with their Google account, and then a copy of the activity will automatically be saved to their Google Drive. They can then use any device (tablet, smart phone, computer) to access the resource.**

# How to Use the Digital Activity:

**IMPORTANT NOTE: PLEASE USE THIS ACTIVITY IN "EDIT MODE," NOT IN FULL-SCREEN "PRESENTATION MODE."**

This presentation is perfect to review with students after reading aloud the story "Worry Says What?" by Allison Edwards.

## The presentation:

- Summarizes the story
- Teaches students what "worry" and "calm" look and feel like in their bodies
- Let's students identify which parts of their lives worry them most (i.e. school, family, friendships, behavior)
- Teaches students how our thoughts affect our feelings, and our feelings affect our choices
- Teaches students multiple coping skills
- Teaches students about positive self-talk

## Presentation Directions:

1. To share their experiences, students can type directly in the text boxes that say "type here."
2. Students can also drag the moveable checkmarks to mark their responses.
3. A PowerPoint and printable resources are included in the zip folder, too!
4. Questions? Please contact me at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com).



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Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments! I'd love to hear from you!

This resource was made possible by:

