

○ MUSIC  city COUNSELOR

THANK YOU FOR YOUR
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS + BEHAVIORS

Mindsets:

- M2: Sense of acceptance, respect, support, and inclusion for self and others in the school environment.

Behaviors:

- B-LS 2: Creative approach to learning, tasks, and problem-solving.
- B-LS 9: Decision-making informed by gathering evidence, getting others' perspectives, and recognizing personal bias.
- B-SMS 1: Responsibility for self and actions.
- B-SMS 7: Effective coping skills.
- B-SS 6: Effective collaboration and cooperation skills.
- B-SS 8: Advocacy skills for self and others and ability to assert self, when necessary.

DIRECTIONS PAGE 1:

This lesson will take approximately 45 minutes to teach.

SUGGESTED SEQUENCE:

1. Review the PowerPoint or digital for Google Slides™ presentation with students.
2. Review the instructional posters with students and display them in your space.
3. Practice the S.P.A.C.E. problem-solving method with the scenario cards.
4. Complete a craft.
5. Close the lesson with the mini coloring book, worksheet, or coloring page of your choice.

MATERIALS NEEDED:

- Printable materials
- Construction paper (optional as background for craft)
- Crayons or markers
- Scissors
- Glue sticks
- Pencils

POWERPOINT PRESENTATION:

This presentation teaches students how to solve small problems themselves with a cute **outer space** theme. First, students learn that small problems are like asteroids flying around a rocket ship: they bug and frustrate us, but they don't break the ship or stop the mission. Next, students learn that they can solve small problems themselves with the S.P.A.C.E. acronym. S: STOP and STAY calm. P: PROBLEM (name the problem). A: ASK yourself (what are 2 choices I can try?) C: CHOOSE the best solution. E: EVALUATE (did it work?) Students also learn 7 ways to solve small problems with the

DIRECTIONS PAGE 2:

"rocket control panel." Each button/lever represents one way to solve small problems. The presentation closes with an **example** small problem that walks students through the S.P.A.C.E. problem-solving method.

POSTERS:

14 posters are included. Please use these in instruction and display them.

SCENARIO CARDS:

A total of 24 small problems "asteroids" scenario cards are included in full color and black/white. You can use these in many ways! I recommend dividing students into small groups of 2 or 3 and giving them a scenario card. Ask them to use the S.P.A.C.E. method to solve the small problem on the card. I suggest giving them a copy of the very first worksheet that walks them through each step/letter to make this process easier on them. Having the control panel poster with the 7 choices visible/accessible is also helpful. After students talk through their problem and fill out the worksheet for each step, they can share out their responses with the class. Students can rotate around the classroom to work on different scenario cards and continue practicing problem-solving skills.

CRAFT:

Both a boy and a girl version of the craft are included. Please give students two pieces of paper each: the one with the astronaut and the one with the blank lines for writing. You may choose to give students a piece of construction paper as well to use as the background for the craft. Students can color the astronaut on the planet and cut him/her out. Then, they can glue him/her to the top of the writing page. Finally, they can write about how they can be a problem-solver on the lines. Please see the included sample.

DIRECTIONS PAGE 3:

MINI COLORING BOOK:

A half-page mini coloring book is included that reviews the S.P.A.C.E. method. Please make one for each student by cutting it in half with a paper cutter and stapling it together. Students can decorate it.

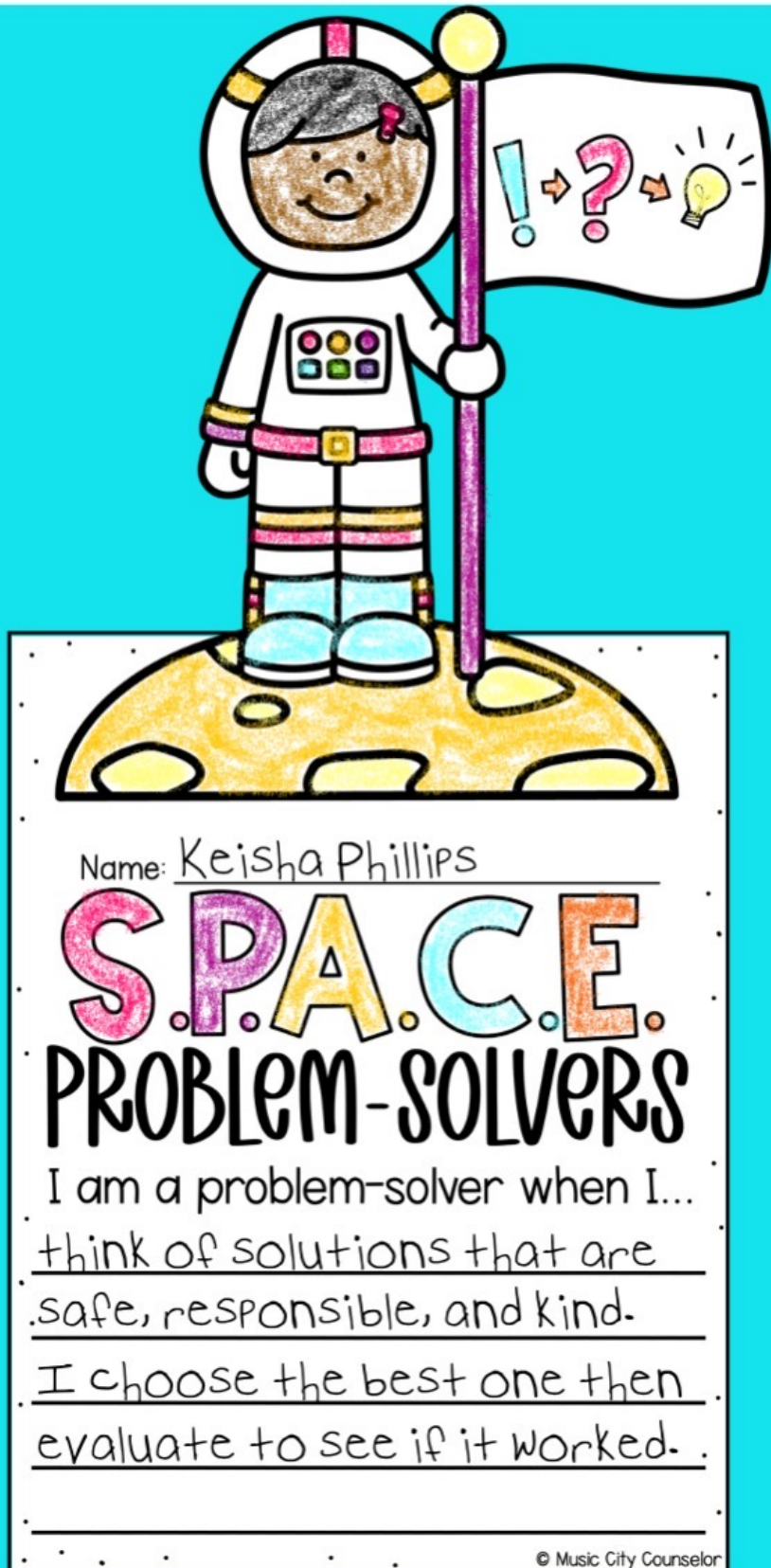
WORKSHEETS & COLORING PAGES:

Multiple options for worksheets and coloring pages are included to close the lesson. Please choose the ones that best fit the needs and abilities of your students.

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

PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality materials, and helps my small business grow! 😊

CRAFT SAMPLE



POSTERS



SPACE.

PROBLEM-SOLVERS

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S **TOP** and **STAY** calm.
Breathe and count down.

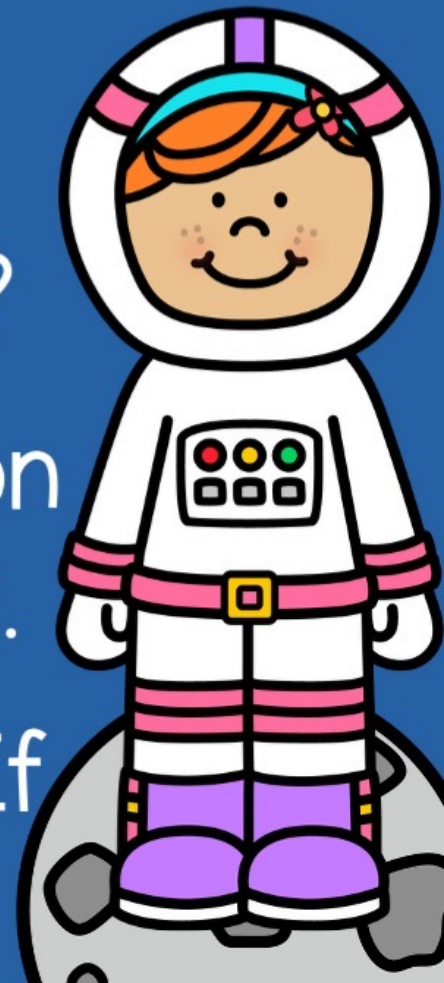


P **ROBLEM:** name the problem clearly.

A **SK** yourself, what are 2-3 choices I can try?

C **HOOSE** the best solution that's kind, safe, + fair.

E **VALUATE.** Did it work? If not, try another plan.

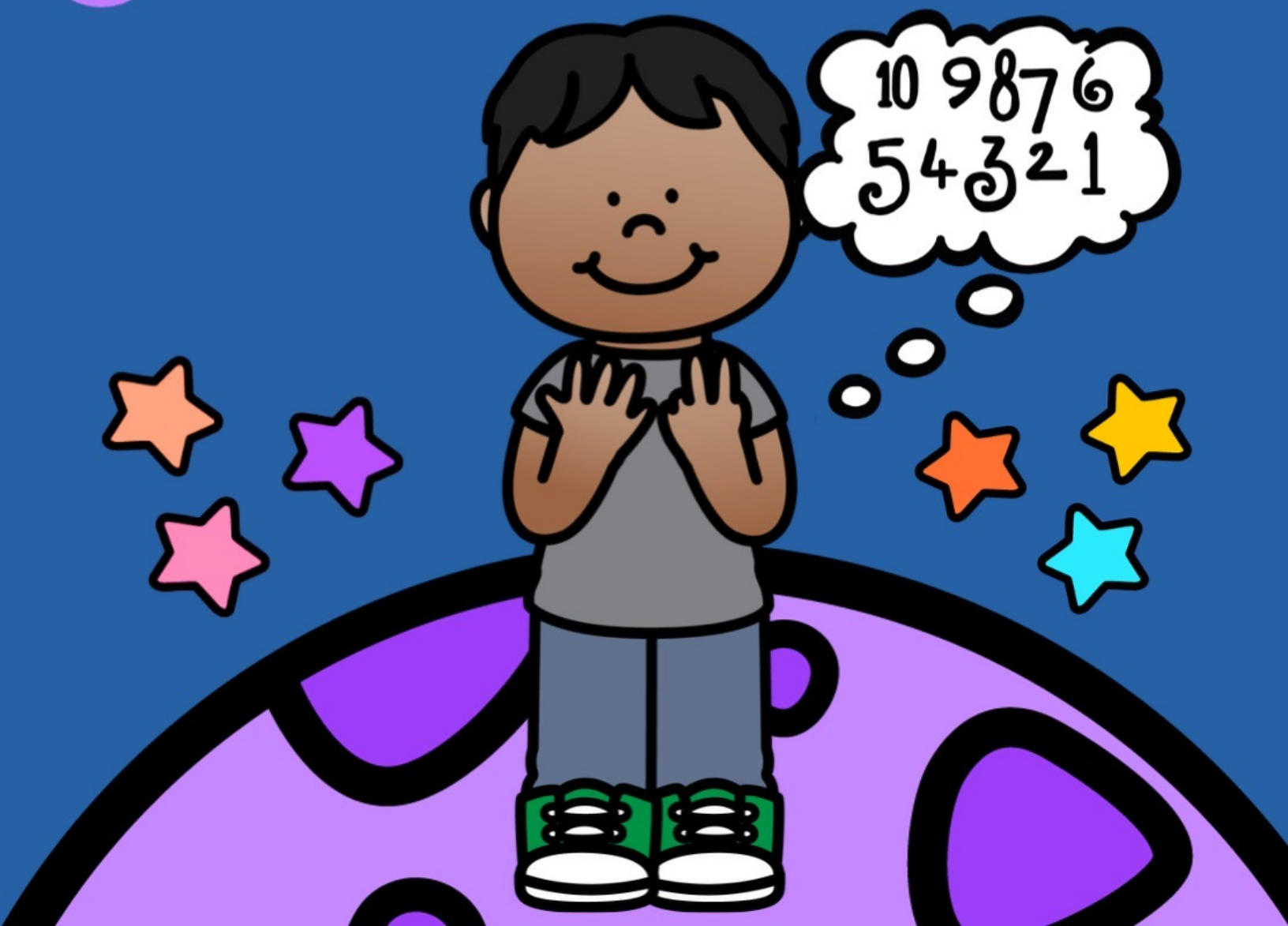


S.P.A.C.E.

PROBLEM-SOLVERS

© Music City Counselor

S **TOP** and **STAY** calm.
Breathe and count down.



SPACE.

PROBLEM-SOLVERS

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PROBLEM: name the problem clearly.



SPACE.

PROBLEM-SOLVERS

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ASK yourself, what are
2-3 choices I can try?



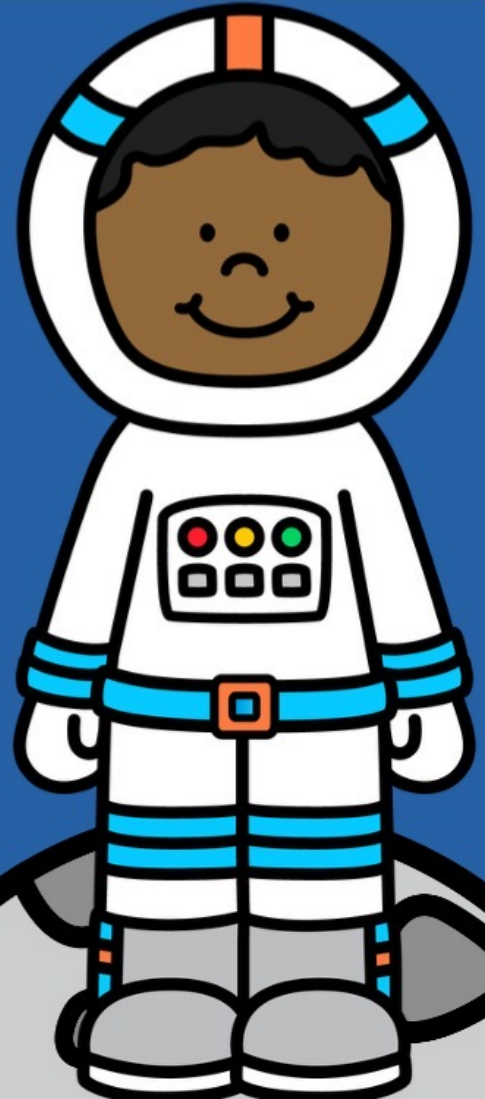


ROCKETSHIP

CONTROL PANEL

CONTROL PANEL CHOICES

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CONTROL PANEL



SAY,
"SORRY"

When you hurt someone's feelings or make a mistake, **apologize** to show you care. Take ownership of your choices and promise that it won't happen again.

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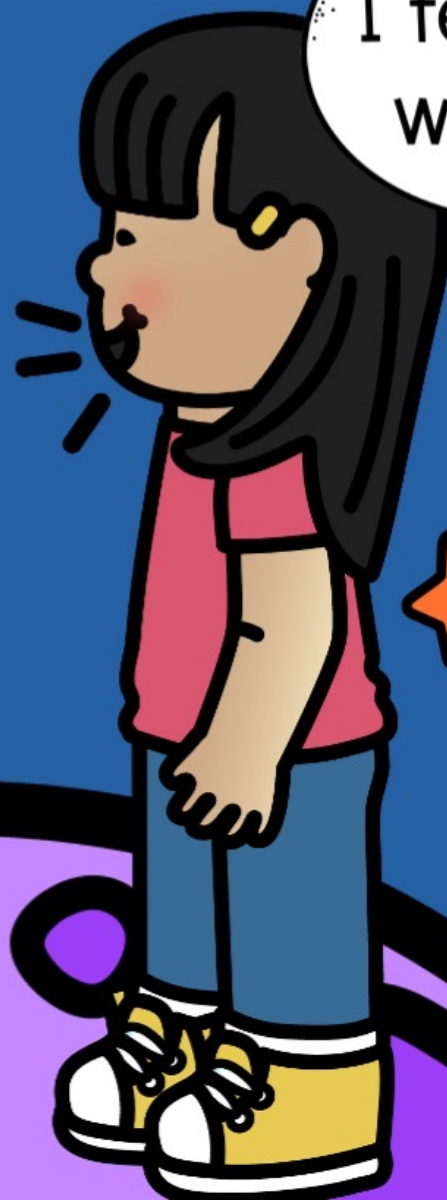


CONTROL PANEL



USE YOUR
WORDS

Speak up calmly and tell others what you need and how you feel. When you use your words, people can understand the problem and help fix it.



I felt sad
when...

CONTROL PANEL



WALK
AWAY

If someone is bothering you, being unkind, or starting a fight, you don't have to stay there. **Walking away from the problem** keeps you calm, safe, and out of trouble.



CONTROL PANEL



COMPROMISE

Compromising means finding a solution that works for everyone. Instead of one person getting everything they want, both people give a little and take a little.

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CONTROL PANEL



Sharing and taking turns is a fair way to solve problems when two people want the same thing. Instead of arguing or grabbing, **take turns so everyone gets a chance.**

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CONTROL PANEL



TELL
THEM TO
STOP

Sometimes the fastest way to solve a problem is to tell the person to stop. Use a strong, respectful voice and say,

"Please stop. I don't like that."

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CONTROL PANEL



Ignoring it means **choosing not to give attention** to whatever is bothering you. This often makes the person stop because they're not getting the reaction they wanted from you.

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S.P.A.C.E.

PROBLEM-SOLVERS

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CHOOOSE the best solution
that's safe, helpful, + kind.





S.P.A.C.E.

PROBLEM-SOLVERS

EVALUATE. Did it work? If not, try another plan.

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SCENARIO CARDS

SMALL PROBLEMS

ASTERIODS

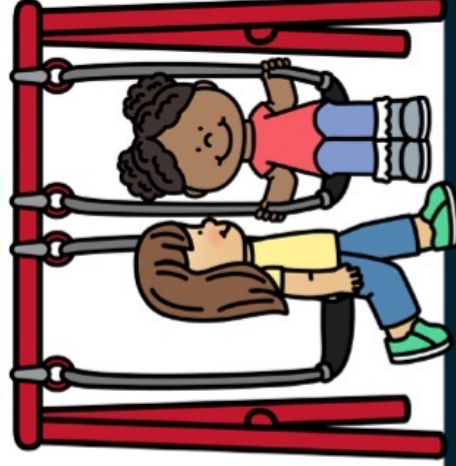


Keisha won't
give you a
turn on the
slide.

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SMALL PROBLEMS

ASTERIODS



Lorena
won't
swing with
you.

© Music City Counselor

SMALL PROBLEMS

ASTERIODS

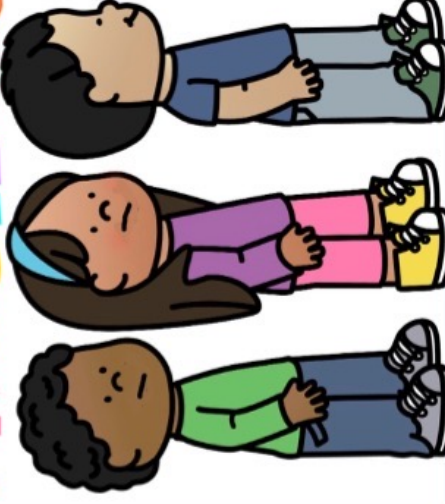


Margaret
won't share
the ball at
recess.

© Music City Counselor

SMALL PROBLEMS

ASTERIODS

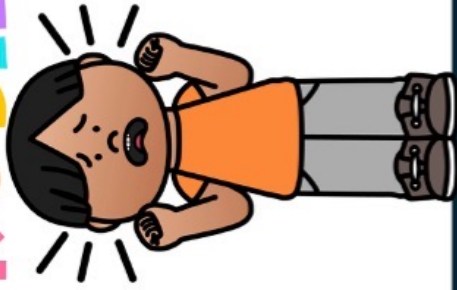


Martin
skipped
you in line.

© Music City Counselor

SMALL PROBLEMS

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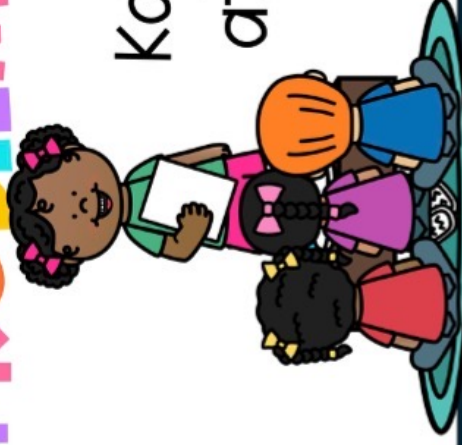


Shawn yelled
at you at the
bus stop.

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SMALL PROBLEMS

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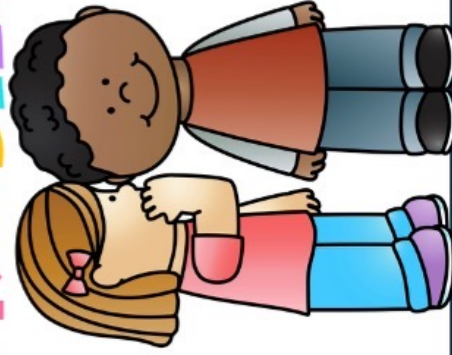


Katie laughed
at your book
report.

© Music City Counselor

SMALL PROBLEMS

ASTERIODS



Maddie
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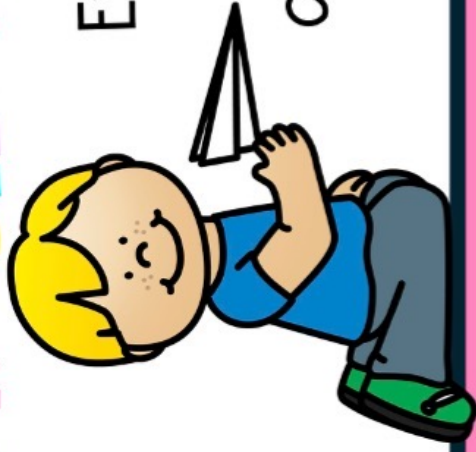


Jace
climbed up
the slide at
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SMALL PROBLEMS

ASTEROIDS



Everett flew
paper
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© Music City Counselor

SMALL PROBLEMS

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Joey didn't
keep his
hands to
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© Music City Counselor

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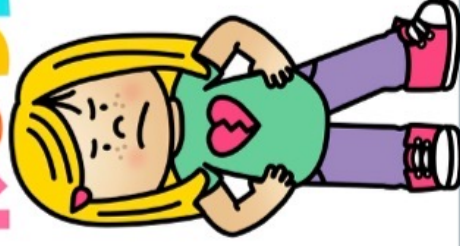


Finn argued
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game.

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SMALL PROBLEMS

ASTEROIDS



Carla used
mean words on
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SMALL PROBLEMS

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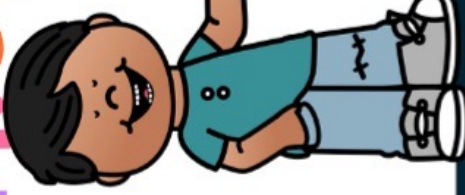


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SMALL PROBLEMS

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SMALL PROBLEMS

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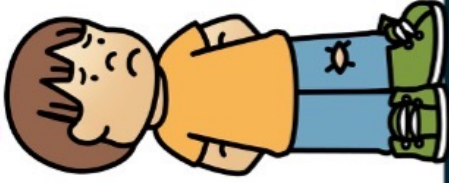


Samantha kept
poking you.

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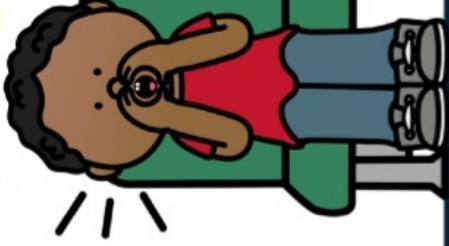


Cole left you out of
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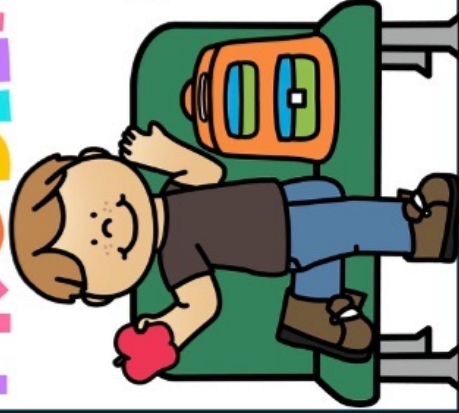


De'Mario
and Lauren
yelled on
the bus.

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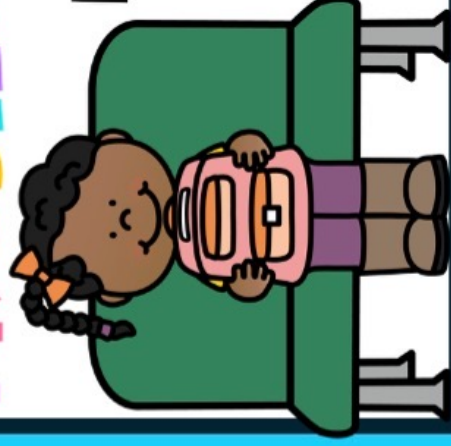


Carson threw
an apple on
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SMALL PROBLEMS

ASTERIODS



Maya said you
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next to her
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SMALL PROBLEMS

ASTERIODS



Kelly said you
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SMALL PROBLEMS

ASTERIODS



Larry
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© Music City Counselor

SMALL PROBLEMS

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Kenny was
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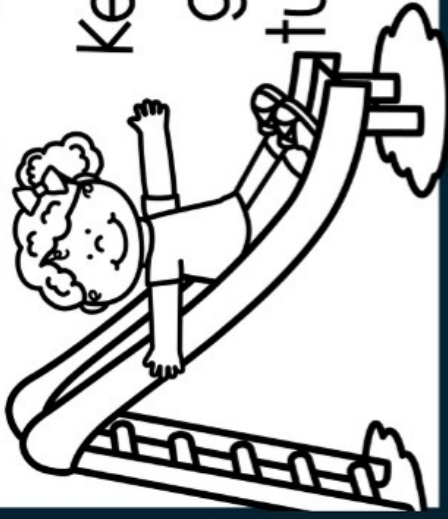


Ana kept
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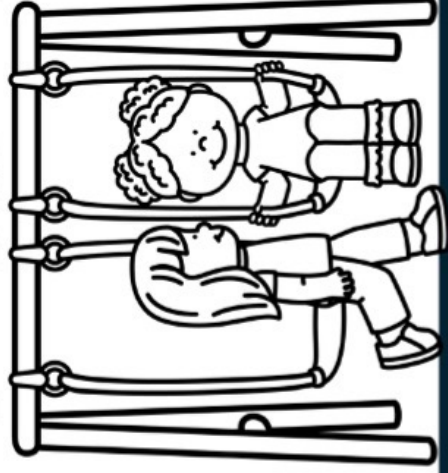


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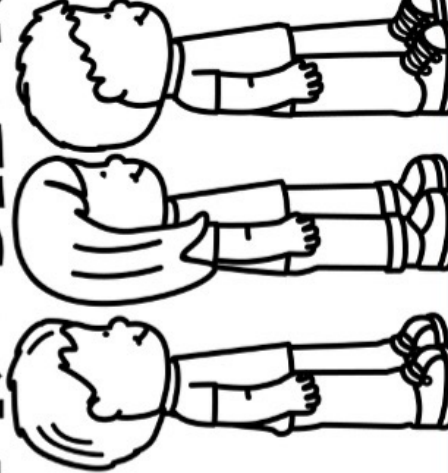


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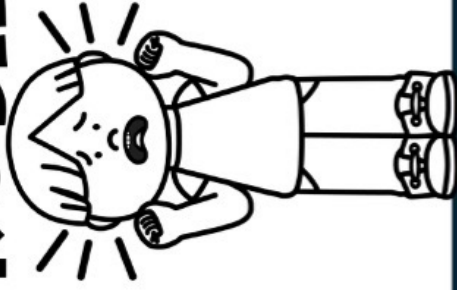


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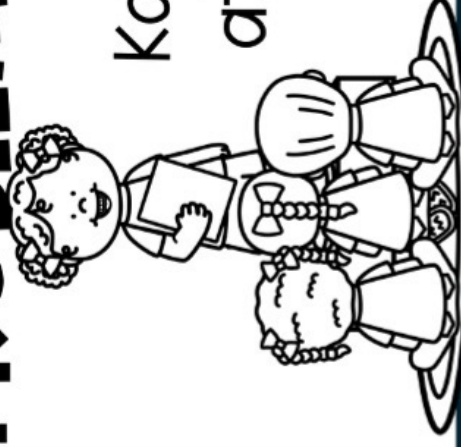


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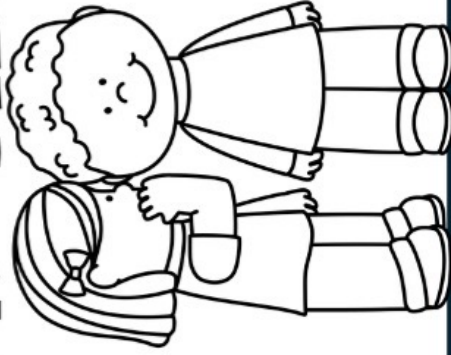


Katie laughed
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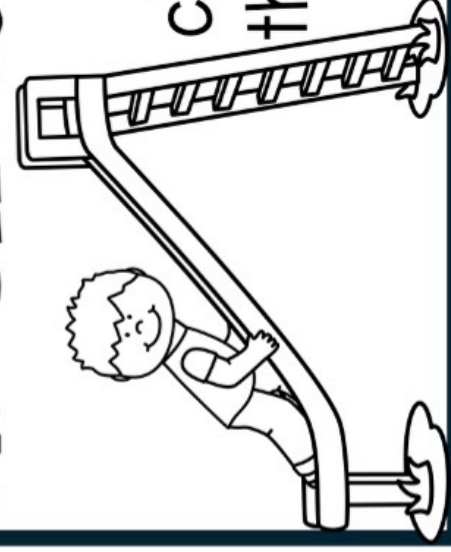


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SMALL PROBLEMS

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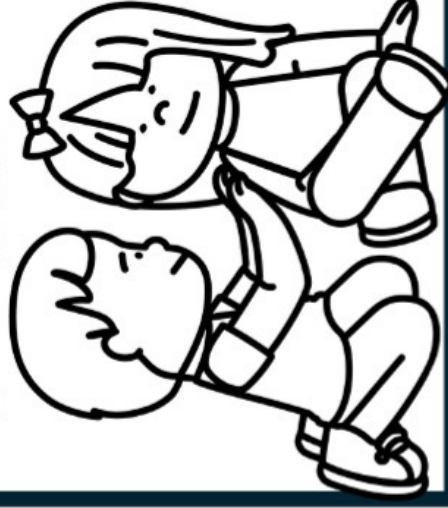


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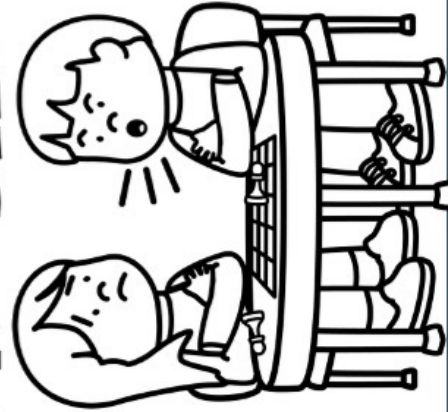


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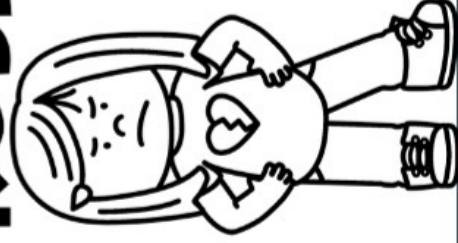


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SMALL PROBLEMS

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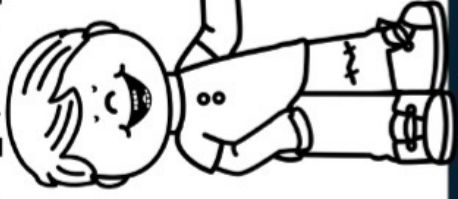


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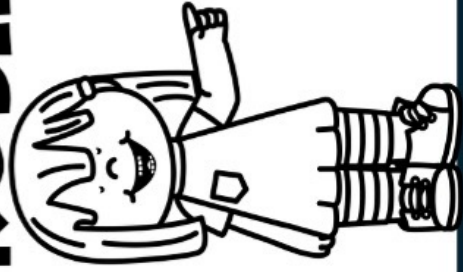


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SMALL PROBLEMS

ASTERIODS



Helen laughed
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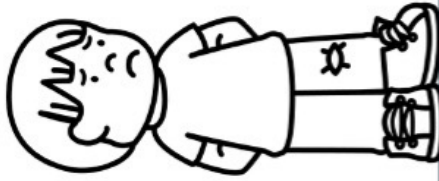


Samantha kept
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© Music City Counselor

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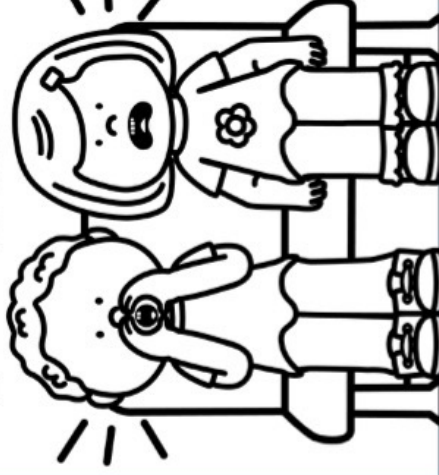


Cole left you out of
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© Music City Counselor

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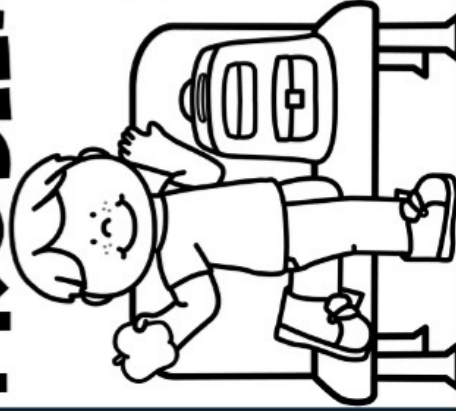


De'Mario
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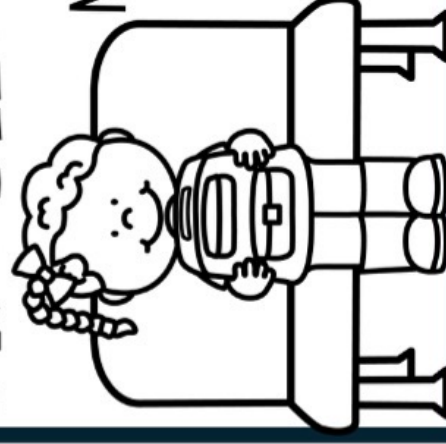


Carson threw
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SMALL PROBLEMS

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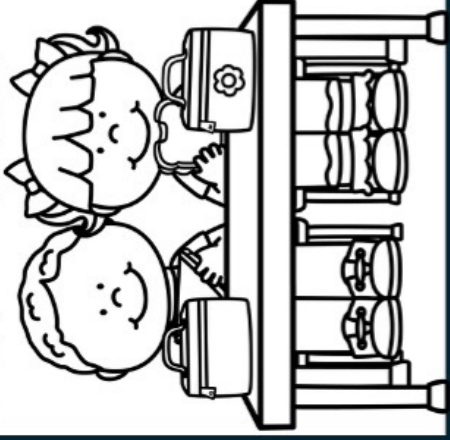


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© Music City Counselor

SMALL PROBLEMS

ASTEROIDS

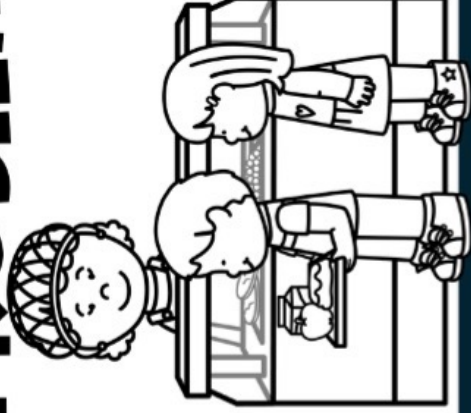


Kelly said you
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© Music City Counselor

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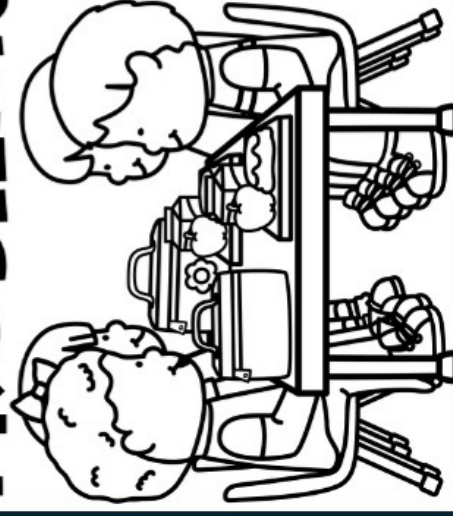


Larry
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© Music City Counselor

SMALL PROBLEMS

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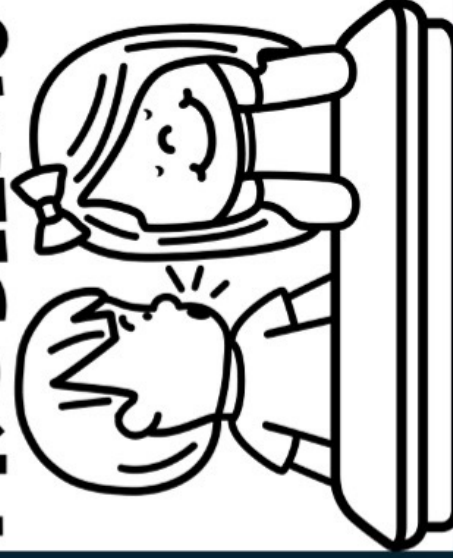


Kenny was
talking too
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© Music City Counselor

SMALL PROBLEMS

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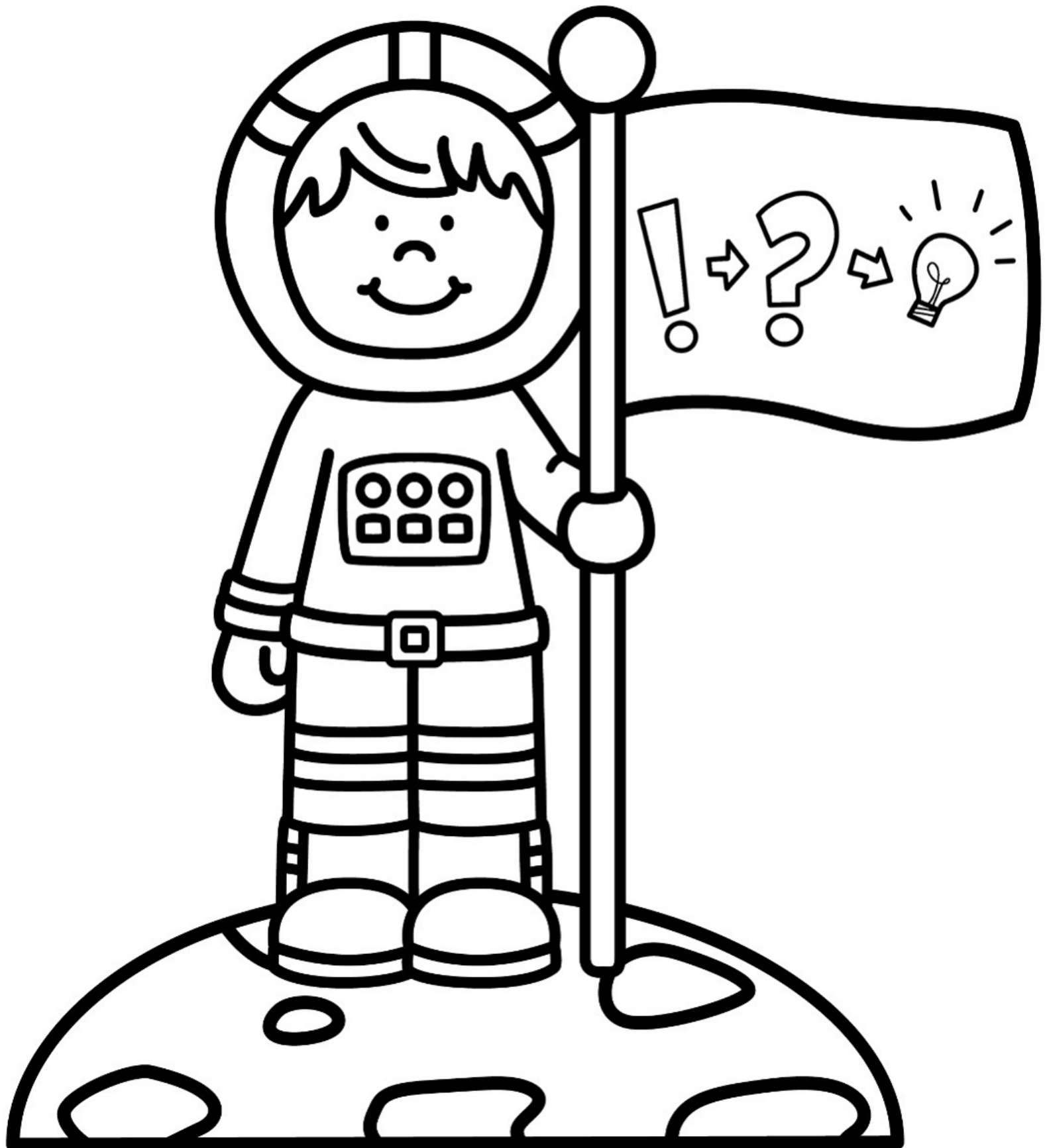


Ana kept
ignoring
you.

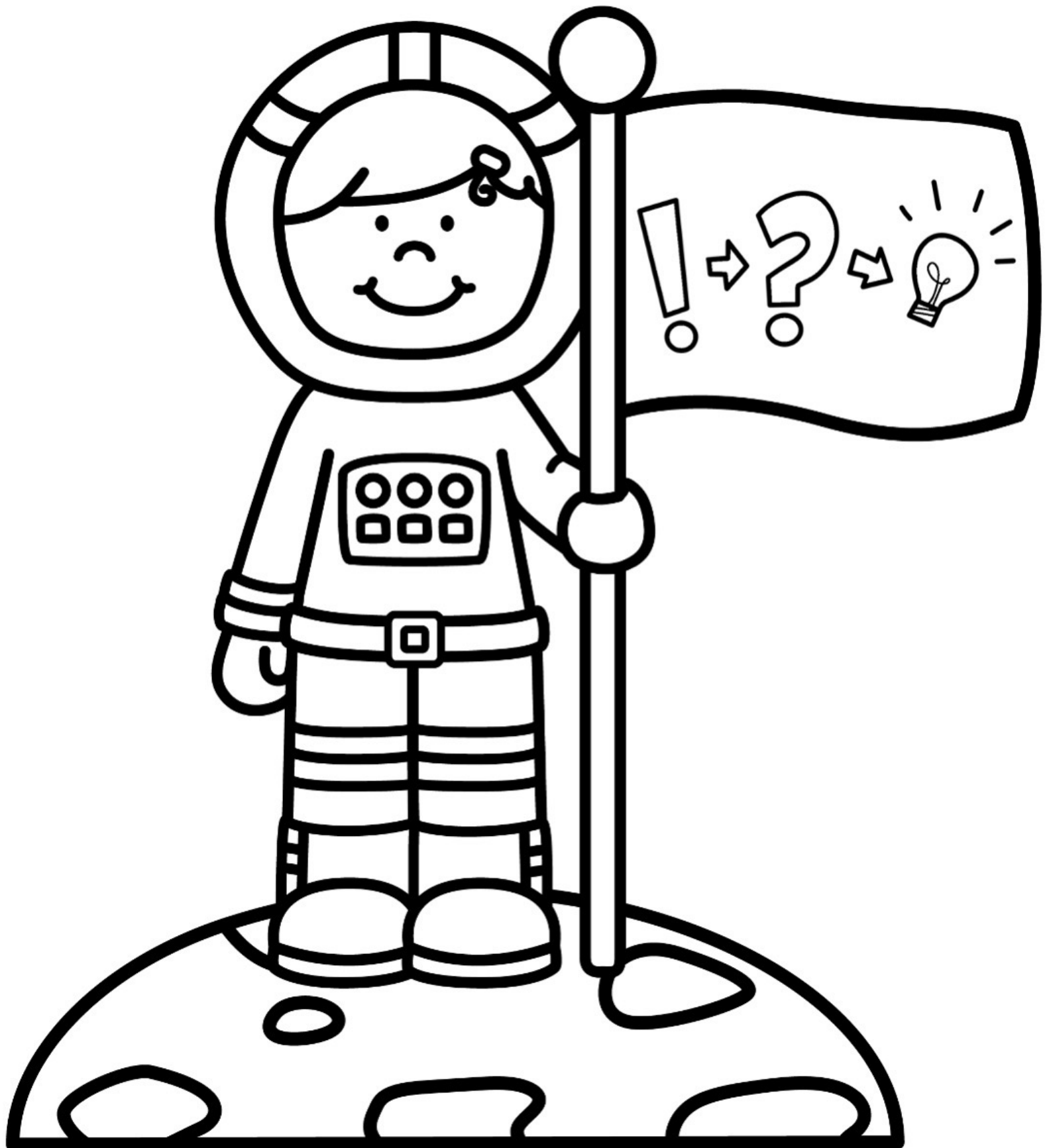
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CRAFT

Color and cut out the boy astronaut. Then,
glue him to the top of the writing page.



Color and cut out the girl astronaut. Then,
glue her to the top of the writing page.



Name: _____

S.P.A.C.E.

PROBLEM-SOLVERS

I am a problem-solver when I...

WORKSHEETS

Name: _____

S.P.A.C.E. PROBLEM-SOLVERS



STOP and STAY calm. Which coping skills can you use?



PROBLEM: Name the problem clearly.



ASK yourself...2-3 choices I can try?

1) _____

2) _____

3) _____



CHOOSE the *best* solution.



EVALUATE. Did it work? Explain.

Name: _____

S.P.A.C.E. PROBLEM-SOLVERS

**S**

STOP and STAY calm. Which coping skills can you use?

**P**

PROBLEM: Name the problem clearly.

**A**

ASK yourself...2-3 choices I can try?

1) _____

2) _____

3) _____

**C**

CHOOSE the *best* solution.

**E**

EVALUATE. Did it work? Explain.

Name: _____

S.P.A.C.E. PROBLEM-SOLVERS

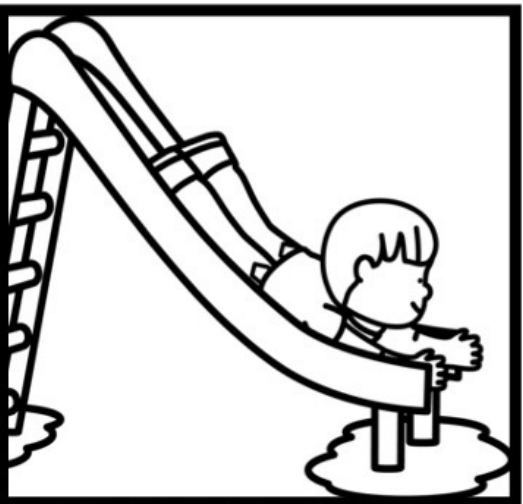
Which choice on the rocket ship control panel could you use to solve each of these problems?



Gabby won't let you sit next to her on the carpet.



Juana won't swing with you at recess.

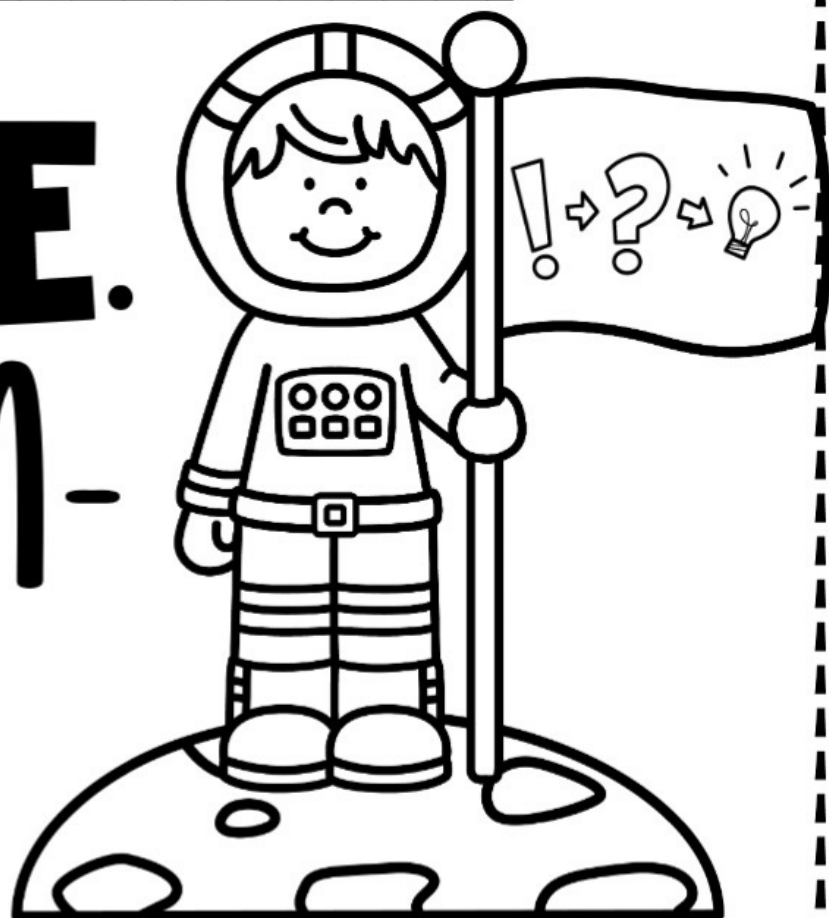


De'Mario keeps sliding down head first and won't give you a turn.

MINI COLORING BOOK

Name: _____

S.P.A.C.E. PROBLEM- SOLVERS



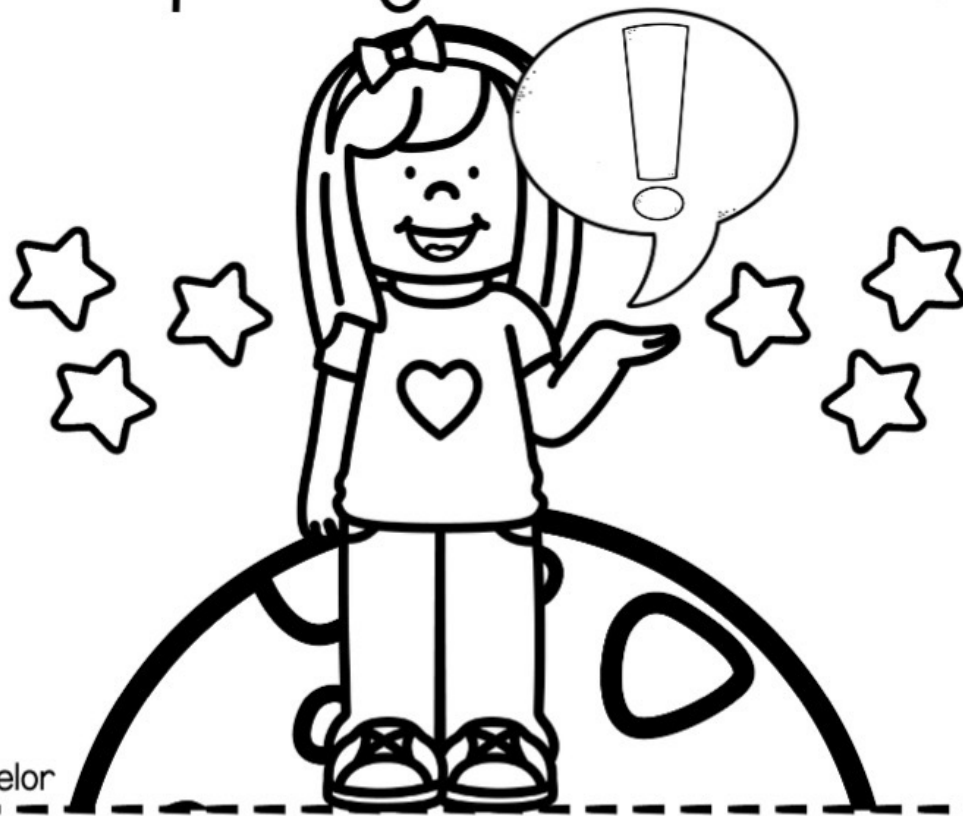
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STOP and STAY calm when you're faced with a problem. Breathe and count.



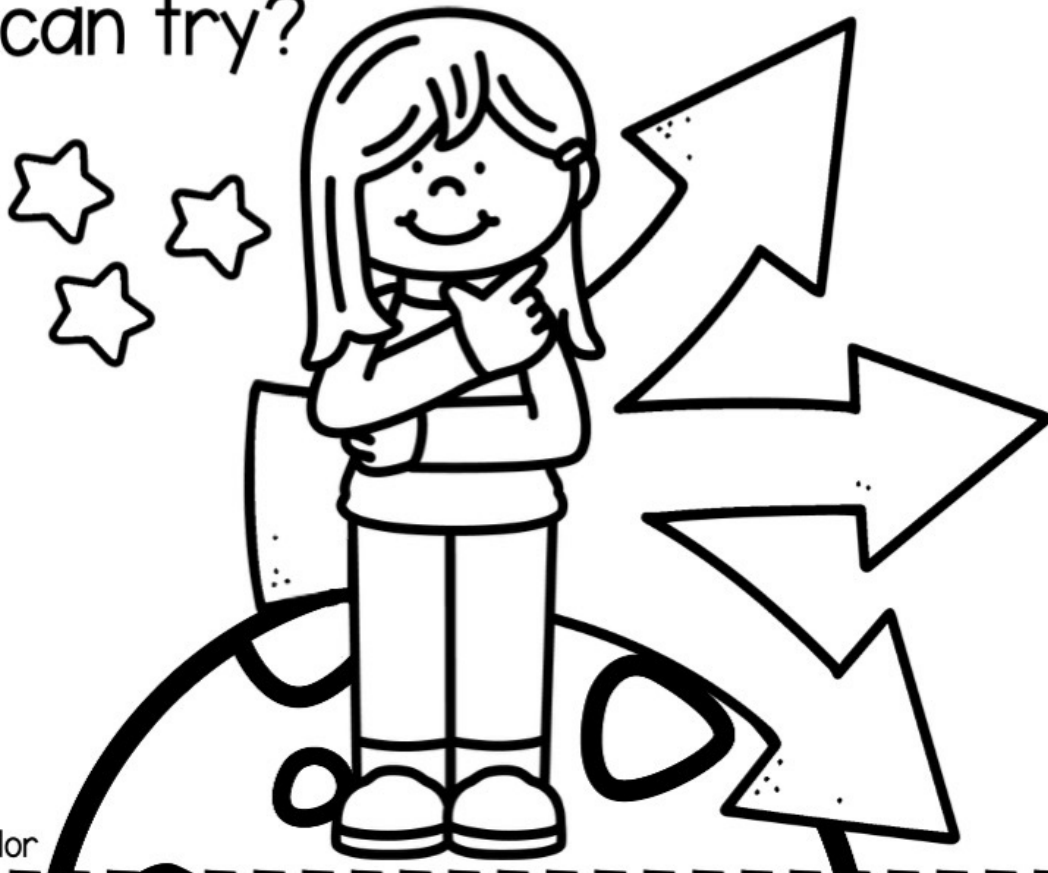
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PROBLEM: name the problem clearly.
Avoid placing blame on others.



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ASK yourself...what are 2-3 choices
I can try?



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CHOOOSE the *best* solution. Make sure it is safe, helpful, and kind.



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EVALUATE. Check your result. Did that solution work?



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COLORING PAGES

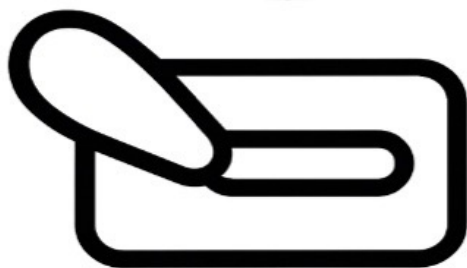
Name: _____

SAY,
"SORRY"

USE YOUR
WORDS

WALK
AWAY

COMPROMISE



SHARE
AND TAKE
TURNS

TELL
THEM TO
STOP

IGNORE IT



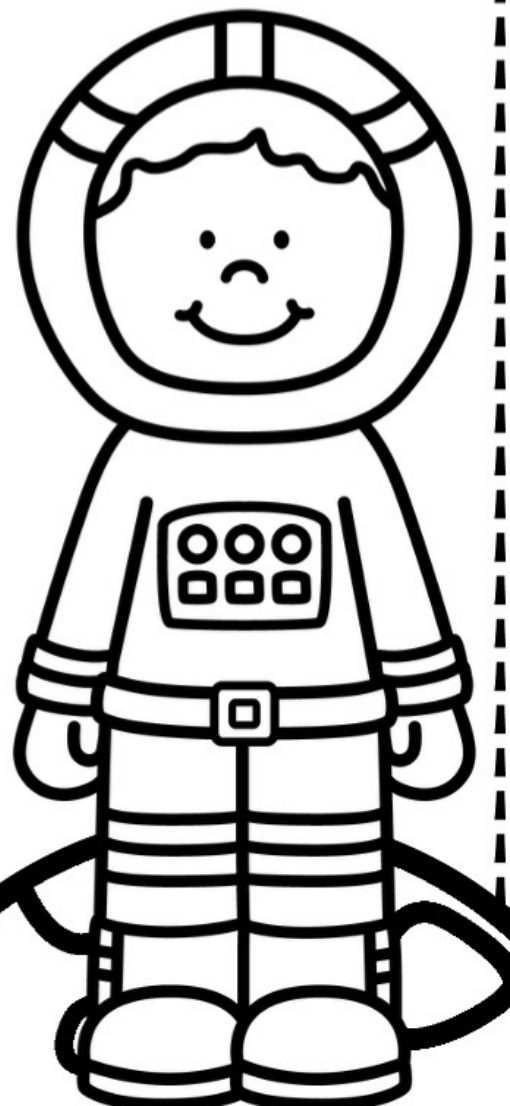
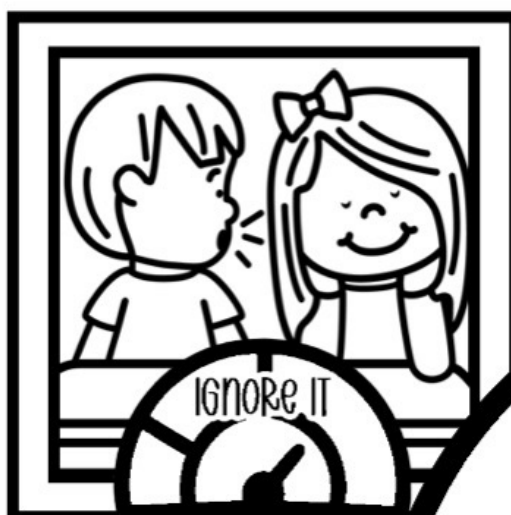
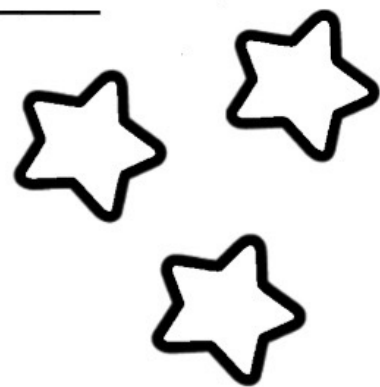
ROCKETSHIP
CONTROL PANEL



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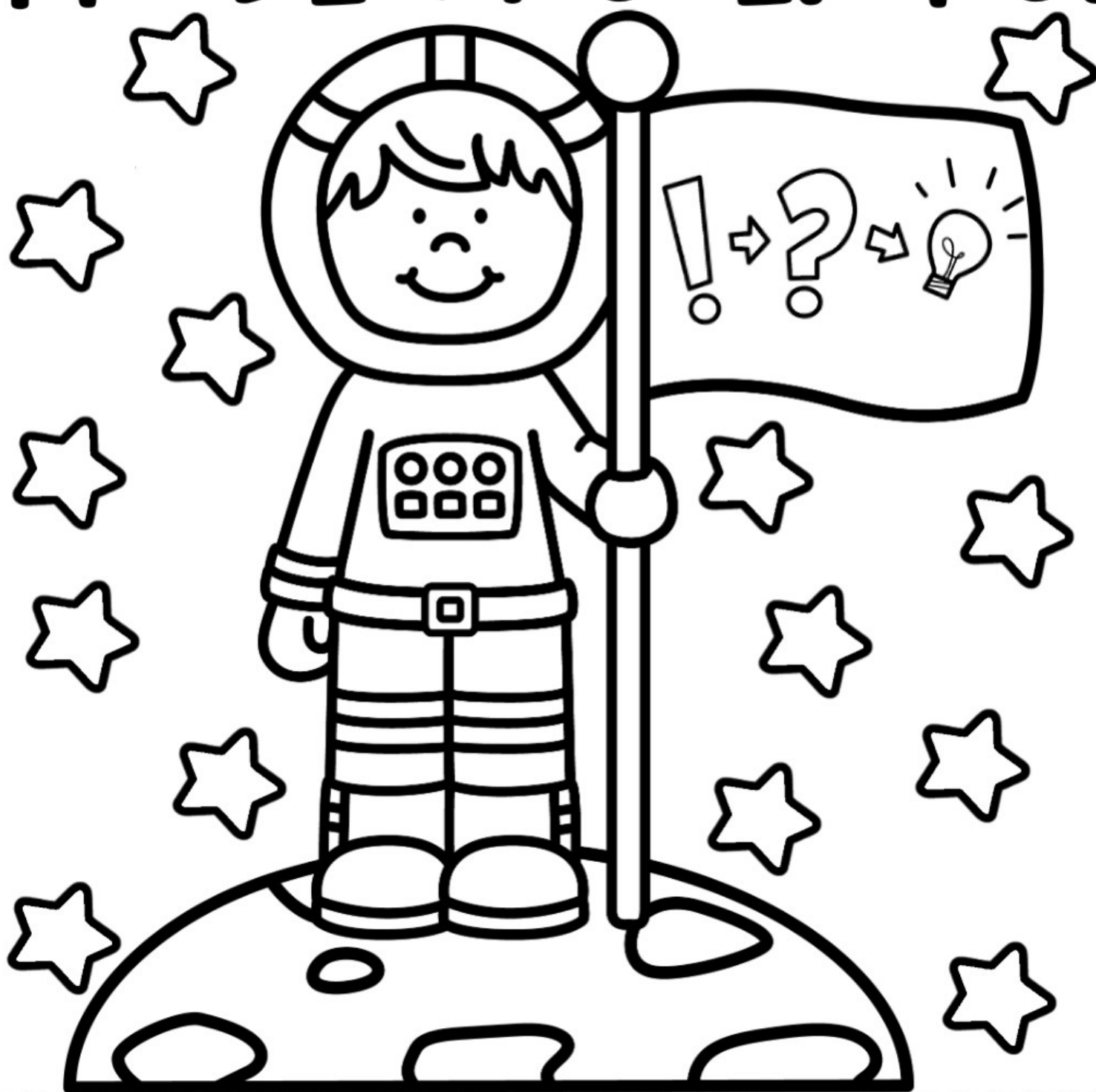
CONTROL PANEL CHOICES



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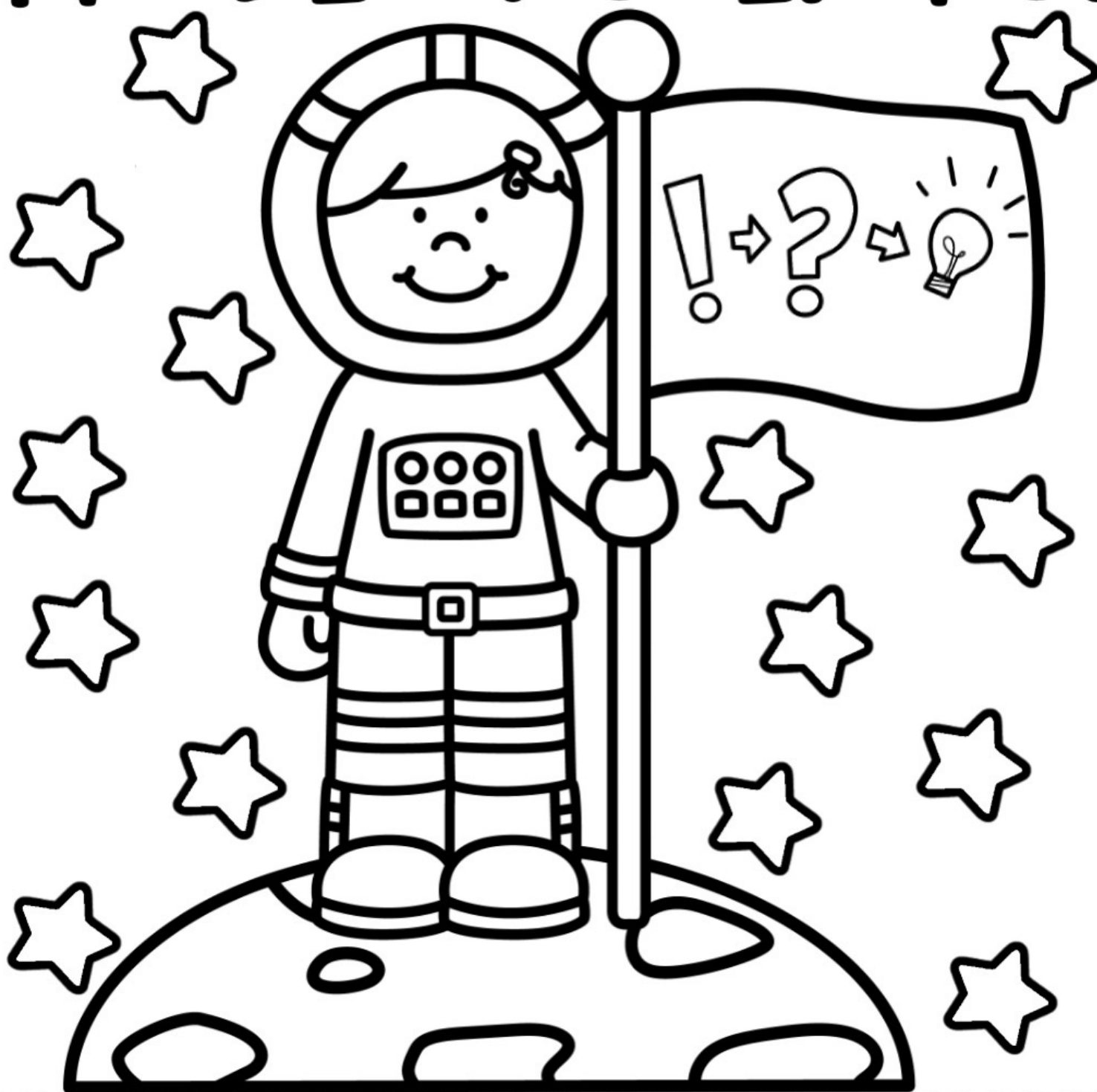
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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ Laura Sathout

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