

Counseling Lesson Plan

Unit: Motivational cont.. LP3

Date: April 6 – April 10

Attention getter: Warm up, movie clips or art:

You find a \$20.00 bill in the parking lot. What do you do with the money? Do you keep it or do you find the person who lost the money? Talk with your parents about your final decision.

Visual Walkthrough:

In review: when caught in a flood, you do some quick thinking. What are my life lines, what can I say or think to get through this flood, where are my life lines? Think about the flood as your life and what you would need to do when caught in a situation i.e. flood that you need to get out of. Use your motivation formula to navigate and wade through the situation. See link at http://www.whytryprogram.org/images/stories/Posters/Elementary/motivation_formula_elm.pdf

Music Activity:

Find a song that motivates you. Identify a lyric that speak to you and talk to your parent(s) about how it makes you feel. Now make up your own lyrics and write it in your notebook.

Learning Activity:

What is positive self-talk? Have you ever talked to yourself using words such as I can do it, or I know I'm smart and strong? These words are positive self-talk. Share some examples with your parents.

Character and Heart: C&H is what you do when no one is looking. It is a trait inside you that helps you make the right choice or the right thing. Share with your parent what you have done that is the "right thing."

Journal Activity:

What does it mean to have self-respect? What is something you do that helps you feel respect for yourself. Share with your parent.

Example Stories/Resources:

Parents: Share a story with your child on how you got through a hard time using positive self-talk and character & Heart.