

Gifts Of Counseling

(An introduction into what counseling is all about)

Purpose: To help boys and girls improve their understanding and gain a basic grasp of what counseling provides.

Materials: Props: Viking Helmet, Big Ribbon to place around the student's neck, Remote Control box & home made antennae, Yellow Hard Hat, Over sized Bling watch on a chain to be worn around the student's neck. Examples:



Time: 20 Minutes.

Key Concepts: Counseling, Counselors, Courage, Hope, Self Control, Patience & Hard Work.

Warm Up: Introduce yourself as the school counselor and let the kids take a good look at you.

State: I want you to know how counseling works (I want you to get it) and I want to show you stuff I give out in counseling all the time to help you people with their families, friendships and getting along at school.

State: Let's start with a Knock-Knock joke. Because if you can "get it" (the joke,) then you'll get how counseling works too.

Say: Knock-Knock?

(WHO'S THERE?)

Say: Hutch.

(HUTCH WHO?)

Say: Bless you!

(explain the sneeze sound if necessary)

State: Let me see if you've been paying attention so far and now I'm going to test you.

Direct: Students to close their eyes and put their heads down...no peeking.

Ask: Student to raise their hand if....

1. My name is: (your name here) & I'm the school counselor.
2. If I'm wearing (X Y or Z) example: a horse shoe belt buckle? Black jeans? Zip up boots? Or a Blue shirt.
3. If I have a tattoo of a star on my right wrist.
4. What my hair color is brown, blonde or gray.
5. What I weigh closer to (washer, table, or an automobile.)

State: When I count to three...open your eyes and see if you're right.

Report: If you're willing counseling can help you open your eyes to see how things REALLY are. Not what you think they are, not what you hope they are, but how they really are. When you can see your friends and friendships really clearly, your family really clearly, and yourself really clearly then you'll be able to make really good decisions. That's what counseling is all about....OPENING YOUR EYES and making good decisions!

Ask: For (encourage) five volunteers:

State: For those of you that didn't raise your hands or didn't get to come up yet I want you to know I also ENCOURAGE people to...

Hit home runs
Score winning goals
Catch winning touchdowns
Write scary stories
Try out for gymnastics
Be a great friend
Have fun and
Lots of other stuff that's awesome.

Position: The volunteers in front of room in a line where everyone can see them.

Present: A gift to each of the students.

- Student #1. Get's the ribbon placed over his/her head.
- Student #2. Get's the bling watch around his/her neck.
- Student #3. Get's the remote control to hold.
- Student #4. Get's the hard hat to wear.
- Student #5. Get's the Viking helmet to wear.

Go Back: To the beginning, stand behind each of the students one by one and explain what the gifts are really all bout.

Student #1: Ribbon (Hope) (Have student stand with hands palms together up against cheek, looking up at a far off star, batting eyes every now and then.)
HOPE~ puts the smile on your face, sleeps better at night, play more, learn faster, tummy not to hurt, and makes you feel better. Gives you stuff to look forward to.

Student #2: Bling Clock (Patience) Have student take a side ways stance with x shaped arms having opposite hands to shoulders.
PATIENCE~ How many of you have ever gotten in trouble because you couldn't wait? Some people want stuff right now, recess, presents, food, new friendships, shopping, clothes, cars, the suite life of Zack & Cody/Lifestyles of the rich & famous...Right Now! Some kids (and grown ups) get in more trouble after they've already got in trouble because they don't have patience!

Student #3: Remote Control (Self Control) Have student stand as if really working the controls.
CONTROL~ kids learn how to whisper instead of shout, walk instead of run, keep hands to self rather than on others, stay in your own desk instead of someone else's. Learning to be the boss of yourself=)

Student #4: Hard Hat (Work hard at making things better, not even or not even worse) Have student stand with arms folded across chest.
WORK~ students learn to work hard through counseling assignments such as telling mom thank you 35 x this week, inviting a friend to share your lunch, helping a brother or sister with chores, telling dad you love him a whole lot of times, spending five hours with your family reading or playing board games this week, doing your chores before you're asked, doing something good for your step mom or dad.

Student #5 Viking Helmet (Courage) Have student stand with closed fists on hips, legs shoulder width apart, and knees slightly bent.
COURAGE~ Boys and girls tell us of some pretty nervous and kind of scary and stuff sometimes: "Who will pick me up from school today, whose weekend it is, sirens going off in my neighborhood and police showing up, grown ups who sometimes shout and yell out bad words and even push, shove, and punch each other. Counseling helps us to be brave and safe. Safe & brave people know phone numbers to call and places to be safe in.

Direct: The five volunteers to return to their seats with a round of applause AFTER you've gathered the props.

Review: So just like in the knock-knock joke that you all get & remember, I need five people to tell me what you get when you go see a counselor (each kid offers one of the five gifts) Call on five volunteers one at a time for responses...remind with props if necessary.

Assure: Student's that you're no further than a phone call, text message, email or shout out from their teacher to come help them whenever they need some extra... Hope, Patience, Self Control, Hard work or Courage to get through their day.