

Handles

(One way how Counselors help kids)

Purpose: To provide and or supplement students with a basic understanding of what the role of the counselor is in their school.

Materials: Several door, drawer & or rope handles, bucket/pail with handle, personal event items for the bucket, link to on line support video and means to play video. Two videos to choose from and either one will be effective. The only difference between the two is that Handles for Ms. Lady Counselors reflect the school counselor is a female.

http://www.youtube.com/watch?v=vLtgF9NLYwc&safety_mode=true&persist_safety_mode=1&safe=active (Handles for Male Counselors)

http://www.youtube.com/watch?v=zKdfc7RMywM&safety_mode=true&persist_safety_mode=1&safe=active (Handles for Ms. Lady Counselors)

Student Materials: None required.

Time: 20 Minutes.

Key Words/Concepts: Counseling/Counselor, Sad, Mad, Worried & Scared feelings. “Getting a Handle on it” expression.

Introduce/reintroduce: This is a good first or second activity to share with the first graders. I recommend you use this lesson as a follow up to the Gifts of Counseling activity. Get a show of hands from the students regarding whether they recognize you. Have kids stand if they think they remember your name. Call on several students. Don’t acknowledge their answers as right or wrong until everyone who wants to guess your name has=) Using this particular protocol for beginning the activity creates an interactive and fun environment for the kids to be in. The kids may not get to see you very often so spend some time doing this.

Part 1:

Call on: Kids who remember what the previous classroom activity was about and...

Ask: Students to stand up along side their desks, tables, or right next to their sitting area to share their responses.

(If): Students memories require prompting in remembering:

Direct: Students to point to the person in the room that wore the:

1. Big Viking helmet. (Courage)
2. The Big Bling Watch. (Patience)

3. The remote control with antennae. (Self Control)
4. The Hard Hat. (Hard Work)
5. The Big Ribbon. (Hope)

Clarify & Specify: Their responses as needed.

Announce: “We’ll be watching a video for part of our activity today so you can learn more about what counselors do to help the boys & girls here at school.”

Part 2:

Play: Video (see above link)

Read: Captions aloud for the kids.

Part 3:

Gather: Comments from the students on their thoughts/what they liked from the video.

Show & Share: Your bucket (with handle) story with the kids as an example.

Example:

(Share): When I was about your age my grandmother passed away (died) and my sad was all over the place. I was sad at school, I was sad at home & I was sad with my friends, at the movies, playing games and at sleepovers. It felt like my sad was everywhere I didn’t want it to be.

What I did to get a handle on my sad was that I put some of my memory things I had of my grandma into the bucket.

(Show): A letter, A picture, A Toy & A Sock.

(Share): With all this stuff inside the bucket I could use the handle to control my sad. Now, instead of having my sad all over the place I just keep it all in here (bucket.) Every now and then like when I’m thinking about her like on her birthday, at Thanksgiving or during Christmas, I take the bucket (by the handle) out of my closet and I just sit down and go through these things.

(Show & Share): I’ll read the letter. I’ll look at the picture. I’ll play with the toy and I’ll remember when the sock she gave me used to fit=). I’ll allow myself to be sad for just a little while and then when it’s time for me to do something else, I’ll gather up all my things (demonstrate) and place them back in the bucket and return them to the closet so their not all over the place!

Announce: “Everybody feels sad, mad, worried & scared sometimes. You don’t need any help with that. It’s just when your sad, mad, worried or scared is showing up all over the place and giving you a tummy ache, or not letting you fall asleep, or giving you bad dreams, or keeping you from being hungry, or not letting you feel good then that’s when a counselor can help you get a handle on it.

Inform: “Let one of the grown ups in your house know about your sad, mad, worried or scared or let your teacher know about it. Your family or teacher will let me know & I will help you get a handle on it!”

Call: On students to share their feelings of having been sad, mad, worried or scared...all over the place.

Tell: Students they might need a handle for each of their feelings that are all over the place. Example: a handle for mad, a handle for sad, a handle for worried and one for scared.

Reassure: (show) Students that you have a handle for each and every one of them☺