

## **Personal Training**

(How counseling works to exercise positive mental health abilities)

**Purpose:** To improve student understanding of the role counselors have in helping boys and girls learn to develop, strengthen and maximize their personal & interpersonal mental health skills.

**Materials:** Adequate classroom space & support video. For video computer and projector will be required. Lesson can be (not suggested) conducted without the video (skip Part 2 and modify Part 3.)

[http://www.youtube.com/watch?v=s5j633g3z3Q&safety\\_mode=true&persist\\_safety\\_mode=1&safe=active](http://www.youtube.com/watch?v=s5j633g3z3Q&safety_mode=true&persist_safety_mode=1&safe=active)

Student Materials: None required. Accommodate student's physical needs as required.

**Time:** 20-25 Minutes.

**Key Words/Concepts:** Stretch, Warm up & Exercise (as they relate to mental health counseling:)

**Introduce/reintroduce:** Ask students to raise their hands if they remember you. Introduce yourself to any new students. Talk about how great it is for you to be able to be in their classroom today and to show them the counseling activity. Tell them that today's activity really emphasizes the word *active* in activity =)

### **Part 1**

Announce: We're going to be watching a counseling video today but before we do that we have to do some stretching, warm ups and exercises first.

Demonstrate: The following STRETCHES:

1. Fingers (Into a fist and then extend the fingers several times.)
2. Wrists (Make a fist and roll fists around clockwise/counterclockwise.)
3. Necks (Roll head around clockwise/counterclockwise.)
4. Shoulders (Shrug up and down several times.)
5. Knees (Bending slightly several times while standing.)
6. Toes (Wiggle the toes!)

Tell: Students that it's their turn to do the stretches with you!

Instruct: Students to stand up and to hold their arms out towards the front of the room (in the direction where you are standing.) If in a circle, arms will be pointing inwards.

Direct: Students to now join you in the Stretches: Fingers, Wrists, Neck, Shoulders, Knees and Toes.

Demonstrate: The following WARM UPS:

1. Arms (Fold your arms in front of “across” your chest and then move your forearms in a circular motion (as if your arms are peddling a bicycle) three times forward and then raise them both skyward. Repeat 3-4 times. (Look at the warm up segment of the video for a demonstration;)
2. Hips (Rotate hips clockwise and then counter clockwise several times.)
3. Legs (Stand in place mini marching for 30 seconds.)

Direct: Students to join you in the warm up of arms, hips & legs.

Demonstrate: The following EXERCISES:

1. Jumping Jacks (Arms & legs extended simultaneously;)
2. Jogging in Place (don’t kill yourself...you have to finish the activity;)
3. Knee Bends (No lower than the height of a stool.)

Direct: Students to join you in the exercises.

Congratulate: Students on completing the stretches, warm ups and exercises!

Say: I think you’re going to understand the counseling video we’re going to watch now that you’ve done the stretching, warm ups and exercises. I think this video will help you figure out why some people go to counseling and how counselors help them=)

### **Part 2:**

Play: Video (Requires approximately 8 minutes without pausing. Plan for about 10 Minutes with the three pauses.)

Pause on the explanation page following each of the three video segments. There will be one page explaining what **Stretching** is about (pause and read aloud,) one page following the Remember the Titans video clip explaining what **Warm Ups** are about (pause and read aloud) and one page following the Exercise video segment that explains what **Exercising** is about (pause and read aloud.)

### **Part 3:**

Call: On students to share their thoughts about the video.

Talk: About how counseling works to help people:

**Stretch**: Their thoughts about themselves and their beliefs about what they can accomplish. Give examples of working past fears of first time events like going to school, riding a bike, jumping into a swimming pool etc. Share also that we help students become more *flexible* in dealing with other kids and situations too without throwing a fit or making things worse.

**Warm Up**: Tell students how counseling helps boys and girls *warm up* to changing families (divorce, loss, step siblings etc.) Also mention that as shown in the Remembering the Titans video, it's important that we learn to warm up to people that might be *different* than we are and that no one should be teased for being or doing things differently.

**Exercise** : Counselors help boys and girls learn to *work out* their problems with family and friends. Counselors also help *build* student confidence, *lift* their spirits with hope and encourages kids to get in good mental health shape by practicing lots of positive thinking & behaviors.

Thank: Students for being totally awesome and remind them that their teacher can get hold of you anytime you're needed to help them with their stretching, warm ups and exercise when it comes to family and friendships!