Karen J. Cunningham Instructor: Jacquie Johansson

ED456u Reaching Students who Hurt: Teaching Kids w/ Trauma & Loss

7/13/17 Assignment #12-B

Lesson Plan for Small Group Counseling

Grade level: K-5

Topics: The Hurt by Teddi Doleski and William Hart McNichols (a lesson on loss)

ASCA Standards/Common Core Standards Met:

A:A2.3 Use communications skills to know when and how to ask for help when needed

PS:A1.5 Identify and express feelings

PS:A2.3 Recognize, accept, respect and appreciate individual differences

PS:B1.4 Develop effective coping skills for dealing with problems PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions

Materials Needed: The Hurt book; box of rocks, paint and brushes, stickers

Lesson Activities:

* Weekly group check in (name, rate your day, share one thing)
* Review: Review group expectations and purpose of group
* Counselor will ask a student to pick up a box (filled with rocks) to be used later in the group. It will be too heavy to carry alone and the counselor will ask a second (and possibly third) to help carry it over to the group. The pair (or three) will be able to carry it easily.
* Read The Hurt. The main idea is that everyone has hurts and they grow bigger and heavier when we hold them in. We can share them and it helps.
* Rocks—The box of rocks of various sizes will be placed on the table. Group members can pick a rock of their choosing. The rock represents their hurt. Group members talk about their hurt and how they can make it smaller. They can share significance of the rock chosen (size, shape, weight). Members will be able to decorate their rocks with paint or stickers (depending upon time and age of group members)
* Counselor will ask group if they can make a connection between the chore of carrying the box of rocks and the story. (Group members will identify that it’s easier to carry a heavy burden when there’s help just like it’s easier to deal with something difficult or sad if you talk to someone and get help.)
* Closure: Group members will rate their group time and take their rocks with them.