

# THE GOOD EGG

**social emotional  
activities**

- interactive

- engaging

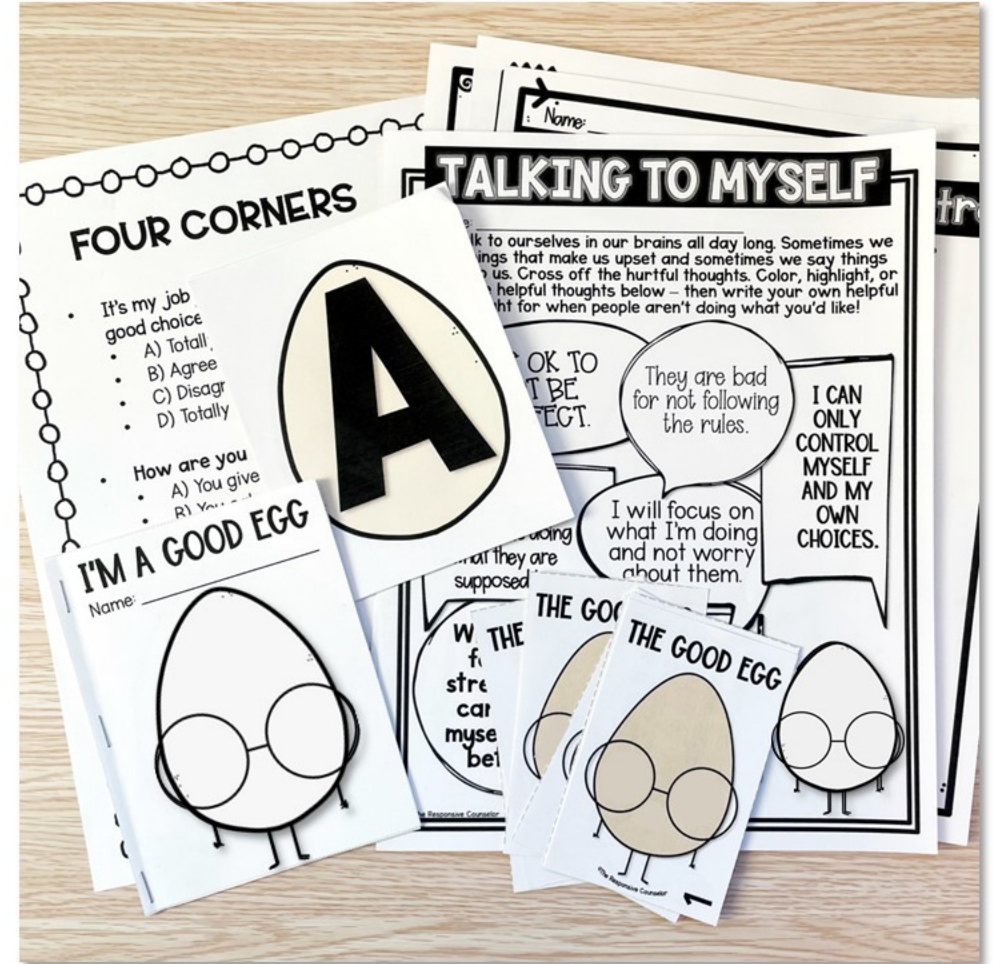
- created for 2<sup>nd</sup>-5<sup>th</sup>

PRINTABLE  
+ DIGITAL  
COMPANION



# notes to the counselor/teacher

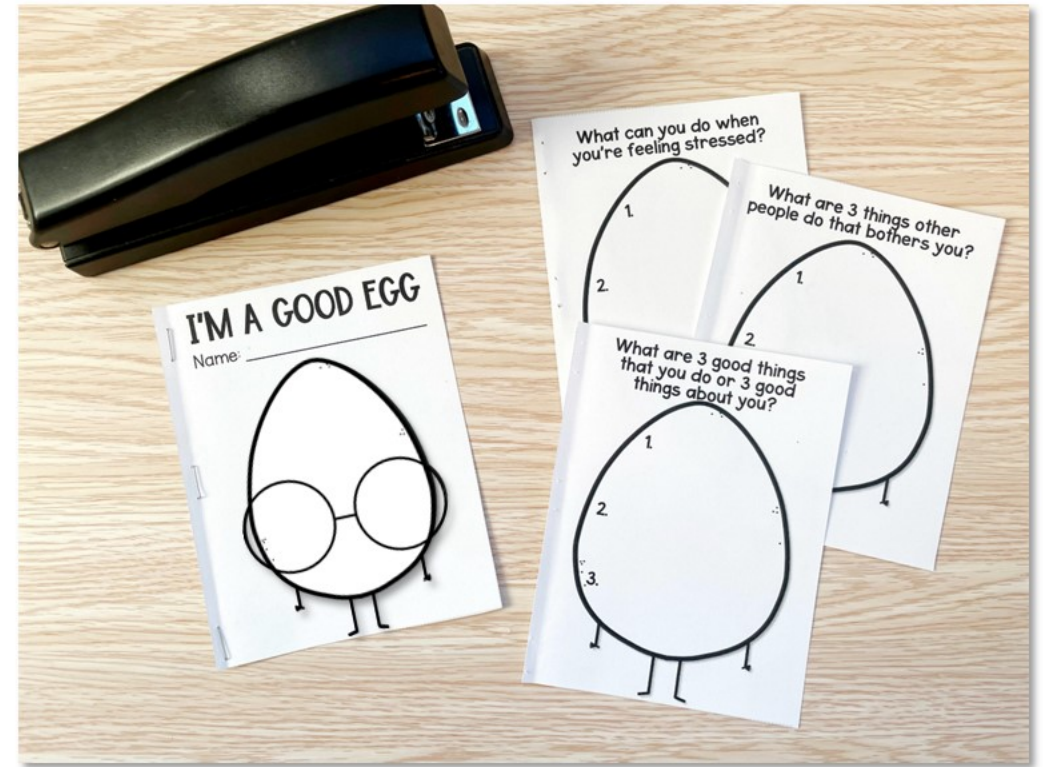
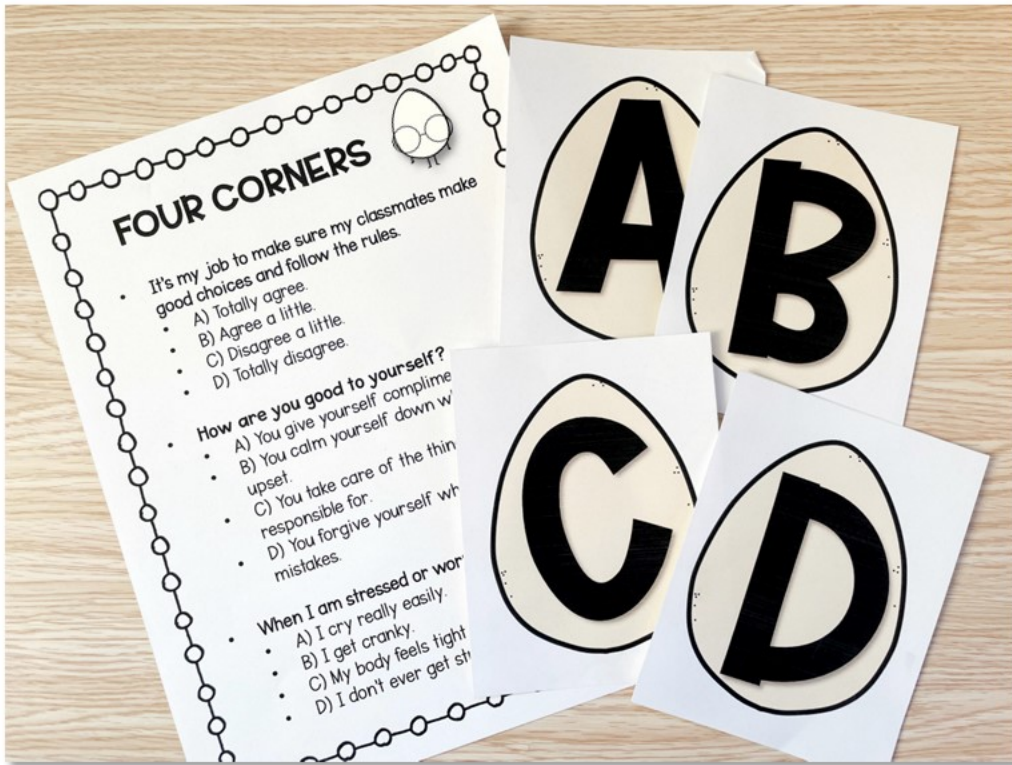
- This 30-45 minute lesson on focusing on your own choices and taking care of yourself can be used separately or as part of a unit using other books in the food group series by Jory John
- It was created using these SEL research-based best practices:
  - Opportunity to apply/practice the skill
  - Cooperative learning
  - Self-reflection





# engaging + interactive

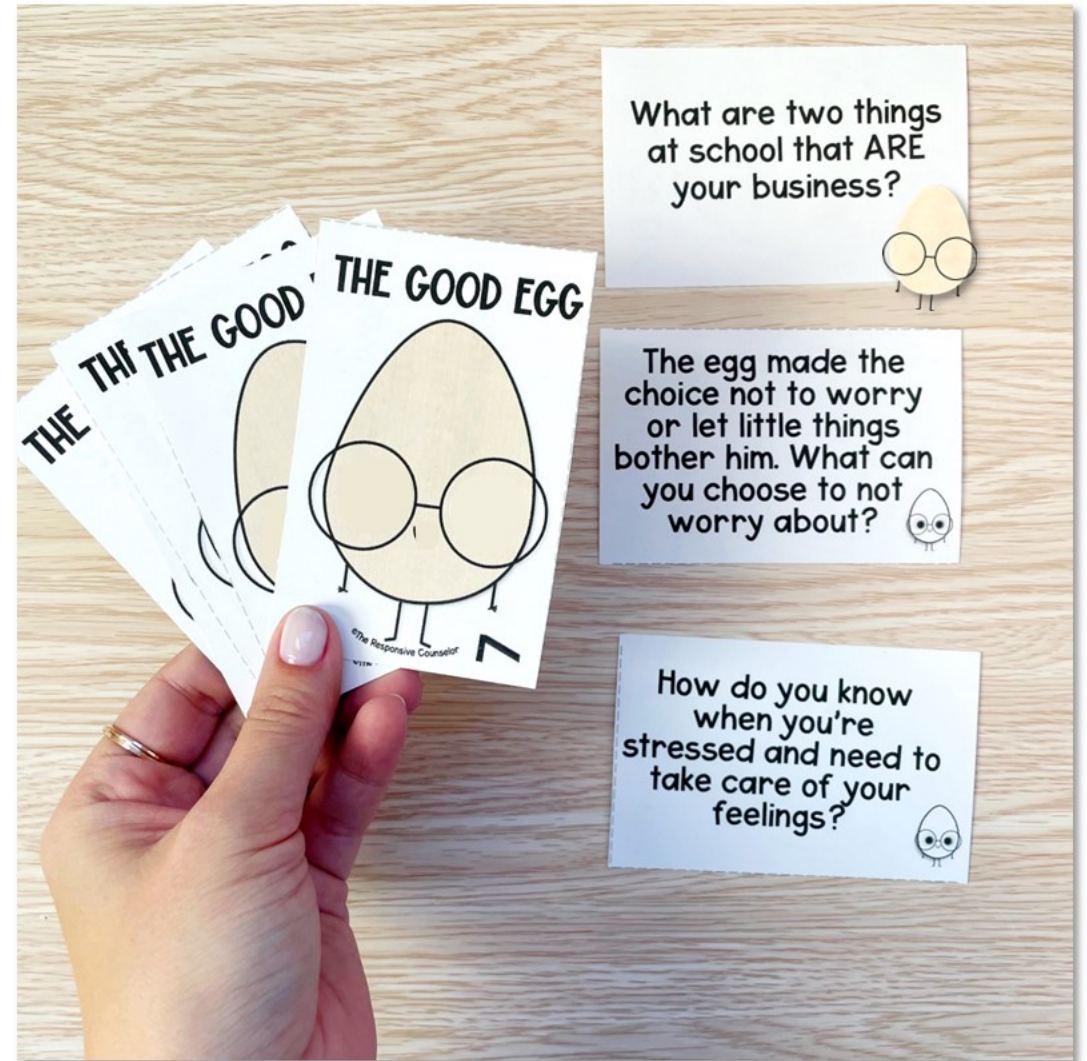
Opening hook to get students moving, activate their brains to the main ideas in the story, and begin connecting it to themselves



Mini-book egg craftivity to express their own ideas and beliefs as they relate to the story

# practice activity

- 8 question cards to process the book, self-reflect, and practice or apply the book's messages
- Use in whole group or small group (activity directions included for both)





# independent reflection

4 worksheets for students to more independently express themselves and practice self-care and identifying locus of control

**TALKING TO MYSELF**

Name: \_\_\_\_\_

We talk to ourselves in our brains all day long. Sometimes we say things that make us upset and sometimes we say things that help us. Cross off the hurtful thoughts. Color, highlight, or circle the helpful thoughts below - then write your own helpful thought for when people aren't doing what you'd like!

IT'S OK TO NOT BE PERFECT.

They are bad for not following the rules.

I CAN ONLY CONTROL MYSELF AND MY OWN CHOICES.

I have to make sure that everyone is doing what they are supposed to.

I will focus on what I'm doing and not worry about them.

When I'm feeling stressed, I can help myself feel better.

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**In and Out of My Control**

Name: \_\_\_\_\_

What are some things **inside** your control? What is *your* business? Write them **inside** of the egg!

What are some things **outside** of your control? What is *not* your business? Write those **outside** of the egg!

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**When I Feel Stressed...**

Name: \_\_\_\_\_

Color or circle the things that help you feel more like yourself when you feel like your shell is cracking because you're upset or stressed.

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**Focusing on Me**

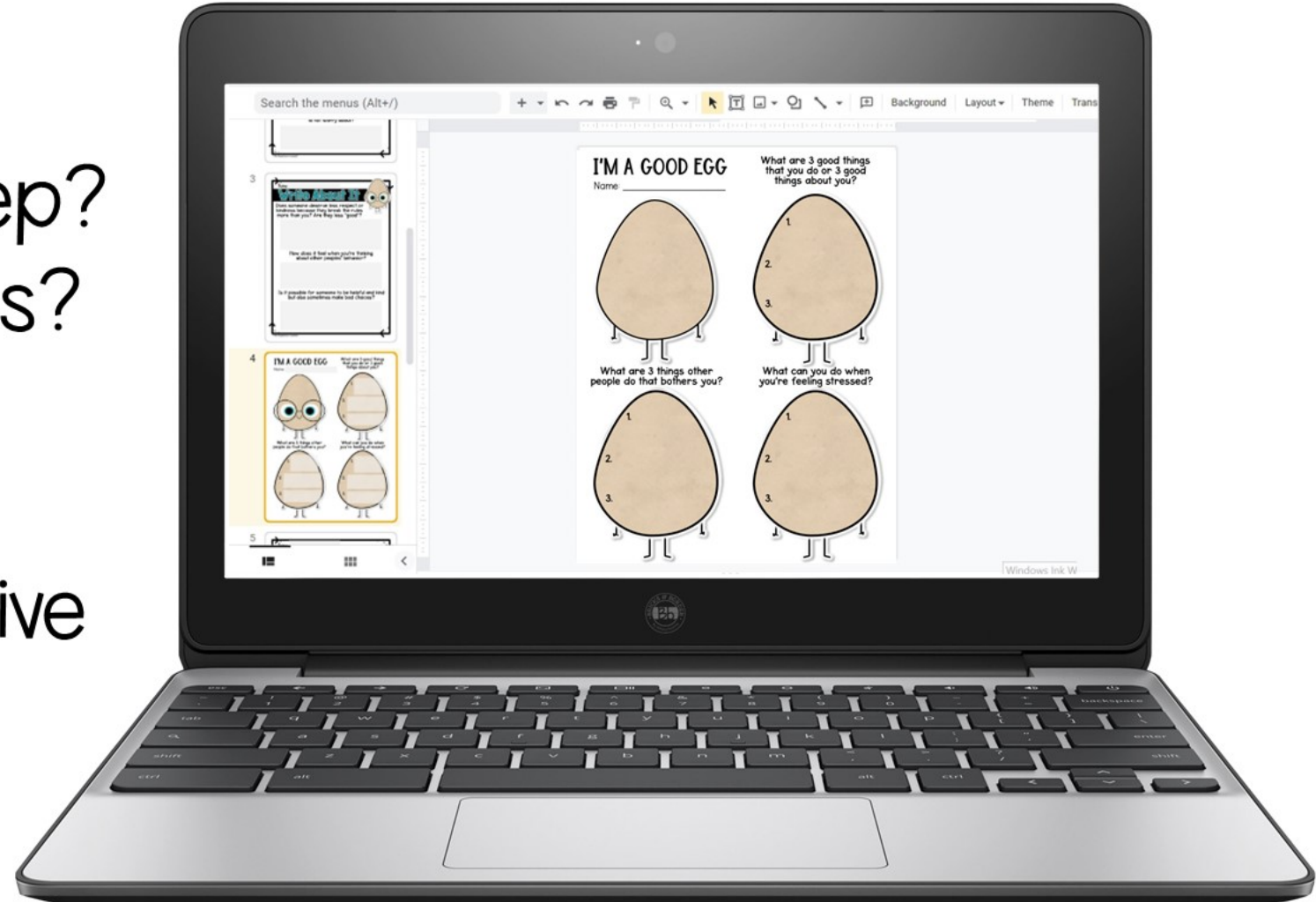
Name: \_\_\_\_\_

Draw a picture of you focusing on yourself and minding your own business when people in class are doing distracting things or breaking the rules.

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# google slides™

- Want to go zero-prep?  
Into digital resources?
- Most activities are  
included as interactive  
Google Slides!





# written lesson plan

ASCA standards and CASEL competencies aligned

Comprehensive lesson plan including objectives, pre and post story discussion questions, and activity directions

The image displays three overlapping pages from a lesson plan for the story 'The Good Egg'. The top page is titled 'THE GOOD EGG' and includes 'OBJECTIVE(S): Students will discuss how they are good to take care of stress, and distinguish between things that are and are not in their control.' It also lists 'CASEL DOMAINS: Self-Awareness, Relationship Skills' and an 'OUTLINE' section. The middle page is titled 'OUTLINE (CONTINUED):' and lists activities such as 'Read and discuss The Good Egg (CONTINUED)', 'Companion Activities: Complete as few or as many as you like for your students!', and 'Discussion questions'. The bottom page is titled 'PICK-A-CARD' and provides 'Directions' for a group activity, including instructions to place students in groups of 4, sit in a square, and complete jobs in order.

Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.

B.A. from Michigan State University  
Psychology and Anthropology

M.S. from Vanderbilt University  
Community, Research, and Action

M.Ed. From Vanderbilt University  
Human Development Counseling:  
School Counseling & Mental Health

## Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



the **RESPONSIVE**   
**counselor**

Let's Connect:

