

PIPPA FEELS WORRIED

- Understanding **worried feelings** for grades **Pre-K + K**
- Helps students **notice** and **name** how **worry** feels in their bodies
- Super **low prep!**



Designed for Little Learners!

Created especially for
Pre-K and **Kindergarten:**

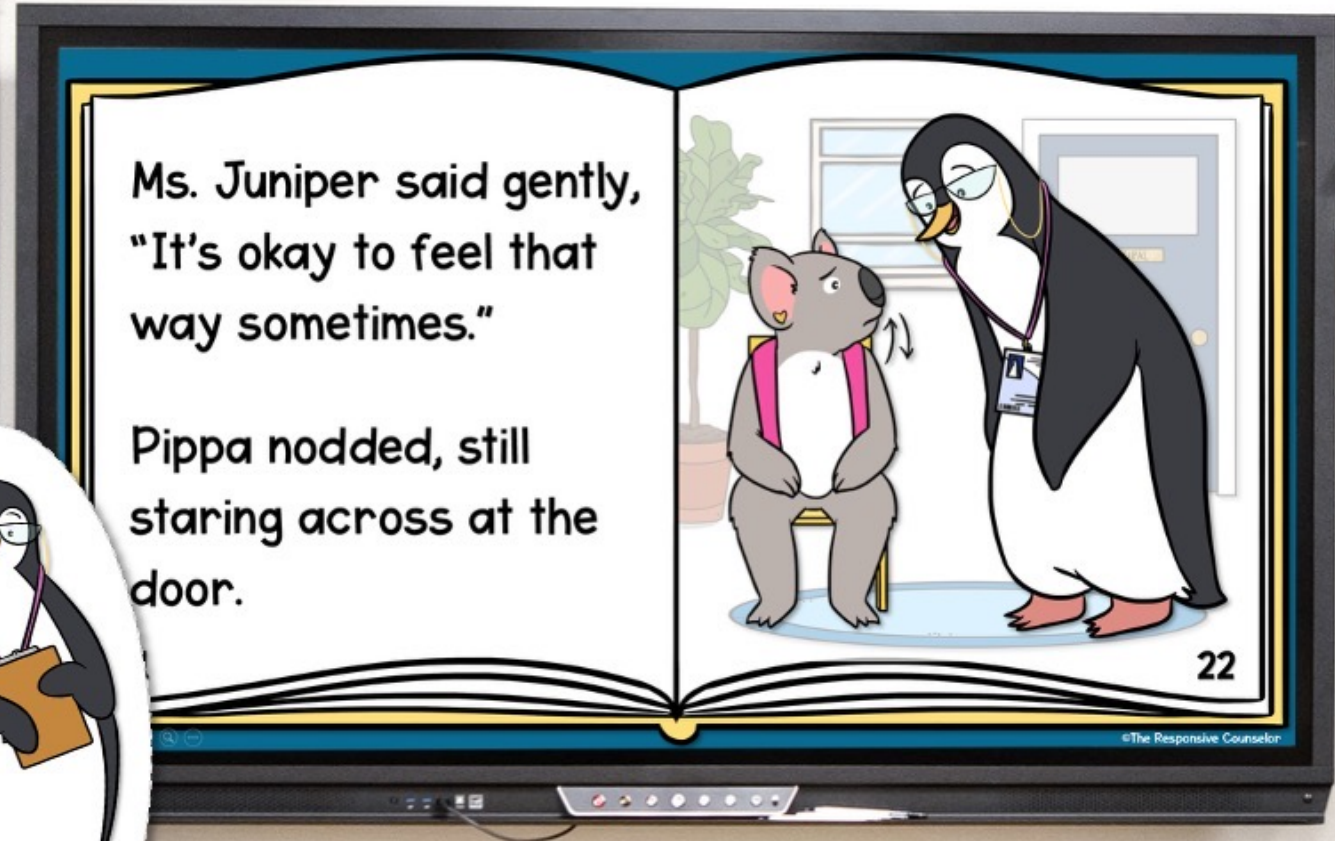
- Lovable characters
- Short, engaging stories
- Simple, age-appropriate language
- Interactive movement and play
- Flexible practice activities



Start with a story!

Lulu feels worried when her Dad is late to pick her up from school. Ms. Juniper helps her understand how **worry feels** in her body.

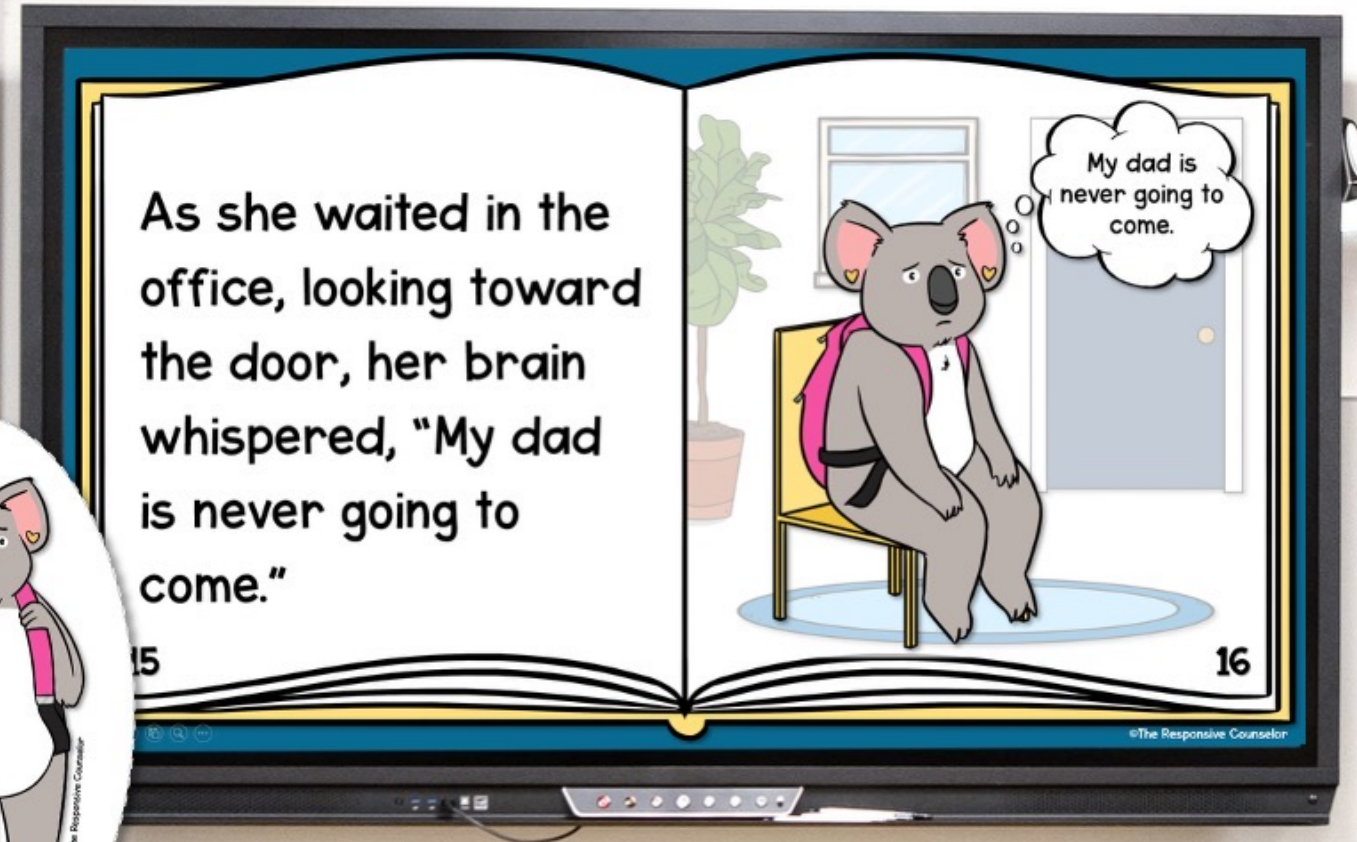
Use easy stick puppets to add another **engaging** element.



Follow Along!

Young learners will enjoy following Lulu's adventures as she learns more about **feeling worried**.

Every page encourages discussion, reflection, and learning.



Reinforce!

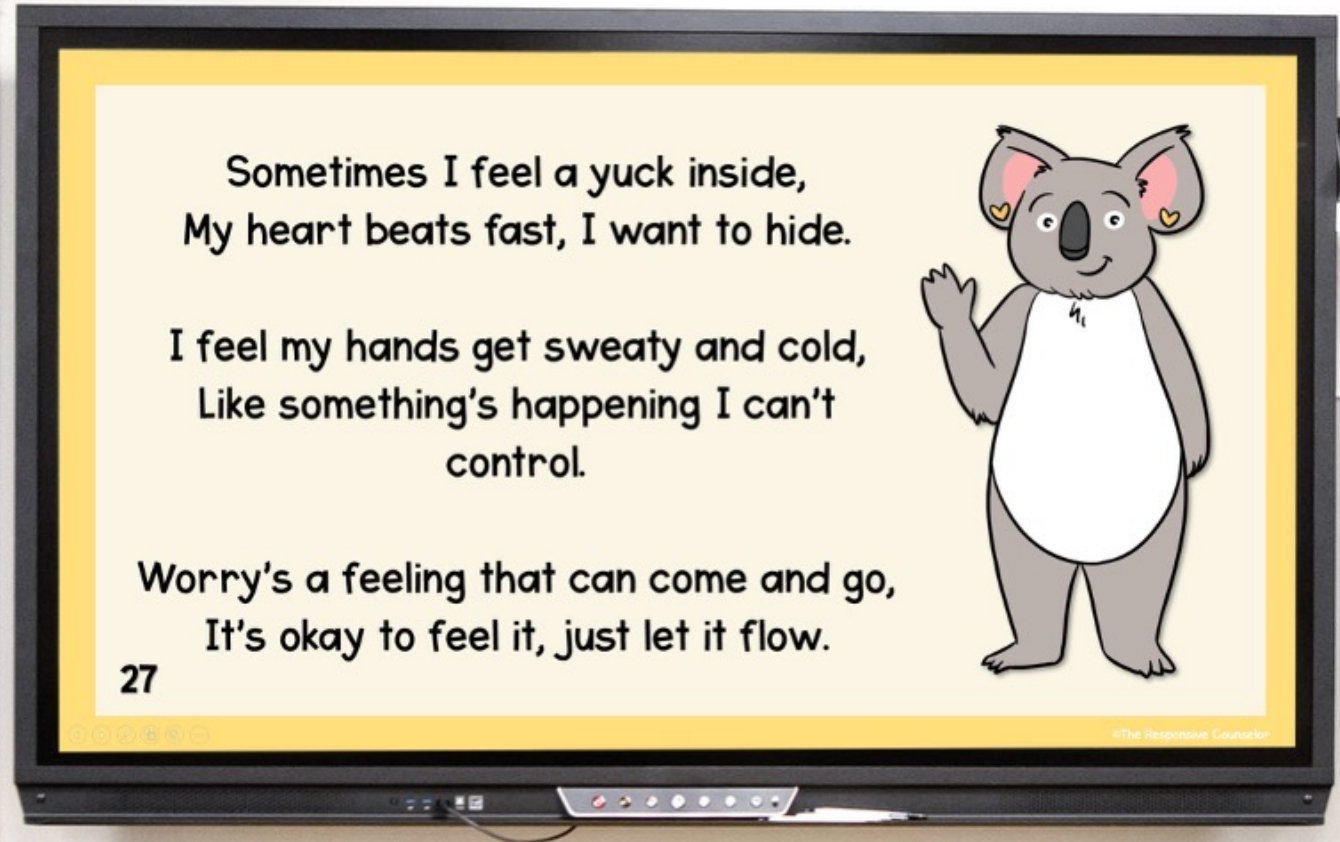
With rhymes and motions, engage students in a call-and-response chant to **reinforce their learning.**

Sometimes I feel a yuck inside,
My heart beats fast, I want to hide.

I feel my hands get sweaty and cold,
Like something's happening I can't
control.

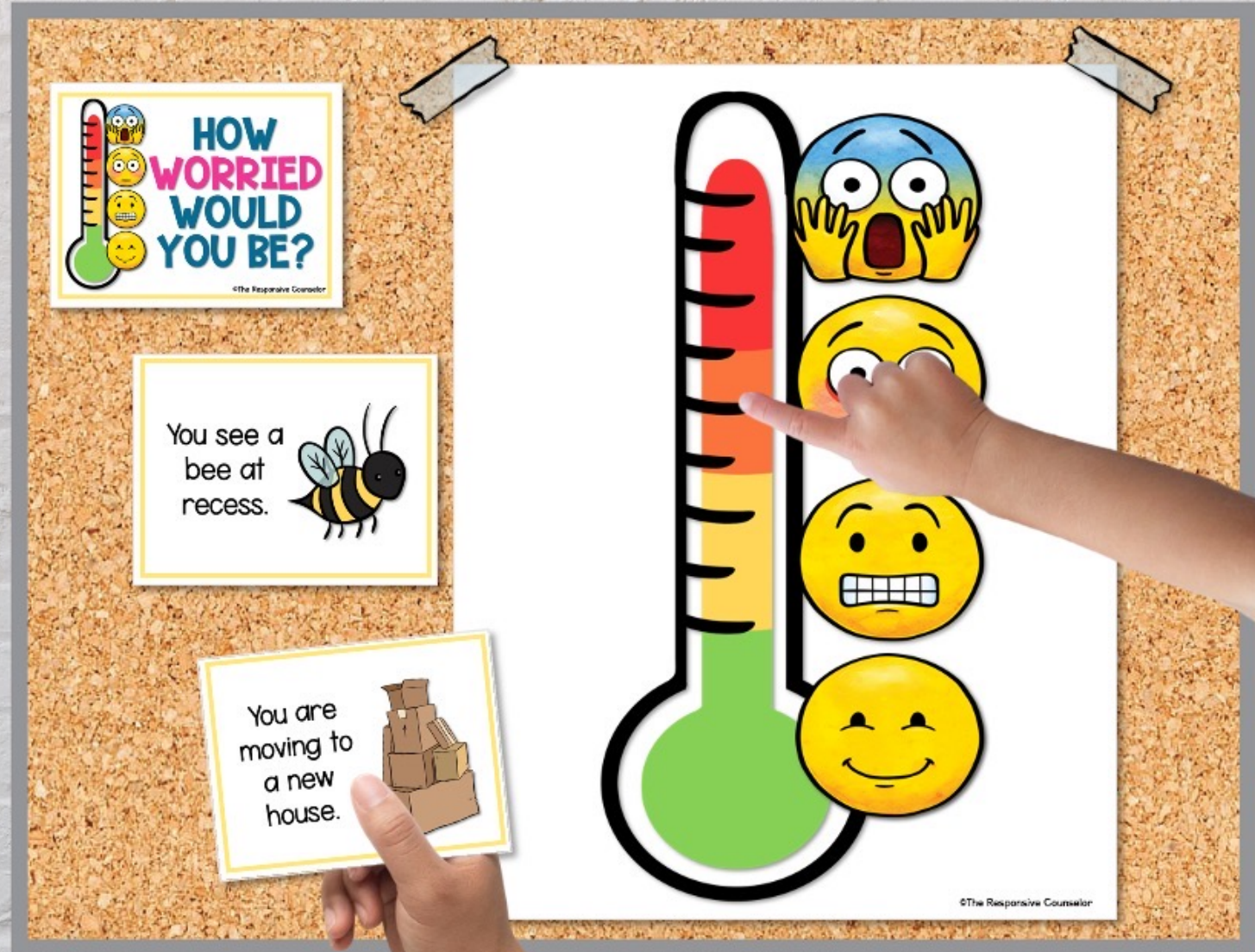
Worry's a feeling that can come and go,
It's okay to feel it, just let it flow.

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Practice!

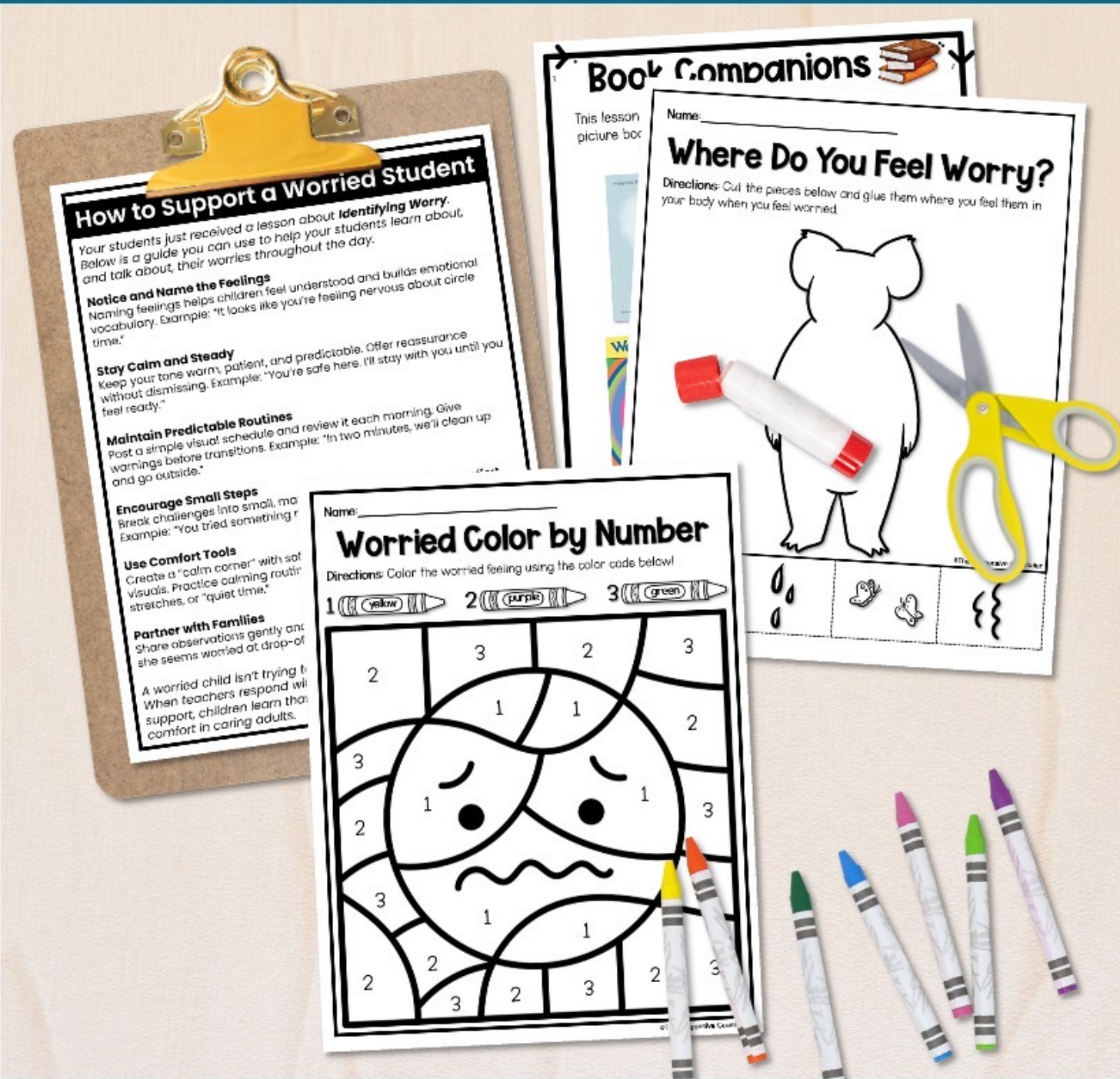
Students take turns **identifying** how worried they would be (scaling their worry) given different **situations**.



Extend!

Options include to extend the learning:

- Teacher tip sheet
- Color by Number coloring page
- Body Feelings cut-and-paste
- Recommended book companions



Detailed Lesson Plan

ASCA and CASEL aligned lesson plan

Identifying Worry

Objective(s): Students will learn how to identify worry and other related feelings, like nervous or unsure, in themselves by noticing physical sensations and situations that might cause worry.

ASCA Mindsets/Behaviors: B-SMS 7. Effective coping skills

CASEL Domains: Self-Awareness

Additional Materials Needed: A pointer (optional), popsicle sticks (optional), coloring materials for worksheets, scissors and glue for worksheet

PLAN/PREP

Slideshow: Review the directions, suggested scripting, and slides ahead of time. Print puppets and glue onto large popsicle stick, if using.

Whole Group Activity: Print/copy a set of task cards. You may want to laminate for durability.

Extension Activity: Reuse scenario cards from previous activity. Print poster or use the slide. You may want to have a pointer available for your students, depending on the height of the board/screen.

Worksheets: There are two worksheets included. Select which you would like to use (or both!). Print/copy one per student for each.

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Identifying Worry

Extension Activity	Worksheet	Practicing Circle
Story	Page 23: "Pippa's body is changing. Why is that happening? Yes, her worry is going away!" Discuss how worry is something we only feel for a little bit of time, and it won't last forever.	Practice
Movement	- Page 26-27: Ask students to stand in their spots. "We are going to move our bodies to help us remember what we learned about feeling worried. Repeat after me!" - Say each sentence and do the corresponding movement. Have students copy you. <i>Sometimes I feel a yuck inside</i> (place hand on belly), <i>My heart beats fast, I want to hide</i> (tap on heart), <i>I feel my hands get sweaty and cold</i> (rub hands together), <i>Like something's happening that I can't control</i> (look around the room), <i>Worry's a feeling that can come and go</i> (sway from side side), <i>It's okay to feel it, just let it flow</i> (wave motion with arms)! - You can repeat as many times as time allows.	If you are doing the thermometer activity, move to page 28. If not, hide this slide. Page 28: "Pippa felt very worried when her dad was late to pick her up. Raise your hand if that would make you feel worried too. Some kids might feel worried and some might not, and that is okay. Now we are going to think about times when we feel worried and how big those worries feel"

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Optional/
suggested
scripting to
use

Outline
breakdown
with activity
directions

Hi, I'm Sara! At The Responsive Counselor, we create resources for school counselors, child therapists, and teachers that improve social emotional learning and help students be their best selves.

Our focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for students.

education

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!



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let's connect:

