

PIPPA USES SELF-TALK

- Managing **disappointed feelings** for grades **Pre-K + K**
- Helps students **notice** and **name** how **disappointment** feels in their bodies
- Super **low prep!**



Designed for Little Learners!

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

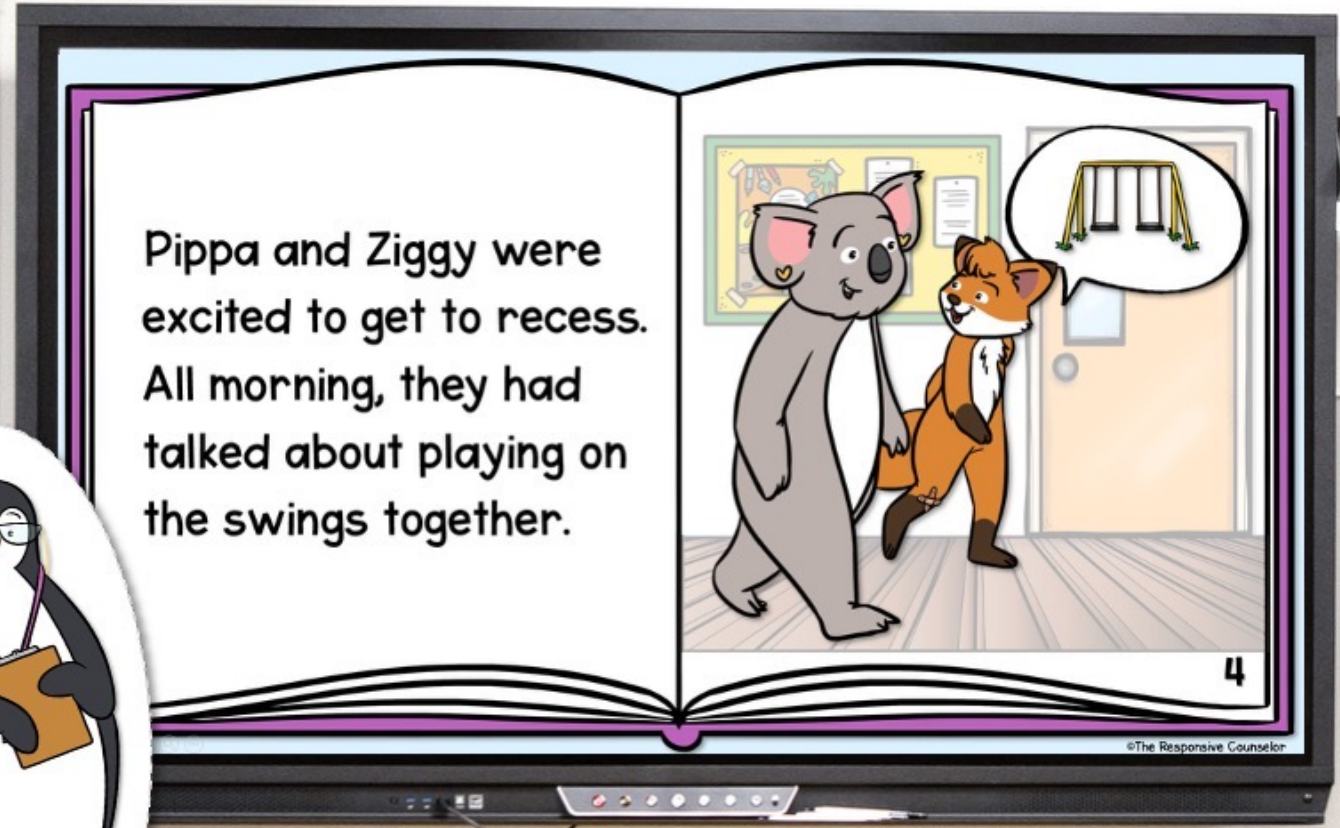
- Lovable characters
- Short, engaging stories
- Simple, age-appropriate language
- Interactive movement and play
- Flexible practice activities



Start with a story!

Pippa feels disappointed when all the swings at recess are taken. Ms. Juniper helps her use **positive self-talk** to manage her feelings.

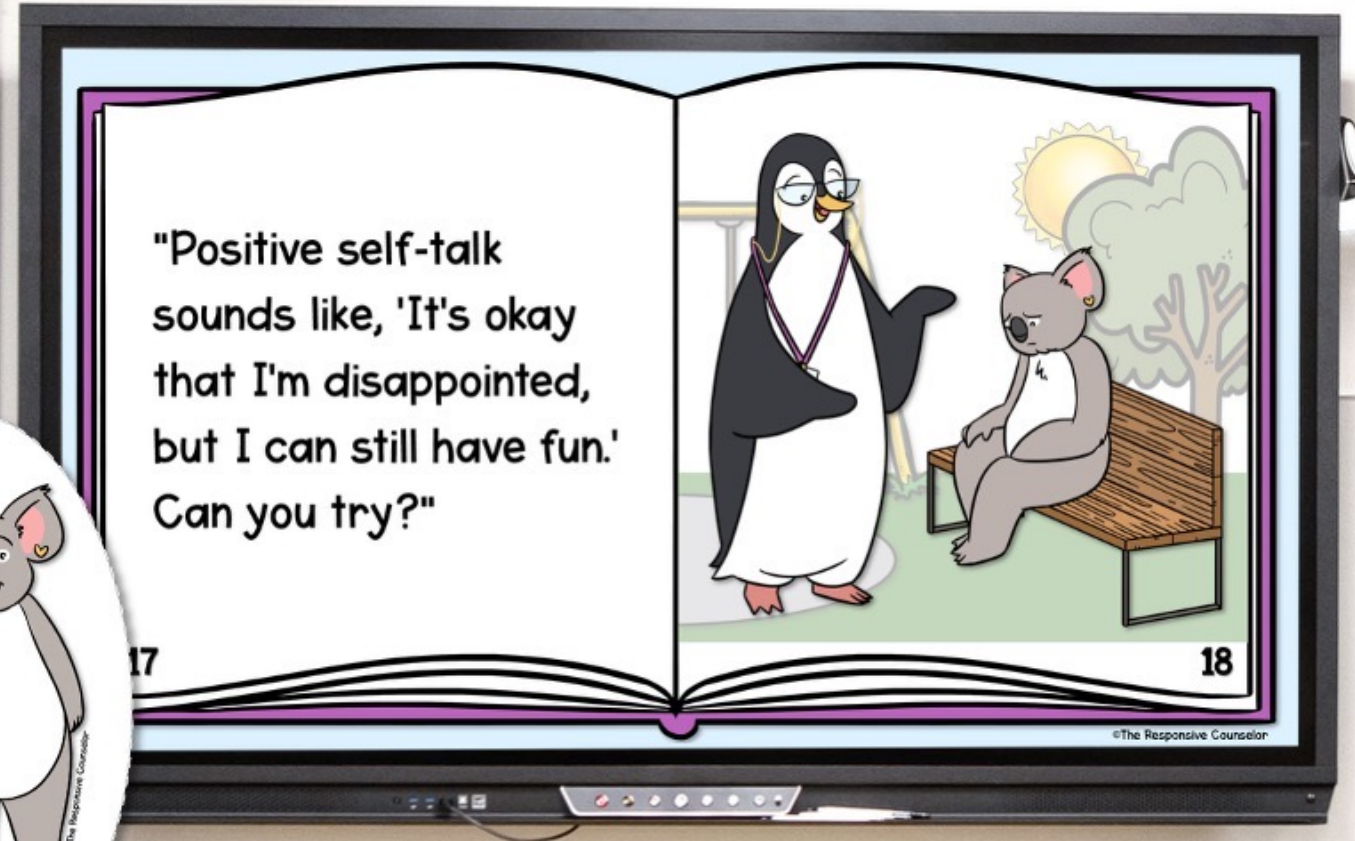
Use easy stick puppets to add another **engaging** element.



Follow Along!

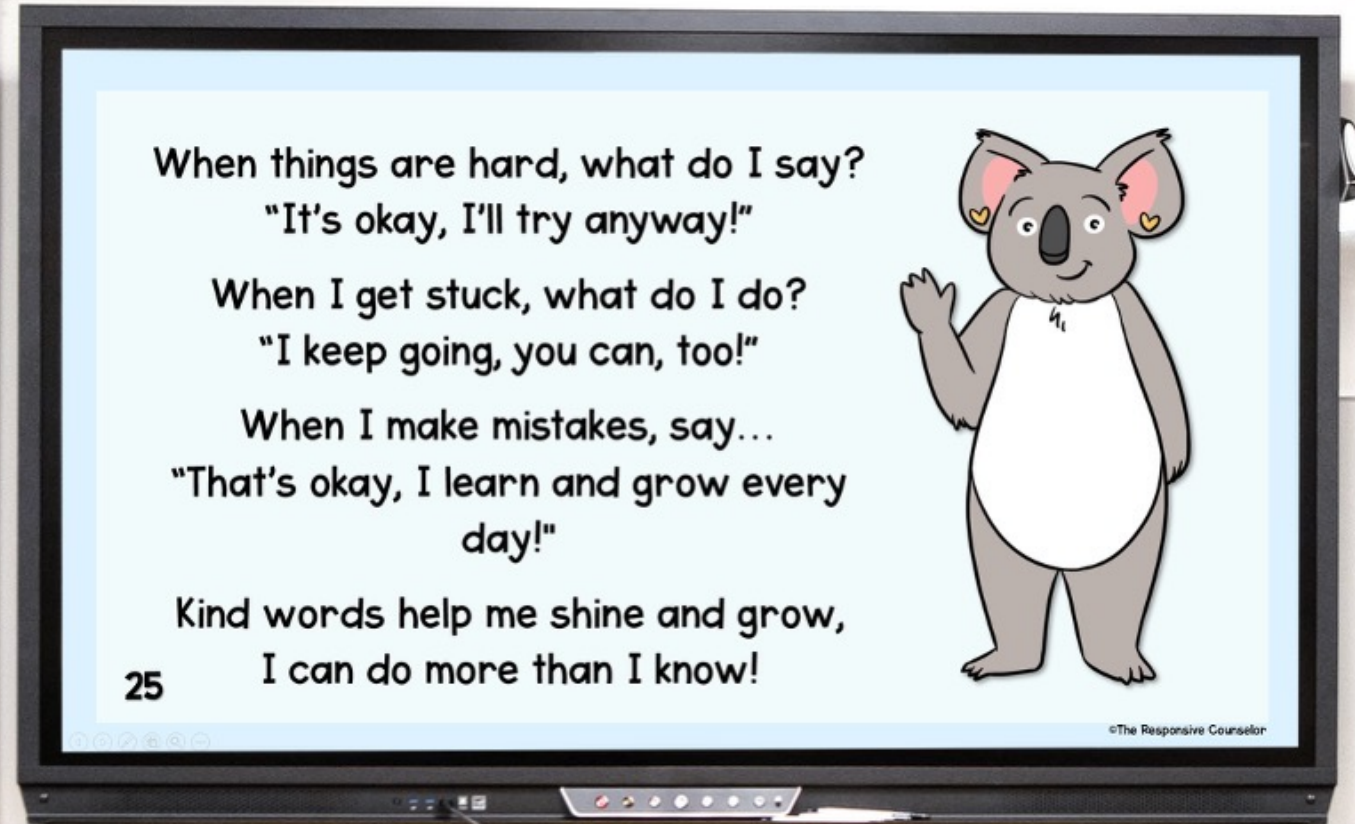
Young learners will enjoy following Pippa's adventures as she **explores** big feelings and **learns** new skills.

Every page encourages discussion, reflection, and learning.



Reinforce!

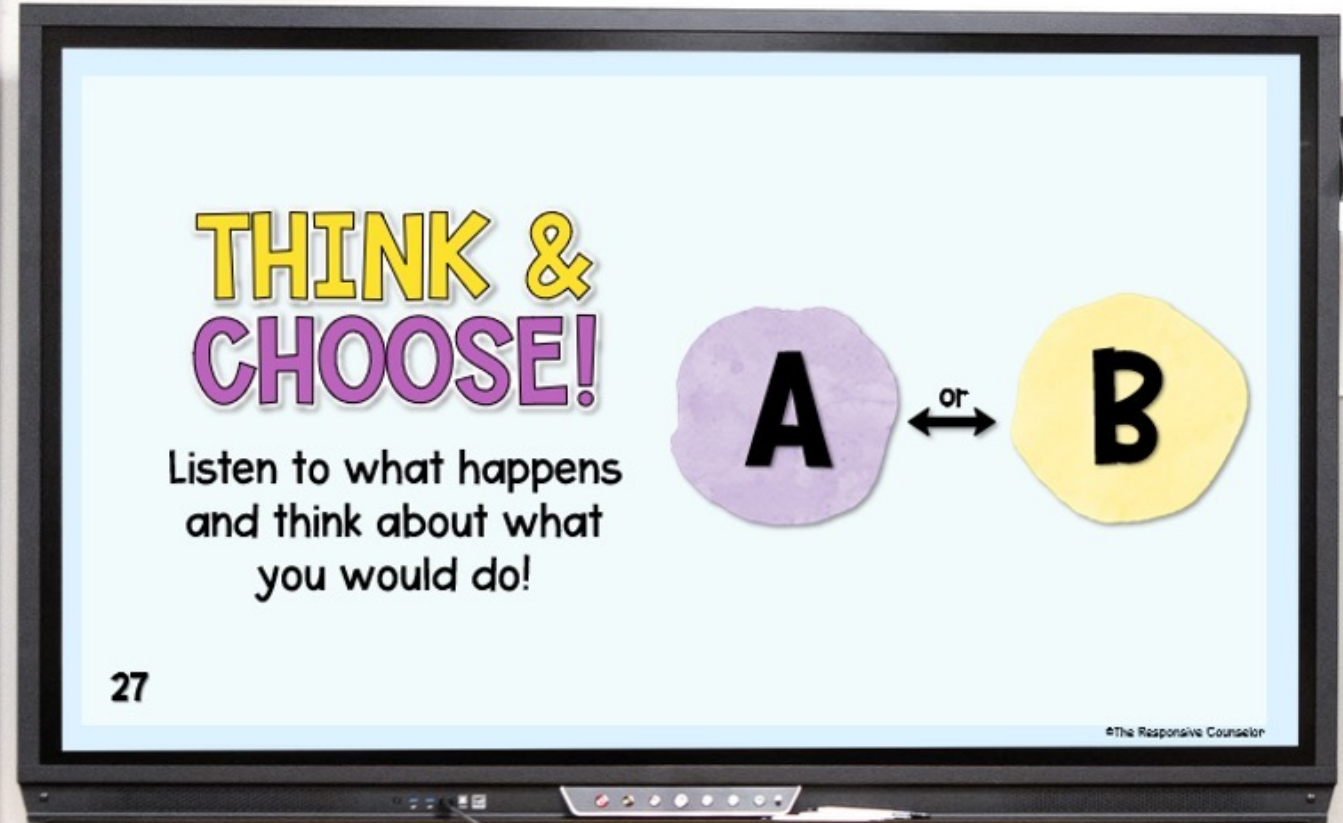
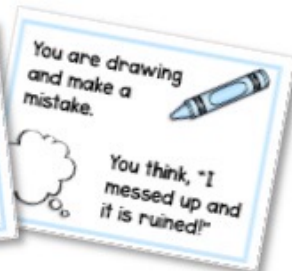
With rhymes and motions, engage students in a call-and-response chant to **reinforce their learning.**



Practice!

Movement-based
whole-group activity for
practicing helpful choices.

Picture card **discussion**
activity for identifying
helpful vs. unhelpful
self-talk.



Extend!

Options include to **extend the learning:**

- Teacher tip sheet
- Color by Number coloring page
- Recommended book companions



Detailed Lesson Plan

ASCA and CASEL aligned lesson plan

MANAGING DISAPPOINTMENT

Managing Disappointment

Objective(s): Students will learn to use positive self-talk to manage disappointment, specifically when things don't go the way they hope or plan.

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 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 Helpful vs. Unhelpful Self-Talk sort cards. You may want to laminate for durability.

Extension Activity: Print What Would You Do scenario cards. Print A/B posters and hang on each side of room.

Worksheet(s): Print/copy Color-by-Number page, one per student.

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MANAGING DISAPPOINTMENT

• St
• W
• If
• C

P

Monday

Tuesday

Wednesday

Thursday

Friday

Story

- If this is your first lesson from this unit or curriculum: "Today we're learning about a feeling. We'll talk about how it feels in our bodies, when it happens, and what we can do when it shows up. The feeling we're exploring today is disappointment. Ready to start?"
- If you have done a lesson from this unit or curriculum: "Today we are going to read a story about Pippa that will help us learn about feeling disappointed. Raise your hand if you have ever felt disappointed before or if you know what disappointed means."
- Pages 1-23: Follow the slides and read the story, being sure to stop and discuss the following slides:
- Page 7: "How do you think Pippa is feeling right now? How can you tell?" If students aren't sure, you might guide them to look at her face and notice she is not feeling happy anymore.
- Page 9: "Why do you think Pippa is now sitting by herself? Has something like this ever happened to you?"
- Page 11: Discuss what Ms. Juniper noticed and how she checked in with Pippa. Highlight how adults can help when we are having big feelings. "It is really disappointing when things don't go the way we plan. Pippa is feeling disappointed." Have students repeat the word "disappointed"
- Page 15: "Is telling your brain, 'My day is ruined!' a helpful or unhelpful thought?"
- Page 18: "What else could Pippa do or play while she waits for the swings?"
- Page 21: "How does Pippa feel now? Did her helpful thoughts make her feel better or worse?"

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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:

