Counselor Name: Karen Ward
Title of Lesson: It’s Hard to Be Five

Audience: ☒ Classroom  ☐ Small Group
Level: ☒ Primary (K-2)  ☐ Intermediate (3-5)
Target Grade: Kindergarten

COUNSELING STANDARDS

ACADEMIC
1. Students will acquire attitudes, knowledge and skills that contribute to effective learning in school and across the life span. ☐
2. Students will complete school with academic preparation essential to choose from a wide range of substantial post-secondary options, including college. ☐
3. Students will understand the relationship of academics to the world of work and to life at home and in the community. ☐

CAREER
4. Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions. ☐
5. Students will employ strategies to achieve future career goals with success and satisfaction. ☐
6. Students will understand the relationships between personal qualities, education, training and the world of work. ☐

PERSONAL/SOCIAL
7. Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others. ☒
8. Students will make decisions, set goals, and take necessary action to achieve goals. ☐
9. Students will understand safety and survival skills. ☐

COUNSELING COMPETENCY(IES)
Identify choices he/she makes at school and home.

ARIZONA STANDARDS FOR:
Reading:
Writing:
Math:
Sheltered Instruction Observation Protocol (SIOP) Strategy

MATERIALS/RESOURCES:
Feeling Wheels for group work.
Situation Cards-Make scenarios that would be age appropriate for the grade level you are teaching. Read each scenario to the class and have a discussion about each situation.
ACTIVITY:
Ask, what is hard about being five? List responses on chart paper. Then ask, what is good about being five? List responses on chart paper. As you read the story, It's Hard to Be Five-Learning How to Work My Control Panel, tell students to watch the list to see if any of their answers match the main character in the book. Some things will be alike and some things will be different which is okay because everyone has their own feelings. After reading the story, explain the feeling wheel. For kinders they may not be able to read the words, but they can look at the faces. Name some situations that they may have in common. Students start sharing in their groups using the wheel and spinner to describe how they each would feel about the situations. Bring students back to teach as a whole class activity. The next question is what to do about anger? Read and explain the inside of the wheel. These are the solutions for dealing with anger. Again, let each member of the group share. Next, do the feeling pictures and the situation cards.

EVALUATION:
Pretest/Posttest: What is hard about being five?

How did the student change as a result of this lesson? The students will be able to recognize feelings of self and others.

Information/Comments/Follow-up: This lesson will probably take two or three classroom visits. The situation cards, feelings faces, and wheel are on this website site: www.youthlight.com