



**Counseling Virtual Learning**

**3rd Grade**

**Feeling of Worry**

**April 13-17, 2020**



## 3rd Grade Counseling Lesson: April 13-17, 2020

### **Learning Target:**

Students will identify feelings and can implement coping skills to potentially regulate feelings.

LIST OUT SOME FEELINGS YOU  
HAVE EVERY DAY

**See if you can name 5 feelings**

DO YOU EVER FEEL WORRIED?

CLICK THE LINK BELOW TO READ ABOUT HOW SOPHIE  
WORRIES

[Don't Think About Purple Elephants](#)

IT'S NORMAL TO FEEL WORRIED ABOUT  
THINGS.

WHAT ARE SOME THINGS YOU CAN DO WHEN  
THE WORRY STARTS TO GET TOO BIG?

**Worry is a feeling we all experience.**

# YOU CAN:

\* THINK HAPPY THOUGHTS

\* CREATE A CALM DOWN SPOT

\* GO FOR A WALK

\* JOURNAL

\* TAKE SOME DEEP BREATHS

\* THINK OF YOUR FAVORITE THINGS

\* TALK TO SOMEONE

**Using coping skills help feelings stay small and easier to deal with.**

# Self check: Go tell someone in your house:

Was this lesson?

- easy,
- just right
- hard

2 coping skills  
you plan to use  
when you feel  
worried