



Counseling Virtual Lesson

SEL Lesson 4th Grade

April 13, 2020



4th Grade Counseling Lesson: April 14, 2020

Learning Target:

Students will practice using encouraging comments to use a more positive approach in various situations.

Background: This is a review lesson from 4th Grade

- Students learn to identify positive characteristics and areas for personal growth in 3rd Grade.
- Students learn to recognize positive self-talk and communicate personal thoughts and feelings in 4th Grade.
- Students learn to demonstrate the personal characteristics to maintain a positive self-concept in 5th Grade.

Warm Up Video

Kid President

Does thinking positive effect others?

Can kids today be great?
How?



Practice #1

Be Inspired!

Think of ways to inspire yourself and others.

Activity: Create a video, slogan,skit, dance video, comic strip etc. to inspire others!

Use your creativity!



Practice #2

Answer these questions?

What inspired the paper boy to buy the bike for his sister?

Can 1 act of kindness inspire others to be kind?



Practice on your own

Choose one saying on the next slide to inspire you.
Write it down.

Choose another saying on the next slide, write it down
and give to a family member to inspire them.

Words of Inspiration

**YOU ARE
AWESOME!**

**I BELIEVE
IN YOU**

THANKS FOR
MAKING MY
DAY BETTER

**YOU ARE
SO SMART!**

YOU ARE
CAPABLE
OF
GREAT THINGS

***YOU
ARE
FABULOUS!***

**WELL
DONE!**

YOU LOOK
GREAT
TODAY

Self Check:

Go tell someone in your home your answers.

1. Was this lesson?

easy

just right

hard

2. Find someone in your house and tell them about the movie and the effects of kindness.