



Counseling Virtual Learning

Kindergarten

Strategies to help with Worry

April 13, 2020



Kindergarten Counseling

Lesson: April 13 - 17

Learning Target:

Students will be able name things that worry them or things they are afraid of.

Students will be able to name ways they find courage.

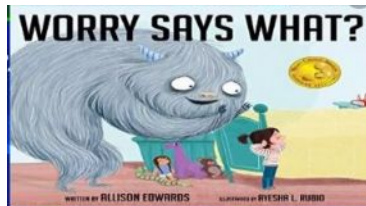
Background: This is a lesson about fear, and what to do when you are feeling that way.

- You will learn to name things that worry you, or you are afraid of.
- You will learn to strategies to help you work through your worry and/or fears.

Let's Get Started:

Watch Videos:

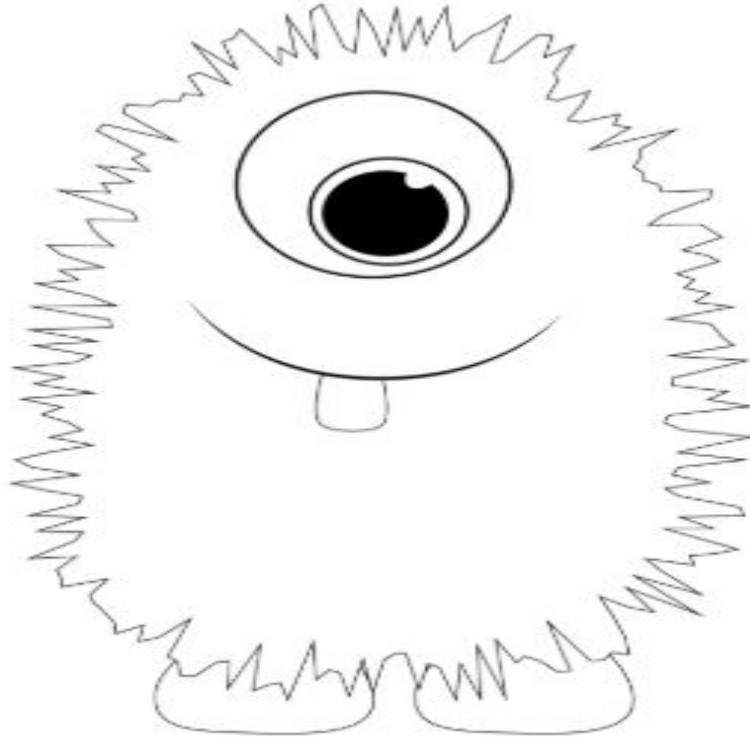
1. [Peace Out - Balloon Relaxation](#)



2. [Worry Says What?](#)

What are your worries?

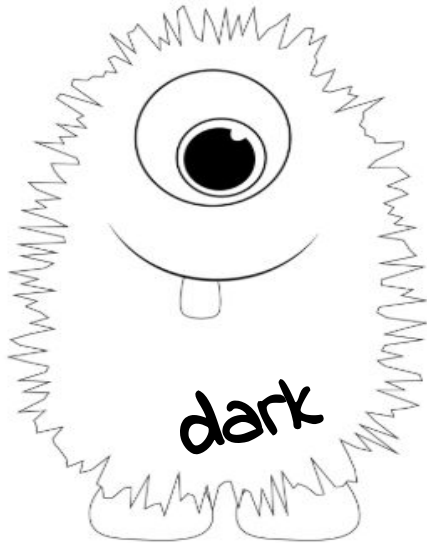
Find a piece of paper to draw your own worry monster. Write or draw your worries inside of the Worry Monster you drew.



[Click on the Worry Monster and a printable handout is available.](#)

What you can do when you are feeling worried?

Talk to your
Worry
Monster!



Take a
belly
breath!



Talk to your Worry Monster



Watch this video,
then talk to your
Worry Monster
about one of
your worries!



Take a Belly Breath



After you watch the video, try to belly breathe.



Which strategy worked better for you?

Click on one you like best



You picked...



You picked...



[Click here for a fun song the help you belly breathe.](#)

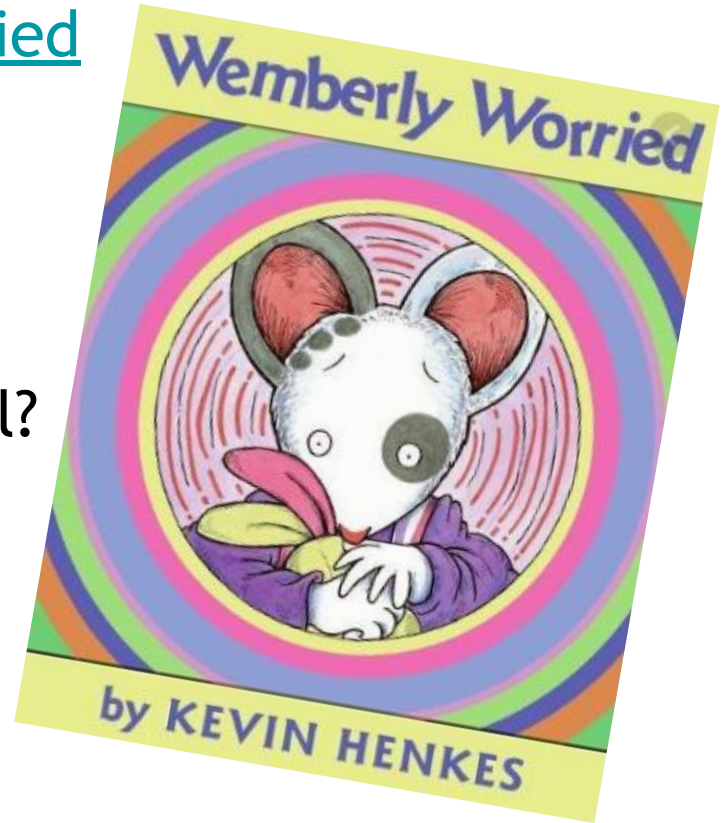


ANOTHER book about overcoming your fears:

Go to this website:

[Wemberly Worried](#)

1. Watch the story.
2. Answer these questions.
 - *What helped Wemberly when she was feeling worried at school?
 - *What would you have done if you were worried at school?



Self Check:

Go tell someone in your home your answers.



1. Was this lesson

easy

just right

hard

2. Use the strategy you picked when you are feeling worried or scared.