**Counseling Classroom Instruction**

**Submitted by:** Brandy K. Nicholson, LPC NCC RPT - Hamilton Crossing Elementary

**Title of Lesson:** **Facing a Challenge with the Right Attitude**

**Domain:** Academic and Personal/Social Development

**Grade Level:** Pre-K and K

**Time Required:** 40-45 minutes

**ASCA National Standard(s):** A:A2.3 Use communication skills to know when and how to ask for help when needed

C:A2.7 Develop a positive attitude toward work and learning

PS:A1.1 Develop positive attitudes toward self as a unique and worthy person

PS:A1.5 Identify and express feelings

PS:B1.3 Identify alternative solutions to a problem

PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions

**Essential Questions:** How do you feel when something is too challenging? What kind of attitude should we have when something is too challenging? Is it okay to ask for help when something is too challenging? Are there some things we can change and fix and some we cannot? Can we change the way we feel and think about things?

**Materials/Resources:**

* Internet access for:
  + ClassDojo – Mojo Puts It All Together
    1. <https://ideas.classdojo.com/f/growth-mindset-5/0> 3 minutes
  + Wigglebottom – Learns about Mud and Rainbows
    1. <https://wedolisten.org/books-and-lessons/book/Howard+B.+Wigglebottom+Learns+--About+Mud+and+Rainbows> 10 minutes

**Activities**

1. **Introduce:** Ask students
   * How do you feel when something is too challenging? What kind of attitude should we have when something is too challenging? Is it okay to ask for help when something is too challenging? Are there some things we can change and fix and some we cannot? Can we change the way we feel and think about things??
2. **Mojo Puts It All Together**
   * 1. Students will watch ClassDojo <https://ideas.classdojo.com/f/growth-mindset-5/0>
        + How do you feel when something is too challenging?
        + What kind of attitude should we have when something is too challenging?
        + Is it okay to ask for help when something is too challenging?
3. **Wigglebottom Learns about Mud and Rainbows**
   * 1. Students will watch Wigglebottom <https://wedolisten.org/books-and-lessons/book/Howard+B.+Wigglebottom+Learns+--About+Mud+and+Rainbows>
        + Are there some things we can change and fix and some we cannot?
        + Can we change the way we feel and think about things?
4. **Evaluation:** 
   * Have students share how they have overcome a challenge
   * Have students share how they have changed the way they think and feel