

LESSON plan



Grades: 3-5

Book Vocabulary: Anxiety, Worry, Perseverance

Lesson topic: Finding ways to cope with Anxiety

Time: 30 minutes

Book Summary: "Little Dayna Diamond Finds Her Dazzle" by Lisa R. Thomas, M.Ed. is a heartwarming tale about a little Chocolate Diamond named Dayna who loves to sing and dance. But whenever she thinks about getting up on stage in front of people, her hands get sweaty, her throat feels croaky, her tummy feels woozy, and her feet feel stuck to the floor. Will her best friend, Little Sammy Square, and her school counselor, Mrs. Thomas, be able to help Little Dayna Diamond find her dazzle before it's too late?

Materials needed:

"Little Dayna Diamond Finds Her Dazzle" book
Paper
Crayons/Colored Pencils

Objective:

The students will learn to define vocabulary words, Anxiety, Coping Strategy, Understudy, Dazzle. The students will learn strategies to help them to cope when they are feeling anxious or worried.

ASCA Student Standards: Mindsets and Behaviors for Student Success

B-SS4. Empathy

B-SS2. Positive, respectful and supportive relationships with students who are similar to and different from them.

B-SMS7. Effective Coping skills

B-SMS6. Ability to identify and overcome barriers

Essential Questions:

- What would you do if there were no such thing as being afraid or worried?
- Would you be willing to try something completely new and different?

Procedure:

- School Counselor will begin the lesson by asking students What would you do if there were no such thing as being afraid or worried? Would you be willing to try something new and different?
- Introduce the objectives to the students. The School Counselor will explain “Anxiety can be a thought or feeling that can feel very scary. It is not dangerous and can sometimes be helpful in certain situations. Raise your hand if you’ve ever felt anxious or worried about something. Everyone experiences anxious feelings sometimes. It’s completely normal.”
- The School Counselor will then share with the students the summary of the book. Then say “Let’s read the book and find out what happens.”
- During the reading, pause and ask students how do they think Little Dayna Diamond is feeling? Ask students to look at facial expressions, and body language to determine their predictions.
- After reading the story, the School Counselor will discuss with students how the story made them feel. Ask students how their bodies feel when they start to feel anxious or worried.
- The School Counselor will then have the students practice doing “Five Brave Breaths” with their own hands.
- The students will then go back to their seats and trace their hands on a sheet of paper. Have them trace their hand with their fingers inhaling up one finger counting to 5 and exhaling down the finger counting to 5. Until they have traced all five fingers.
- The School Counselor will encourage the students to practice their “5 Brave Breaths” whenever they start to feel anxious or worried.

Home Connection:

Invite students to discuss and teach their families the coping strategy at home.