

# Umber and Belina

## SEL Lesson: Strategy

### Objective:

Students will identify a fear or a time they felt overwhelmed and reflect on strategies to help them.

### Lesson Steps:

1. Read the story aloud.
2. Ask discussion questions:
  - What was Umber afraid of?
  - How did Belina help Umber?
  - What helped Umber succeed?
3. Create a class anchor chart and hold a brief discussion:  
"Things That Help When We Feel Overwhelmed"
  - Pause and take a break
  - Deep breaths
  - Practice
  - Ask for help
  - Try again
  - Take small steps/break tasks into smaller parts
4. Student Activity. Students can have a journal opportunity to write about a time they felt scared or overwhelmed and how they worked through their own fear.
  - Example Prompt: "I felt overwhelmed when \_\_\_\_\_. One thing I did to help was \_\_\_\_\_."

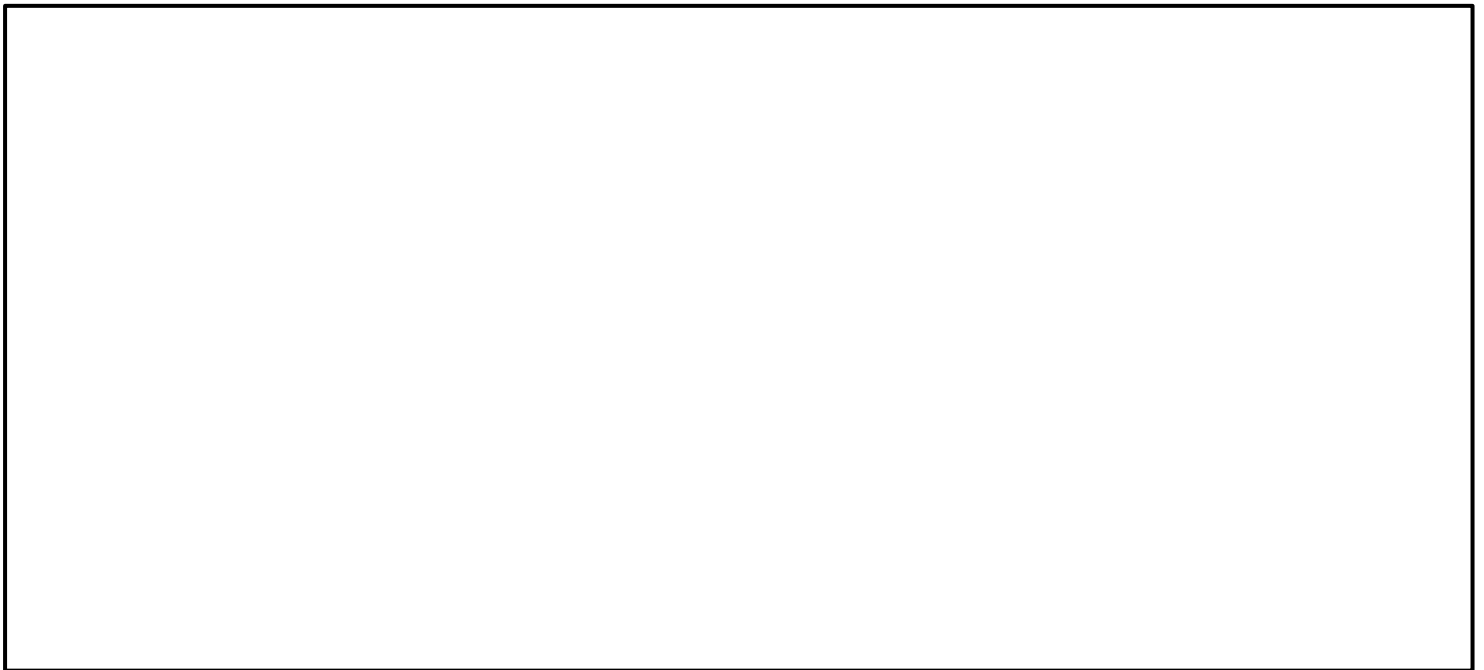
Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Directions:**

Think about a time you had to face a fear or felt overwhelmed. Write about that time and a strategy you used to help. Draw a picture showing the strategy you used to help in the box below.

**Umber Example:**

I felt overwhelmed and scared when I had to cross the slippery kitchen floor. One thing I did to help was to take smaller steps with breaks.



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