

Unit/Topic: Worry Too Much, 6 Lesson Unit**Title of Lesson 1:** Group Expectations, Ice Breaker Activity, Introduction to Worry**Grade Level:** K- 4th**ASCA Standards Addressed:**

- Mindset Standard 1: belief in the development of whole self, including a healthy balance of mental, social/emotional and physical wellbeing
- Behavior Standard- Social Skills 2: Create positive and supportive relationships with other students

Indiana Social Emotional Learning Competencies Addressed:

- Social Emotional Competency 2 (Insight): ability to know your emotions and how they affect your thoughts and actions
- Social Emotional Competency 4 (Collaboration): ability to work well with others, including in the group and teamwork environment
 - Indicators:
 - Students will create group norms
 - Students can define a worry
 - Students can discuss how a worry can grow

Learning Objective(s):

- Students will create group expectations and begin forming group norms
- Students will engage in an ice breaker activity to begin building relationships
- Students will learn that one can make worries grow
- Students identify feeling words that are commonly associated with worry
- Students will learn what a worry is

Materials Needed:

markers/crayons/pencils; Ungame cards; Get to Know You dice/ball; Anchor Chart "Something You Have Helped Grow" (page 9); Copy of "Something that You Worry About" (page 16) for each student; personal sticker incentive charts for each student

Learning Activities:

Time of Lesson: 30 minutes

1. Introductions: share name and lead group in a stretch of their choice, share favorite animal, ungame cards or dice ball (instructor's choice)
2. Establish group rules (based on school wide PBIS language)
3. Introduce topic by showing students the book lessons will come from.
4. Read Chapter One "Are You Growing Worries?" (page 6)
5. Allow students to brainstorm and share out "Something You Have Helped Grow" activity (page 9), record answers on Anchor Chart paper
6. Continue reading, Read Chapter Two "What is a Worry?" (page 12)
7. Allow students to complete "Something that You Worry About" (page 16)
8. Continue reading chapter and conclude group with rewarding students with stickers on incentive chart

Follow-Up Plan: Teachers and Guardians will learn what a worry is and how it can grow.

References/Resources Used: "What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety" by Dawn Huebner, PhD