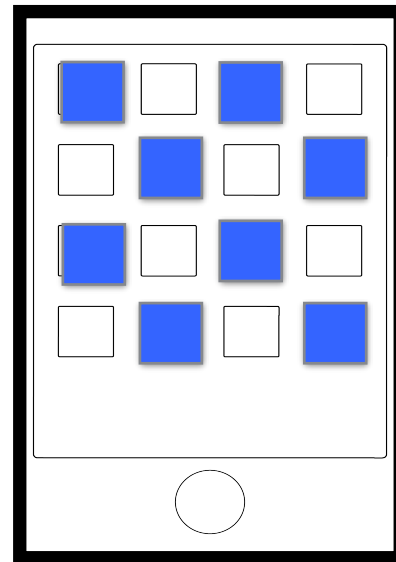
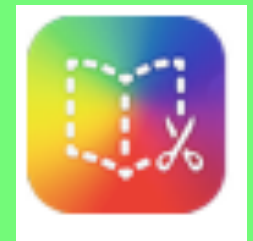


# School Counseling for the 21st Century Lesson Ideas



Counselor  
Katie



# Activity #1 Chatterpix

## Lemon SqueeZy's Coping Seeds

Materials Needed:

\*Both pages of "Lemon SqueeZy's Coping Seeds":

\*Upload freebie if not familiar with the characters

<https://www.teacherspayteachers.com/Product/EaZy-PeaZy-and-Friends-Introduction-3866239>

\*ChatterPix app

Lesson Plan:

1. Introduce Lemon SqueeZy and hi Friends to the class if they are not familiar with them and talk about their personalities (Freebie link included)
2. Tell this short story of Lemon SqueeZy and his seed power ....

**Lemon SqueeZy and Papa SqueeZy were watching a movie together. The movie was about a fruit friend who loses his favorite toy. As soon as Lemon seen this part in the movie he started to worry. "Papa! What if I lose Mr.. Lemons? He is my favorite toy and the whole wide world." Papa stopped the movie and said "Lemon you will need find ways to cope with your worries. You need to use your seed power.". "I have seed power?" Lemon asked. "We are lemons and we have a unique power to stop worries by using the seeds with in us. Each seed has the power to stop worries. Let's think of some of these powers to stop worries. We can take 3 deep breaths, we can go to a safe spot to calm down, we can play a game with one another, and we can go for a bike ride together. We have so many coping seeds.". "You are so right Papa! You are the best!"**

3. Give each student the Lemon SqueeZy sheets that are included. Write a list on the board of coping skills that can be used when someone is worried. Write their coping skills in the seeds. They cut the seeds out and glue them on Lemon SqueeZy.
4. Put tougher the sheets and use ChatterPix to complete the activity. If you use seesaw post it on Seesaw.

Name:



Lemon Squeezy  
"Coping Seeds"  
Activity

**Name:**



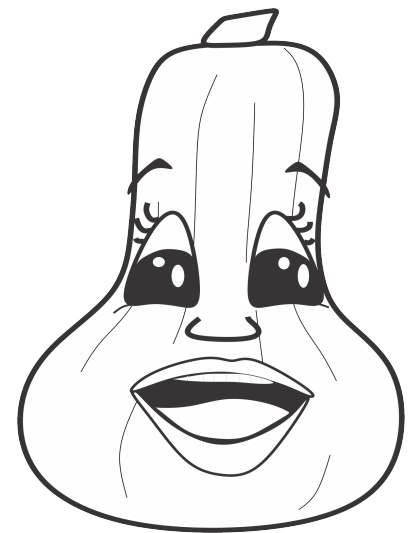
**Help Lemon use his seed power. Write a coping skill on each seed. Cut the coping seeds out and paste them on Lemon. His seed's will help him when he worries. Use ChatterPix to help him explain his coping seeds.**

# Lemon Squeezy Video

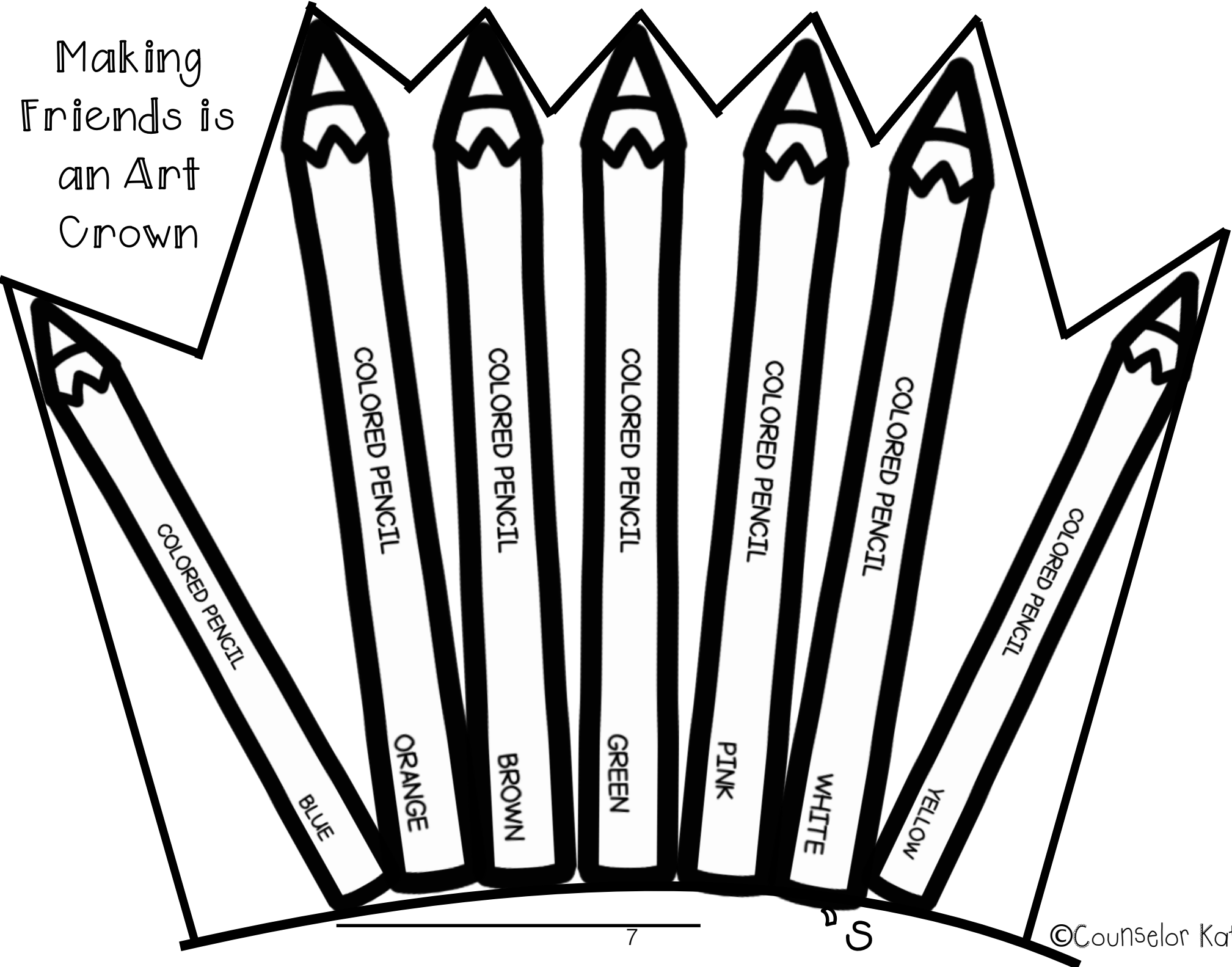


Name:

# A Pumpkin or a Squash "Each one of us is unique"



Making Friends is an Art Crown



# Lesson Idea for SeeSaw

## Growth vs. Fixed Mindset

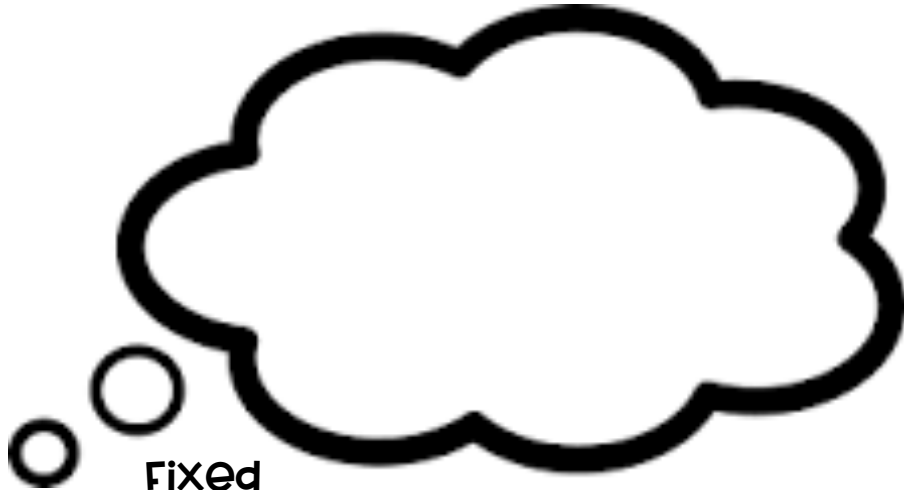
### 30-45 min.

1. I read the story "The Dot" by Peter Reynolds
2. We go through the differences between a growth mindset and a fixed mindset.
3. Fixed Mindset-Vashti gave up and didn't want to try at the beginning of the story.  
Growth Mindset- Once she seen her work framed she kept going and made the dots bigger and better.  
(The students have great examples, this story sparks a lot in them. They also like to give examples of how they have had both a growth and a fixed mindset at different times in their lives.)
4. We discuss thought bubbles and word bubbles. We are going to look at Vashti's thought bubble.
- 5.. Show them the activity on a larger screen and explain Seesaw to them. If they have not used it, be sure to have the classroom QR code ready to go. Show them how they scan it. It will take them right to your classroom. It is best to have plenty of time for them to fill in the thought bubbles. It takes them quite a bit of time to get used to the tools. You will need to walk around and help them, especially the first lesson. Once you get through this first lesson, Seesaw is a breeze for them. They love it.
6. Once they are done I ask them to submit it. Those students who get done first I ask them to walk around and help anyone who might need it.
7. I look back at the submissions and if there were any students that didn't understand I pull them separately to discuss the lesson. There were maybe 1-2 kids per class, it is not that many.
8. Seesaw is a great tool for communication with parents, data tracking, and engagement level. You don't have many behavior concerns when using Seesaw because students are so engaged.  
Enjoy!!!

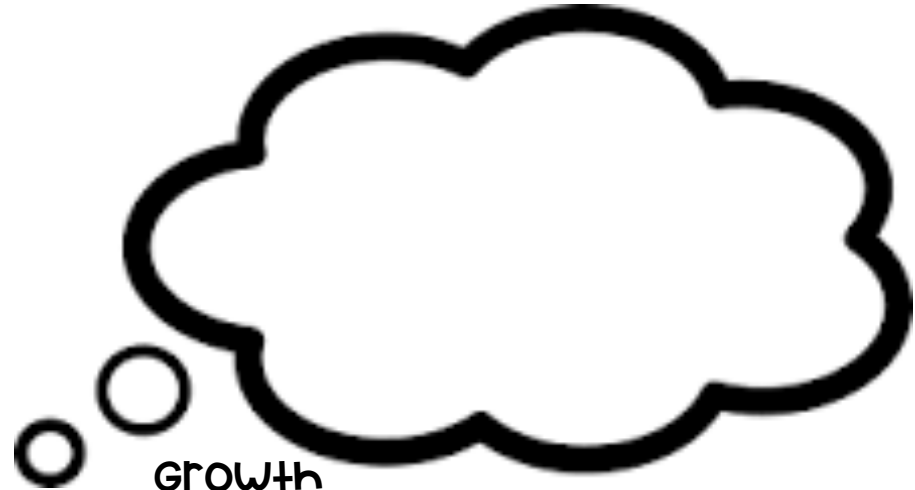


Name:

WHAT IS VASHTI THINKING???



Fixed  
mindset :(



Growth  
mindset :)



COMPLIMENT TO: "THE  
DOT" BY: PETER  
REYNOLDS

# Book Creator Template Ideas

## BOOK #1-GOOD SPORTSMANSHIP

**Cover:** Good Sportsmanship

**Page 1:** I like school.

We play games in the classroom and outside at recess

**Page 2:** I like when I can play games with friends.

**Page 3:** When I lose I might feel frustrated.

**Page 4:** It is o.k. to feel this way. I need to remember my friends also win and lose.

**Page 5:** If I lose, I can say "Good Game to my friend."

**Page 6:** If, I win I feel excited and happy. I should still say "Good game and not brag."

**Page 7:** I need to remember, playing games with my friends should be fun. Sometimes I win and sometimes I lose.



## BOOK #2-FEELING FRUSTRATED

**Cover:** Feeling Frustrated

**Page 1:** Sometimes I feel frustrated.

**Page 2:** When I don't understand what someone is saying I become frustrated.

**Page 3:** When I don't get the correct answer I become frustrated. When I become frustrated I don't complete my work.

**Page 4:** When I don't get what I want I become frustrated

**Page 5:** My teachers let me know that it is o.k. to feel frustrated. This would mean I'm in the yellow zone.

**Page 6:** If I get frustrated I can use the safe place. I take deep breaths in the safe place.

**Page 7:** When I'm in the green zone, I can get back to work.