

## Counseling Lesson Plan

Unit: Motivational cont.. LP4

Date: April 9 - 16

Students: Get a notebook, or if none, staple some papers together to make a packet. This will be your notebook to use for your counseling art, journal and other. Draw a motivational art on the front page. Add a motto or theme that will inspire you every day.

### **Attention getter: Warm up, movie clips or art:**

At the annual Turkey Trot, Aidan's purpose was to win first place this year. He had been running and training for this Annual Turkey Trot. On the day of the run, he woke up a bit tired and had a runny nose. The morning dawned cold and windy as it had been all week. Aidan was not happy about the wind and the cold but his parents encouraged him to do his best and that they would be happy with his participation. At school, Aiden ran with all his heart and came in 2<sup>nd</sup> place. A boy across the hall had run hard and had beat Aiden by a couple of steps. Aiden was initially unhappy but after seeing all the pictures being taken and getting congratulated, he felt good. There was always next year!

### **Visual Walkthrough:**

Here are 2 books that you could read to your child which enhances the focus on this lesson.

**"The Little Engine that Could"** By Watty Piper

Although he is not very big, the Little Blue Engine agrees to try to pull a stranded train full of toys over the mountain. His use of positive self-talk, "I think I can, I think I can," is what eventually makes his successful.

**Horton Hears a Who"** By Dr. Seuss

This book works with so many analogies that it is hard to narrow it down to one. This is a classic story of self-sacrifice, doing what's right even if it's hard, and the value of each person. This book instills self-respect in children by fostering caring and concern for others. On top of that, it's just plain fun to read. "Because after all, a person is a person, no matter how small." But mostly this is a book about Horton and his character of heart. Horton the Elephant represents kindness, trustworthiness, and perseverance, all wrapped up, thank goodness, in a comical and even absurd package. Horton hears a cry for help from a speck of dust, and spends much of the book trying to protect the infinitesimal creatures who live on it. But he faces many challenges because of the torments and taunts by the other animals. Horton wins in the end, after persuading the "Whos" to unite and make as much noise as possible and prove their existence.

### **Learning Activity:**

Passion and Purpose each have a distinct meaning. Passion is about emotions and motivations. Purpose is the reason or why we do things.

Talk to your parents about which would go first: Passion or Purpose.

Think about how you react to things that happen, and explain why you think one or the other is first. Think about Aiden and how he had a passion but because of his cold, he settled for 2<sup>nd</sup> place. We have passion and purpose but sometimes life happens and we have to accept what is

given to you. Life is full of curves, dips, uphill and downhill is a well-known quote that applies here. Talk to your parents about their dips and curves in life.

**Journal Activity:**

Write about or draw a picture about what your dream is. What is your passion: what do you like to do or is your special talent? What would you like to be when you grow up? Draw or write about that. Who would your support system be, the people who will help you get there?

**Example Stories/Resources:**

Things to live by: Explore the things you love to do, what are your qualities, follow your heart and have good character.