

Art With Heart

Lesson #4

Behavioral Issue:

Overreacts to situations and experiences guilt

Objective:

- Students will understand their emotions and deal with situations in an appropriate manner.
- Students will recognize appropriate reactions to situations that arise around them.

Materials:

Art With Heart by Julie Woik

Form for this Activity

Pen or Pencil

Activity:

Read the Art With Heart book to the student/s participating in this activity. Discuss the lesson of confidence. Hand out the activity. Help the student/s see that there are many situations in life that cause us to feel frustrated. Explain that not every situation is a huge problem, and that we don't have to feel guilty about our reaction...if we take a moment to think about it, and make our reaction an appropriate one. Making appropriate responses to the frustrations in life, will build our confidence!!

Assessment:

Students will discover through discussion and review that not every situation is rated a 5 on the "Reaction Scale". They'll understand that frustrations come in many forms, will learn to deal with each scenario appropriately, and recover from these scenarios without lingering guilt.