3rd Grade PATHS Home Lesson 1

Objective: Review the feelings of calm or relaxed, and worried

Circle how you feel right now.

happy  sad  angry  calm  something else (draw your own!)

Activities/Lesson:

Worried is the way we feel when we think that something bad might happen, when we are afraid that we are going to get into trouble, or when we have a problem that is really bothering us. When we feel worried, we feel uneasy. It can be hard to think about anything else. It is feeling afraid of what might happen in the future.

Feeling calm or relaxed is the opposite of feeling worried. When we feel calm or relaxed, we feel content. We feel at peace.

Everyone feels worried sometimes. For example, Winnie woke up late. As she was walking to school, she was worrying about it. By the time she got to school, she was so worried that her stomach was feeling funny.

Think about a time that you felt worried. How does your body feel when you are worried? Color in the sections of your body that you notice in the picture below. Add words to describe what happens. For example, color in the forehead, and write, “I get a headache.”

Questions? Ask your School Counselors: Mrs. Beckel- Kendall: jbeckel@mtbaker.wednet.edu
Mrs. Keskey- Acme: jkeskey@mtbaker.wednet.edu
Ms. Losser- Harmony: hlosser@mtbaker.wednet.edu
When Winnie got to school, her teacher noticed that she needed help calming down. They sat down together and took 3 deep breaths. Winnie noticed that the uneasy feeling in her stomach went away, and she felt much better.

Think about a time that you felt calm. How does your body feel when you are calm or relaxed? Color in the sections of your body that you notice in the picture below. Add words to describe what happens.

Many times we worry about things that we can control and things we cannot control. Feeling worried is a signal. It tells us that we need to think about what we can do. If you feel worried, and you don’t know what to do, tell an adult that can help you. Next time, we will focus on more ways to calm down and cope with uncomfortable feelings like worried.

Parent or Caregiver Support:

**Does talking about feelings solve problems?** Sometimes talking about feelings solves our problems, and sometimes it doesn’t. Even when discussing feelings doesn’t itself solve a problem, it can still help with finding a solution. Talking about feelings helps children to control themselves instead of acting impulsively. In addition, it can help them feel better when another person listens and cares. When we feel better, we can think about what to do next. No single solution will work for every problem. We want to teach children to find different solutions for problems. However, there are some situations (failure, disappointment, grief) for which the best solution may be to talk with someone about how we feel.

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