

La Porte JH-Health-Outreach Learning

May 18<sup>th</sup> to May 22<sup>nd</sup>, 2020

**Behavior Support Program-Health-Coping 1**

Week of Monday, May 18<sup>th</sup>, 2020

Ms. Trotta

[htrotta@lpsd.org](mailto:htrotta@lpsd.org)

**Office Hours:**

8:00-10:00

11:00-1:00

3:00-4:00

Tuesday-Thursday

**Resources:**

Review all resources in the TEAMS file folder.

**Objective:**

We will build our social skills by understanding coping skills when faced with setback, disappointments, or other issues by reading a scenario, reflecting, and relating it to our personal experiences.

**TEKS:**

10B: Identify and describe the application of effective coping skills

11B: Demonstrate strategies for coping with problems and stress

11E: Describe the effects of stress on personal and family health

**Activities:**

**Warm up:**

At times, everyone faces setbacks, disappointments, or other troubles. To deal with these problems, you must learn how to cope. Coping is dealing with problems and emotions in an effective way. Using what you know about coping skills read and think about how you would feel or react in this situation?

Derek's mother has cancer. She has been receiving treatment for a year now. Sometimes, she seems to get better, but other times she seems to be very sick. Derek's mother remains hopeful that she will be cured and tries to keep Derek and his brother cheerful. But Derek is very worried about her. He has trouble sleeping at night and struggles with many different emotions.

**Lesson Activities:**

## The 5 Steps of Coping Skills

1. Identify the problem
2. Identify your emotions
3. Use positive self-talk
4. Find ways to resolve the problem
5. Talk to others to receive support

# 3 Ways to Talk Yourself Up

Here are some ways to help  
change the direction of your self-talk



## 1. Listen to what you are saying to yourself



Notice what your inner voice is saying



Is your self-talk mostly positive or negative?



Each day, make notes on what you're thinking



## 2. Challenge your self-talk



Is there any actual evidence for what I'm thinking?



What would I say if a friend were in a similar situation?



Can I do anything to change what I'm feeling bad about?



## 3. Change your self-talk



Make a list of the positive things about yourself



Instead of saying: 'I'll never be able to do this', try:  
'Is there anything I can do that will help me do this?'

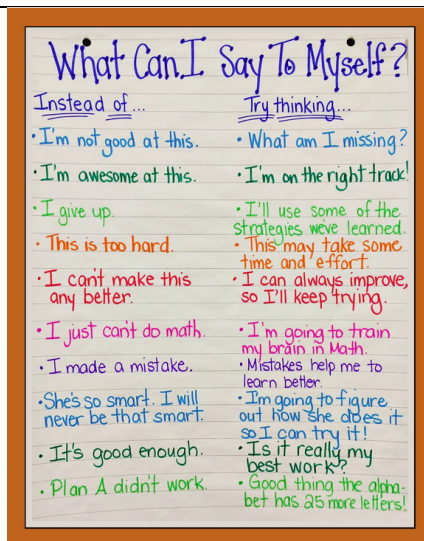
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After reading the scenario about Sophie and Faith answer the following questions:

1. What are some of the emotions that Derek may be feeling?
2. How can positive self-talk help Derek cope with his problem?
3. Other than Derek's family members, who can Derek speak with to receive support?
4. Think about a time when you faced a difficulty problem. How did you cope with the problem?

### Closing Activity/Exit Ticket:

On notebook paper think and dot down a time when you used positive self-talk to help you through a situation.



### Academic/Instructional Support:

Ms. Trotta

[htrotta@lpsd.org](mailto:htrotta@lpsd.org)

Office Hours:

8:00-10:00

11:00-1:00

3:00-4:00

Tuesday-Thursday

Teacher support will be provided through the chat and video features within TEAMS. Lesson discussion will be on an individual basis via scheduled meeting each week in TEAMS. Email is provided if you need support after the office hours. Please practice patience if email contact is a slower process during this time.

### Assignment Submission/Communication:

TEAMS will be our platform for discussion and questions regarding the lessons at any time during the week.

All assignments will need to be submitted by 12:00 pm (noon) on Thursday each week.

Teacher support will be provided through the chat and video features within TEAMS. Lesson discussion will be on an individual basis via scheduled meeting each week in TEAMS. Email is provided if you need support after the office hours. Please practice patience if email contact is a slower process during this time.

### Participation:

Your participation will be used for attendance purposes. Please make sure that you are checking in with any questions, concerns, or comments using our TEAMS page.