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TEACHER NOTE:

It is highly recommended that you give students the option to use their paper puppets when sharing in class conversations. For many students using the puppet helps them to be more comfortable, open, and honest.

MANAGING UNCERTAINTY

TEACHER INSTRUCTIONS

Pre-Video Conversation:

Over the past few months there has been a lot of uncertainty. How long is quarantine going to last? When will I get to see my friends? What will school be like? There have been a lot of unknowns and not knowing is hard. One thing that was hard for me was _____.

What are some things that have felt uncertain for you during this time?

Today we are going to watch a video about how to feel better when we don't have all the answers. We are going to go back in time with Cory, Tina, and Pops as they learn to focus on what they can control like their thoughts and how they respond to situations. Notice how Pops helps Cory and Tina focus on the positive. Focusing on the good things can help us feel better when we don't have all the answers.

Post Conversation:

How was Tina feeling at the beginning of the video?

How was she feeling at the end?

What helped Tina feel better?

What can you do to help yourself feel better when things are uncertain?

Whole Group Activity:

Make a T-chart of what is in your control and what is not. Brainstorm things that are in our control and things that are not.

For example: I can control my attitude, my reaction, my behavior (e.g., washing my hands, wearing a mask)...

I can't control: other people's attitude, when school will be normal again, etc...

Activities:

- Thank the Helpers
- A change that ended up being great
- I Choose the Bright Side

Home Connection:

- Send Parents & Guardians Mental Health Expert Advice on Managing Uncertainty
- Share a story with your child(ren) about a time when you had to have flexible thinking. Discuss how having a growth mindset with positive thinking ended up helping you in the long run. Have your child share about a time when they were having a problem. Discuss how flexible and positive thinking might impact how we feel?
- Draw a picture of a problematic situation that ended up having a great outcome. Talk about how your positive thinking affected the outcome.

