

A S C A W E B I N A R S E R I E S



Turn Your K-5 Curriculum into Experiential Wonders

Webinar Presenters: Peggy Rubens-Ellis
Lauren Baker

Webinar Date: April 21, 2020



A S C A W E B I N A R S E R I E S

Lauren and Peggy 1990





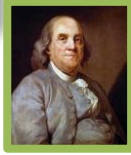
2008 ASCA Conference Atlanta



Learning outcomes:

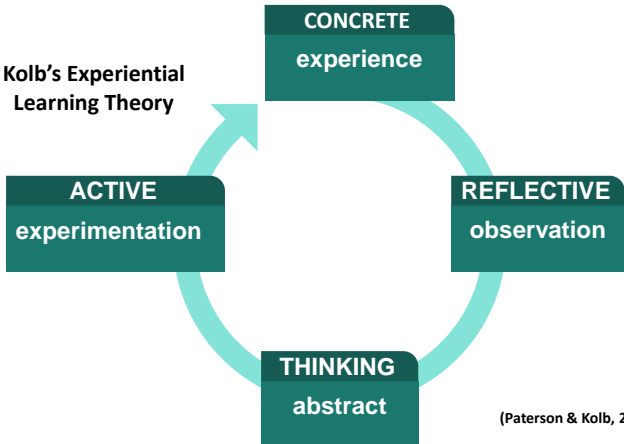
- Articulate the goals and learning outcomes of an experiential lesson plan.
- Activities that you can use right away--easy to do and inexpensive---flexible enough to use in a variety of K-8 classrooms and to supplement a wide variety of SEL.
- Ideas on how to make your lessons flexible and usable in different types of spaces and with co-teachers with different amounts of investment in the experiential social emotional learning process.
- Some favorite resources that help us make our lessons shine.

AMERICAN SCHOOL COUNSELOR ASSOCIATION ASCA WEBINAR SERIES



“Tell me and I will forget,
Teach me and I will remember,
Involve me and I will learn”
~ Benjamin Franklin

Kolb's Experiential Learning Theory

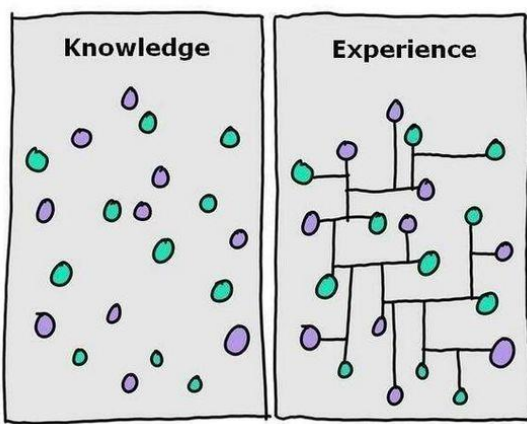


(Paterson & Kolb, 2018, p.231)

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“Learning is the process whereby knowledge is created through the transformation of experience”

(David Kolb)

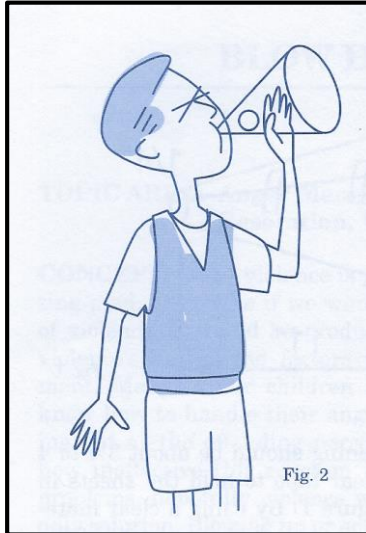




A S C A W E B I N A R S E R I E S

"Blow Hard"

Anger Management, Conflict Resolution



A S C A W E B I N A R S E R I E S

"Blow Hard"

Materials Needed:

- 3-4 pieces of 8 ½ X 11 clear acetate or overhead transparency sheet
- 3-4 ping pong balls
- Clear tape



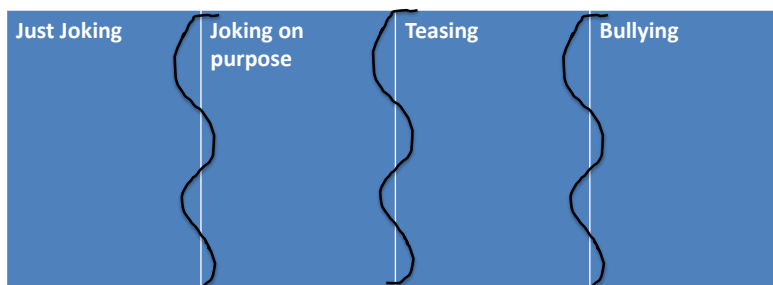


The Lawyer Game GOALS

- Engage Higher Level Thinking Skills
- Problem solving
- Reduction of bullying/teasing



The Lawyer Game





ASCA WEBINAR SERIES



- Example:
- Joanne and Marcus go to a reading class together. Every time the teacher comes to get them, Bill, Jamilla and Sawyer say, "Ohhh, they are boyfriend and girlfriend."



ASCA WEBINAR SERIES

Just Joking	Joking on purpose Someone's feeling might get hurt by accident	Teasing Someone's feelings are hurt on purpose	BULLYING/HARASSMENT
<p>This is clearly a joke</p> <p>Student one: I would put it on just joking. It's clearly a joke and I think everyone knows it, but it might hurt their feelings</p>		<p>Student Three: I would put it in between Just Joking and Teasing because I think they are just joking around but they may know that it could be hurtful.</p>	<p>Student two: This is definitely bullying and harassment. I mean they are calling attention to the students and it happens everyday.</p>



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

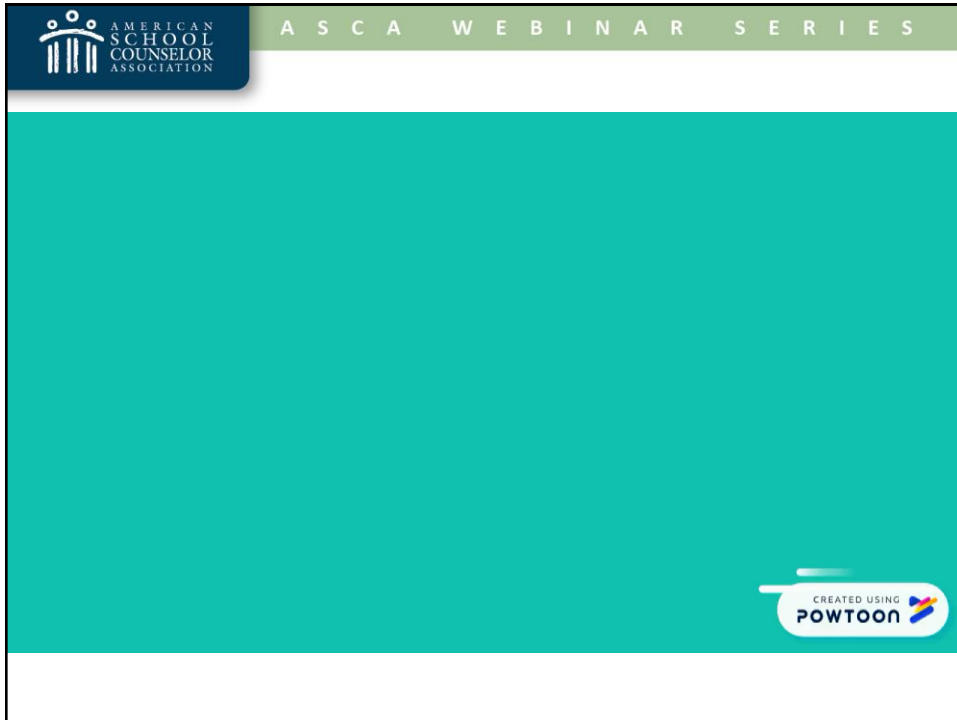
- Judge: Well what I would like to say about this is that the clue for me is that it happens EVERYDAY. I would agree with student two who thought it was bullying because it sounds embarrassing and humiliating to experience that every day. Those kids should have a right to go to the best reading group for them without having to be humiliated each time.



“Reach for the Stars”

Goal setting, Achievement, Responsibility



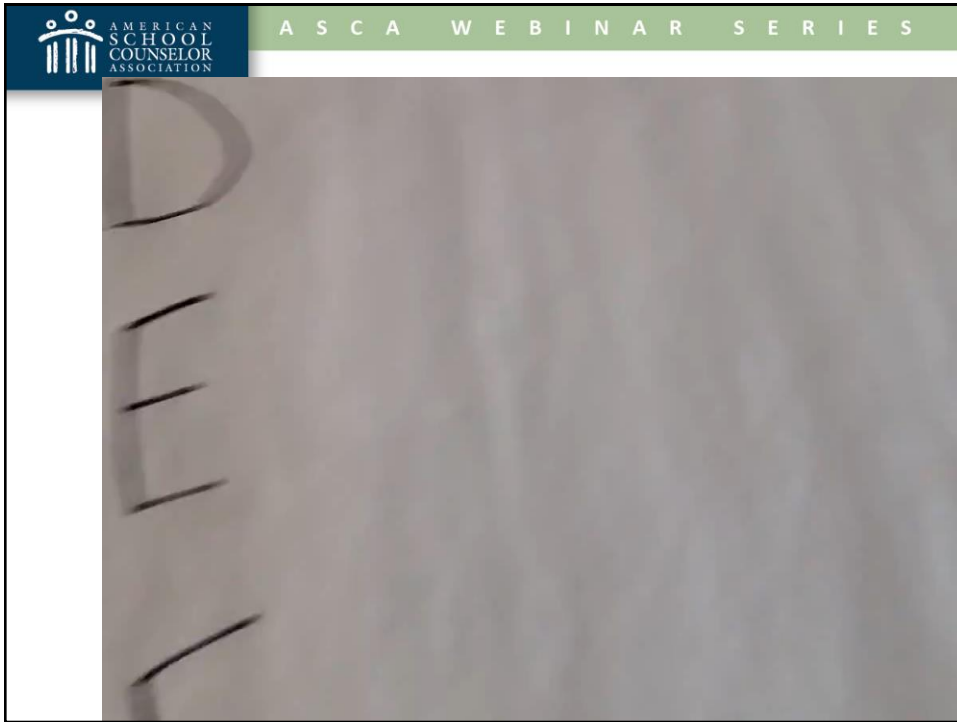
The image shows the top portion of a webinar slide, identical to the one above, with the ASCA logo and the text "AMERICAN SCHOOL COUNSELOR ASSOCIATION" on the left, and "A S C A W E B I N A R S E R I E S" on a green bar to the right. The main content area is white.

The ABC's of Anger Management

- Goals
- Learn Strategies for Managing Anger
- Use multiple modalities to have a body memory of self-soothing ideas.

A graphic of colorful alphabet blocks arranged in three rows. The first row spells out "ALPHABET". The second row contains blocks for "A", "B", "C", "D", "E", "F", "G", "H", "I". The third row contains blocks for "J", "K", "L", "M", "N", "O", "P", "Q", "R", "S", "T", "U", "V", "W", "X", "Y", "Z".

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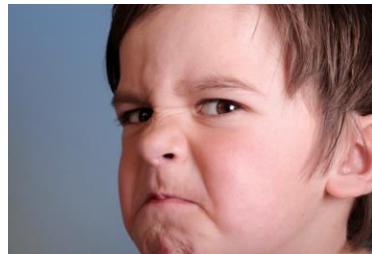


Anger Drawings

To articulate how anger looks for different people and in different situations.

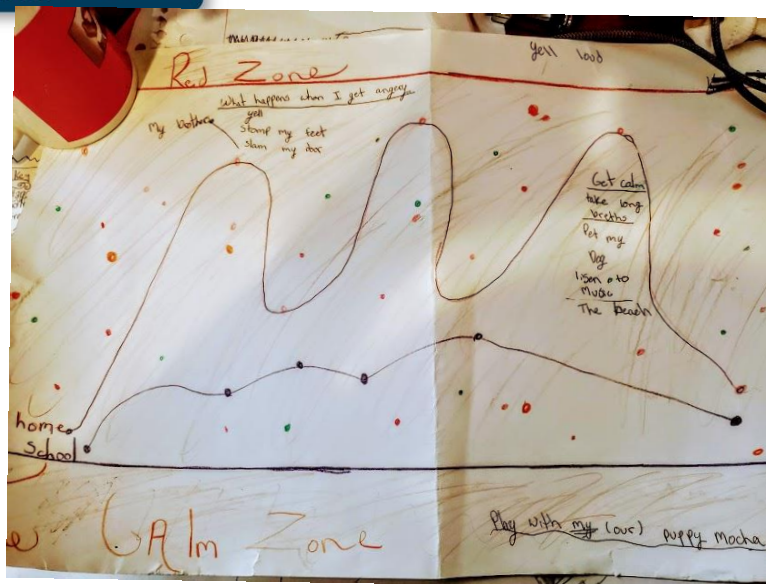
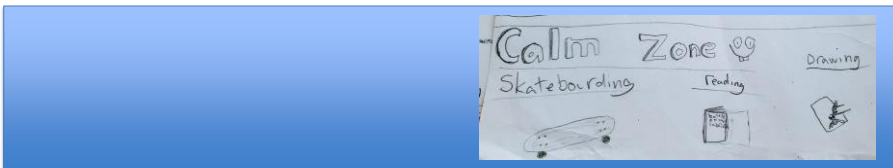
Consider teaming with the art teacher to allow for more time.

Can use in many different ways including as a teacher exercise, individual or group counseling sessions.

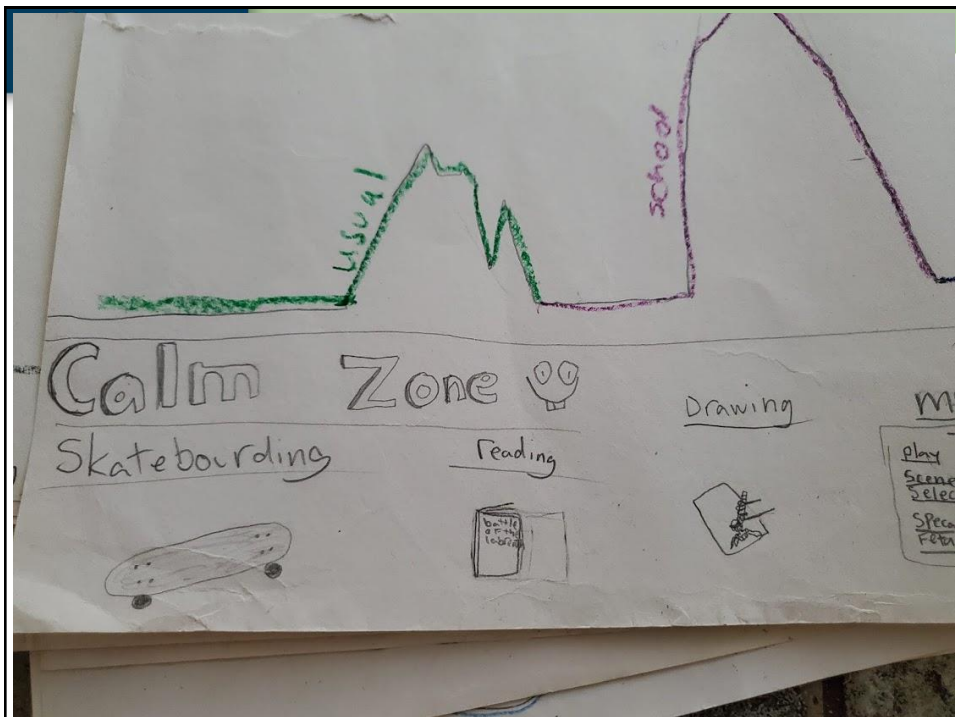
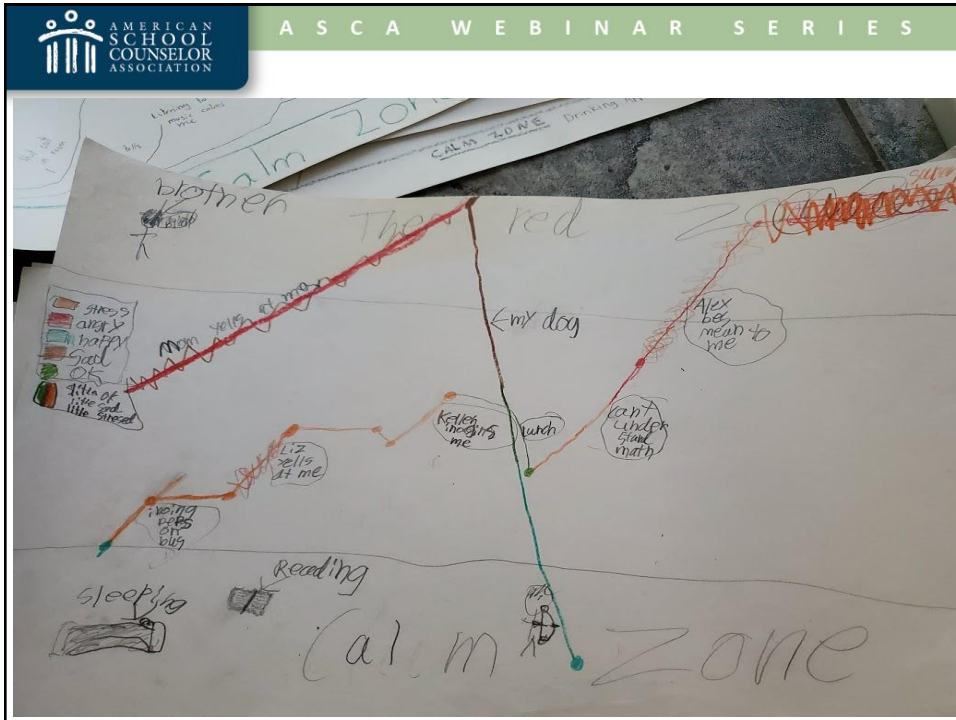


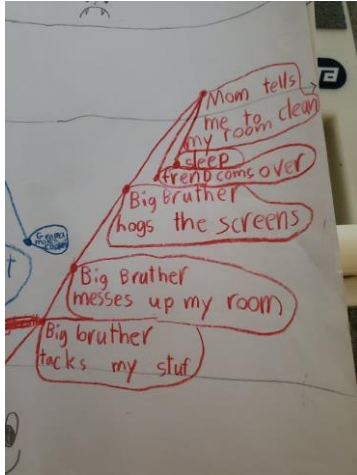


Anger Drawings

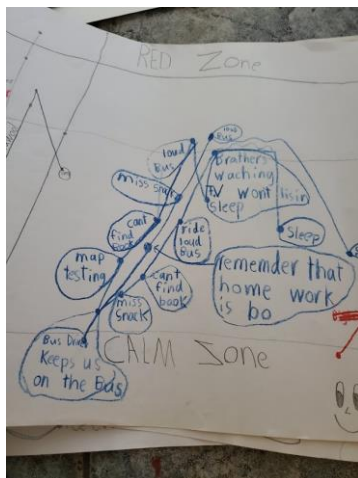


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- This is brother stress



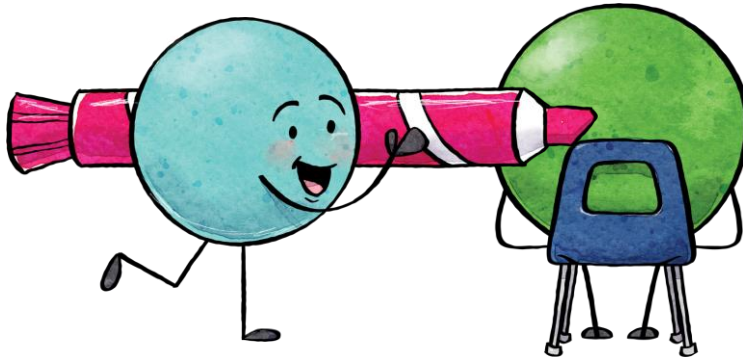
- The Blue represents school stress.



A S C A W E B I N A R S E R I E S

"Back Art"

Communication, Rumors & Gossip



SARAH
PECORINO
illustration



A S C A W E B I N A R S E R I E S

"All Tied Up"

Habit formation, Lying





Contact Information

Peggy Rubens-Ellis

Prubens-ellis-c@vashonsd.org

www.peggyrubens-ellis.com

Lauren Baker

L2baker@colliervilleschools.org

Please tell us how you use these activities and
how your class responded.
We love feedback!

Top Ten Things in My Office—Peggy

1. Branch Out—Fun game. You can make a version of this on your own.
<http://www.cultivatingconnections.com/> Works well in any setting—classroom, groups etc.
2. Any book by Trudy Ludwig. With titles like The Invisible Boy, Say Sorry and My Secret Bully how can you go wrong? <http://www.trudyludwig.com/>
3. Simon's Hook by Karen Gedig Burnett This book is so great. Students love it and so do I. Look on Pinterest for activity ideas (and I will have my lesson plan on this one in my book). <https://grandmarose.com/books/simons-hook/>
4. Breathing Ball

https://www.amazon.com/Hoberman-CRE-04452-Mini-Sphere-Rainbow/dp/B003ZDNREU/ref=sr_1_10?keywords=breathing+ball&qid=1559087576&s=gateway&sr=8-10

This goes along well with the curriculum from Yoga Calm
www.yogacalm.org

5. Processing the Adventure Experience by Nadler and Luckner
Teaches you how to process experiential learning using What, So What and Now What as it's guide.
6. Disarming the Playground: Violence Prevention through Movement and Pro Social Skills. By Rena Kornblum curriculum book with lots of movement orientated SEL activities.
7. 1-5 point scale poster—great visual aide
<https://www.amazon.com/5-Point-Scale-Anxiety-Curve-Poster/dp/1934575364>
8. Turtle Puppet—My first tool as a school counselor and still my main buddy. I love that his head can go into his shell.
https://www.amazon.com/Folkmanis-Baby-Turtle-Hand-Puppet/dp/B0007QO4KO/ref=sr_1_2?keywords=turtle+puppet&qid=1559088118&s=gateway&sr=8-2
9. Rubber Brain —a good reminder for me that it's good to always keep the brain in mind when teaching about handling big emotions. Plus, I can make jokes—such as “I forgot my brain today.”

https://www.amazon.com/Brain-Stress-Toy-Gray-Ariel/dp/B00767KOKQ/ref=sr_1_6?keywords=rubber+brain&qid=1559088326&s=gateway&sr=8-6

This goes well with The Whole Brain by Daniel Siegel and Tina Payne Bryant. Their cartoons are amazing and can be modified to use with students.

And the very fun A Walk in the Rain with a Brain by Edward Hallowell

10. Bubble Gum Brain by Julia Cook This book is about positive mindset.

Please also check out my website www.peggyrubens-ellis.com for blog postings and links to great resources or look for me on facebook.

Top 10 Things in My Office - Lauren

1. Hoberman Sphere
 - Deep breathing visual aid
2. Tape Measure
 - Use often when discussing life line
3. Play Telescope
 - Shift focus visual aid
4. Sand Tray
 - Some training required
5. Bop bag
 - Aggression toy
 - <https://www.childtherapytoys.com/products/plain-bop-bag>
6. Putty
 - Stress/anxiety relief
7. Squiggle Connect (game)
 - <https://www.amazon.com/Random-Line-Squiggle-Connect-Game/dp/B003HC972A>
8. Bubble Talk (game)
 - https://www.amazon.com/University-Games-Bubble-Talk-Board/dp/B00A0TRXQU/ref=sr_1_1?crid=3EV8WI07I7J49&keywords=bubble+talk+board+game&qid=1559077615&s=toys-and-games&sprefix=bubble+talk+%2Ctoys-and-games%2C153&sr=1-1
9. 1-5 Scale (poster)
 - <https://www.amazon.com/5-Point-Scale-Anxiety-Curve-Poster/dp/1934575364>
10. X-Large cardboard moving box
 - Quiet space for de-escalating