

Lesson Plans

Session 5: Promoting Effective Child Coping (Part 1)



Session Objective

- Learn the four-step strategy for helping children cope with stress.

Materials List

- Sign-in sheet with the family ID and contact information
- Name tags and markers
- Objectives Posters for Sessions 5 & 6
- Ground Rules Poster
- Parent folders/pens
- Journey Map
- The Four Steps for Helping Your Child Cope with Stress Posters
- The Four Steps for Helping Your Child Cope with Stress Handout
- Home Activity Cards
- Small paper plates and napkins
- Food handling gloves
- Selected snacks

Preparing for the Session

Create an **Objectives Poster** for use in this session and the next (see **Objectives Poster** on program website). Only include the objective from Session 6 on this poster.

Create a **Four Steps for Helping Your Child Cope with Stress Poster** by copying the information from the corresponding handout on the program website.

Session Protocol

Start class no later than 10 minutes after official start time.

Any parents who have not completed the assessments must first finish their questionnaires before they are allowed to join the program.

At the end of this lesson, add the copies of all handouts and homework cards to the parent folders.

Journey Map (3 Minutes)

Review on **Journey Map** what was covered in last week's session and review what will be covered this week.

Say (or paraphrase):

"Last week we learned about different causes of stress for our children, ways to identify that stress, and how to have productive conversations with them about their feelings. This week we are going to focus on how we can guide our children using effective coping strategies."

Distribute folders to parents.

Objective (1 Minute)

Use **Objectives Poster** for Session 5 to go over the session objective:

"Learn the four-step strategy for helping children cope with stress."

Ground Rules (1 Minute)

No need to review the ground rules anymore. Simply point to the poster and ask parents if they

would like to add any rules.

Check-In (20 Minutes)

Review the home activity from last week (S4) and invite parents to report on their activities or experiences from the past week.

Suggested questions for check-in activity:

- What worked well?
- What were some challenges you experienced?
- What was the result?
- What did you learn?
- What would you change?

Anchor (10 Minutes)

Large Group Discussion:

Say (or paraphrase):

"Think about a recent situation when your child was very stressed and you did something that helped your child through it. What did it look like? What did your child do?"

Have parents share situations and strategies in large group discussion. (See facilitator note.)

Total Session Length: (90 Minutes)

Home Activity S4

Try using the two positive communication strategies (responsive listening & acknowledge and talk about feelings) at home with your child. What went well? What did not go well?

Facilitator Note

If parents come up with giving external rewards to their children, wait until after parents are done talking and say something like:

"Sometimes we can't afford to buy our child a new toy or ice cream so it is important that we have strategies that are free and easy to do."

Transition:

“Let’s talk now about how we can give our children the skills to cope with stress so that when they’re not with us they can help themselves.”

Add

(25 Minutes)

Say (or paraphrase):

“Here I would like to present to you the four steps for helping your child cope with stress.”

Present the four posters one by one and ask parents to come up with examples for each step. (See facilitator note.)

Pass out the **Four Steps for Helping Your Child Cope with Stress Handout** and walk parents through the steps using the situation where the child comes home crying because of a bad grade on a test.

Four Steps for Helping Your Child Cope with Stress

Step 1: Help your child understand what he or she is feeling. Acknowledge the occurrence of different feelings and talk about those feelings.

Step 2: Help your child manage these challenging emotions.

Step 3: Help your child find things about the situation that he or she can control and help your child recognize what he or she can’t control.

Step 4: Help your child learn to get support, problem solve, or to let go in order to cope with the stress.

Facilitator Note

Give parents time to process the steps and come up with their examples. If they are stuck, use the four-step handout to give them examples.

Apply

(20 Minutes)

Divide Parents into Small Groups of 2:

Read the first scenario to the parents as a large group and then have parents in their small groups go through each of the steps in terms of what they do if it happened with their child.

Come together as a large group and have each pair report back on one of the steps. Do this with more than one situation to get parents to practice walking through the steps several times. Make sure that parents switch partners for every scenario.

(See facilitator note.)

Scenarios for Parents' Practice

Scenario 1

Your child is hesitant to go to school. He or she seems to be anxious and says that his or her stomach hurts.

Scenario 2

Your child is upset that he or she can't get the newest iPhone because the family doesn't have enough money to buy it.

Scenario 3

You tell your child to help clean up the living room and your child refuses to do so because his or her sibling made the mess.

Scenario 4

Your child is upset because you don't let him or her go out to play with friends that day.

Scenario 5

Your child comes home crying because there are three kids bullying him or her.

Facilitator Note

Encourage parents to use their blank paper in their folder to write down their answers if it would help them.

You can use remaining situations in Session 6 if time allows.

Away

(5 Minutes)

Explain to parents that you will be asking them about this home activity next week at the beginning of class. Let parents know that they can choose one of the three or do all three if they want to, but to try to do at least one.

Wrap-Up

(5 Minutes)

Remind parents of next week's session, time, and location. Provide a brief overview of the next lesson, using the **Objectives Poster** for Session 6.

Invite parents to take snacks with them on the way out of the session.

Home Activity S5

Observe a situation when you see your child is upset or stressed.

Talk with your child and use the 4 steps.

Try a new strategy to help your child use the 4 steps.

Facilitator Note

Tell parents it is okay if they do not feel very familiar with the steps and that next week they will have a chance to practice more. It is important, though, that they complete the try at home activity before next week so that we can help or answer any questions.