

Small Group Guidance

Title of Lesson: *Howard B. Wigglebottom Learns About Mud and Rainbows: When Parents Fight* : Early Changing Families Group

Domain: Personal and Social

Grade Level: K-5

Time Required: 30 minutes

ASCA National Standard(s)

STANDARD A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

Competencies addressed: A1 Acquire Self-Knowledge

PS:A1.1 develop positive attitudes toward self as a unique and worthy person.

PS:A1.2 identify values, attitudes and beliefs.

PS:A1.5 identify and express feelings.

PS:A1.12 identify and recognize changing family roles.

STANDARD B: Students will make decisions, set goals, and take necessary action to achieve goals.

Competencies addressed: B1 Self-Knowledge Application

PS:B1.3 identify alternative solutions to a problem.

PS:B1.4 develop effective coping skills for dealing with problems.

PS:B1.5 demonstrate when, where and how to seek help for solving problems and making decisions.

STANDARD C: Students will understand safety and survival skills.

Competency addressed: C1 Acquire Personal Safety Skills

PS:C1.11 learn coping skills for managing life events.

Essential Question: How can I feel better when my parents are fighting or my family is changing? Whose fault is it when parents argue?

- **Material/Resources:** *Howard B. Wigglebottom Learns About Mud and Rainbows: When Parents Fight*, and a copy of rainbow worksheet

Activity:

- Ask the students whom they think are responsible for the changes in their family and how they feel about them.
- Introduce and read *Howard B. Wigglebottom Learns About Mud and Rainbows: When Parents Fight* or watch the animated version at www.wedolisten.org.
- Stop and discuss how Howard wanted to fix things for his friend, but he could not solve her problems and make her feel happy.
- Recognize that it is not Ali's fault her parents are fighting and divorce/family changes are always adult problems and not children's faults.
- Emphasize the idea that we can't change a situation, but we can choose how we feel and respond to a situation.
- Brainstorm ideas with your group about things they can do to help themselves feel better when they are sad about their family; have students choose activities and write one in each section of the rainbow; color when complete.