



Week 7 Health: Helpful Self-Talk and Problem Solving

Wednesday or Thursday • 30 minutes • flexible trip placement

Learning target

I can notice an unhelpful thought, choose a truthful helpful thought, and take one safe next step.

Set-up

Open the verified Health Chalkie lesson. Use an ordinary lodge moment such as waiting, changing plans, or needing help with a clue. Helpful self-talk is truthful; it does not pretend the problem is easy.

0-4 min • Notice

Name the problem and first thought without judging the feeling.

4-10 min • Model

Adult models: "I cannot do this" becomes "I can try one part or ask for help." Add one safe next step.

10-17 min • Practice

Try pause, slow breath, name the problem, choose a helpful thought, and take one step. Movement option: shoulder roll and steady wall push.

17-23 min • Lodge examples

Use one MagiQuest, waiting-turn, or changed-plan scenario. Keep participation optional and the wording neutral.

23-28 min • Evidence

Oaklynn completes problem-thought-next step. Brooksley points, circles, matches, draws, speaks, or dictates one helpful phrase.

28-30 min • Close

Each learner shows one way to ask a trusted adult for help.



Standards and Evidence

Accurate, inclusive, and free of forced positivity

NYS Health • Self-Management

SM 7.1.2: identify practices that reduce or prevent health risks. SM 7.2.2: demonstrate healthy practices. The pause-think-next-step routine provides visible skill practice.

SEL connection

NYSED SEL Goal 2 emphasizes recognizing and regulating emotions and behavior. Learners choose an age-appropriate strategy and safe next action.

Oaklynn • Grade 2 evidence

Identify the problem, revise an unhelpful thought into a truthful helpful thought, and explain a safe next step.

Brooksley • Kindergarten access

Point, circle, match, draw, answer orally, or dictate. No independent reading or writing is required.

Portfolio

Save journal page 3 or the Chalkie Activity Sheet, not both unless both show different learning.