

***Kindergarten Guidance Lesson Home Page**

***My Personal Rainbow of Feelings—Yellow to Orange “Afraid to Brave”**

***Mr. Rauschenberger**



During this week’s guidance lesson, students heard the story *Regina’s Big Mistake*, a book by Marissa Moss. In the book, the child is afraid to make a mistake when drawing a picture, but learns to overcome her fear, take a creative risk, and experience a sense of pride because she was brave enough to try. The focus of this lesson was on recognizing being afraid is something that may happen when one meets a new situation, and on the act of trying, or taking a risk, which can help one overcome the fear and feel brave.

Children were given a drawing activity where they were asked to only use a crayon and could only draw specific objects as directed by the counselor. Children could not erase or change anything about their work. When music began playing, children were asked to draw a house. When the music stopped, they were asked to pass their paper to the person on their left. Children had to trust their classmates that they would take good care of their drawings and only add positive things to their drawing. When the music stopped again, children continued passing drawings to different classmates at their table. This continued for several minutes.

For another fun activity, on the back side of their paper, children were asked to draw a boat when the music began playing. Then they were asked to change their boat into a car! Then into a dog and then into an elephant! Children were

encouraged to “work around an apparent mistake.” Often our “mistakes” are secretly true works of art and are sometimes something better than we had originally imagined in our minds! Children were able to bring home their creative drawings to share with a loved one at home!