

STUDENT SERVICES

School Psychologists
Professional Learning



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Access Code

H8VJT-FC4JQ

Reset

Information

Grading period

Always Available

School Psychology Professional Learning P... ▸ Archive

📁 SY 2020-2021

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SEAS Coping Skills Training - How to Create Asynchronous Coping Skills Lessons for Students



SEAS Coping Skills Training - How to Create Asynchronous Coping Skills Lessons for Students

100% COMPLETE

≡ Introduction ✓

≡ How to Make Your Videos ✓

≡ Lesson 1: "All About Me" (Positive Self-Concept) ✓

≡ Lesson 2: "Feelings are Like Antennas" (Emotion Identific... ✓

≡ Lesson 3: "Calming Down" (Relaxation and Emotion Regulation) ✓

≡ Lesson 4: "Stop That Stinking Thinking!" (Cognitive Refr... ✓

≡ Lesson 5: "Be a Solution-Seeker" (Problem Solving) ✓



Lesson 8 of 8

Lesson 6: "Be a Friend!" (Social Support Seeking)

EXIT COURSE

Lesson 6 Materials

The script below will guide you through the lesson. We encourage you to alter, adapt, and shift the language as you see fit. Be sure to practice before you record! Be sure you have your notes or the script printed and in view to support you in making the lesson.



Be a Friend Script.pdf

216.8 KB



The PowerPoint that accompanies the script can be downloaded below. It is up to you whether you want to use PowerPoint or