



Chapter 9-11

Exploring Setbacks

Mood Check-In

Suggested Duration: 15 min.

Lesson Objectives

Students will learn to recognize their thoughts and emotions regarding the MyOwl curriculum.

Summary of Tasks/Actions

Lesson Planning:

**Note that this activity can be done at any point throughout this curriculum. It is recommended, however, to complete this activity in the later stages (this unit or after).

1) Every student is invited to take a sheet of paper and write down how they feel about the MyOwl curriculum so far. Ask the students to reflect, not only on the content of this curriculum, but also on their own thoughts and feelings throughout this curriculum. At this point, students have learned many CBT skills. Ask them to reflect on the impact these skills might have had on their thoughts and moods. Have they noticed a difference since starting this curriculum? Ensure that the students are aware that you are the only person who will be reading their responses. This activity can also be done privately without the teacher reading their responses.

2) You may also want to invite students to provide input on different class or individual activities that they hope will be offered during the remainder of this curriculum. What do they most like about the curriculum? What would they like to change? Enabling the students to provide constructive feedback can be very empowering for them – especially when their suggestions are implemented! [Note that feedback to treatment providers is a standard component of CBT so this exercise also fits with that model.]

Materials/Equipment:

- Sheet of paper