

EMOTION COACHING STORY PLAN

Directions: On the following pages, break down the components of the story for each step of the SIP model. In each section, please write down your goals and facilitation questions based on content in the story, and include where in the book you found it!

1. NOTICING THE CONTEXT

What does the character notice about what's going on around and within them? What are they thinking and feeling about what's going on around them and within them?

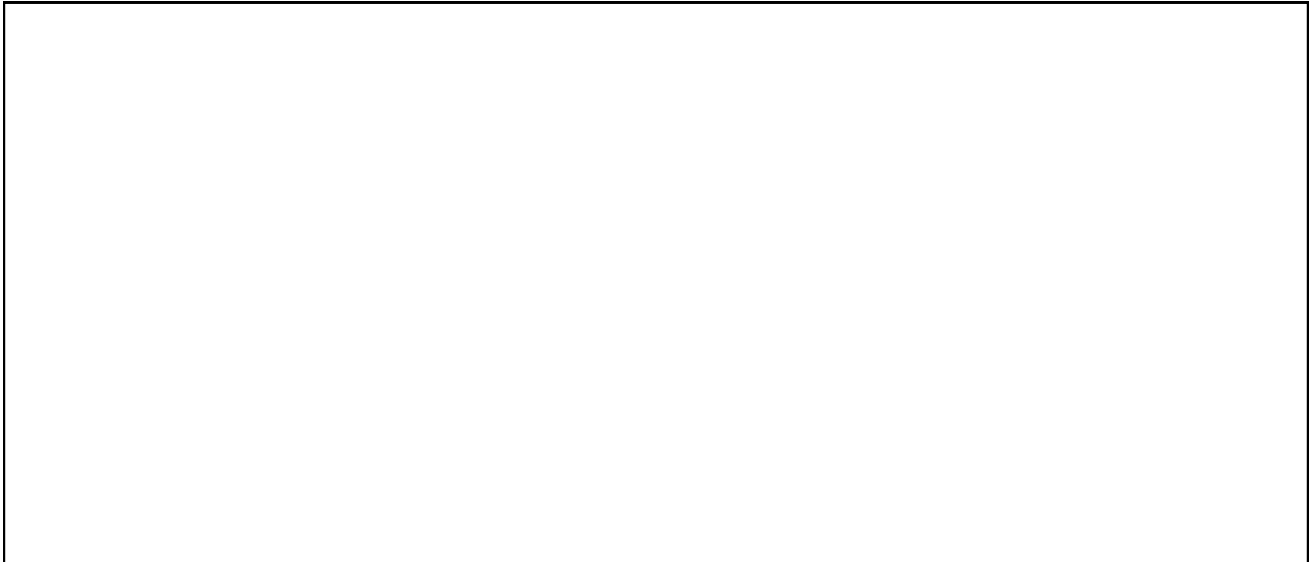
2. INTERPRETING THE PROBLEM

What is the problem? Who has the problems? What are the assumptions and understandings that underlie how different characters interpret what is happening?

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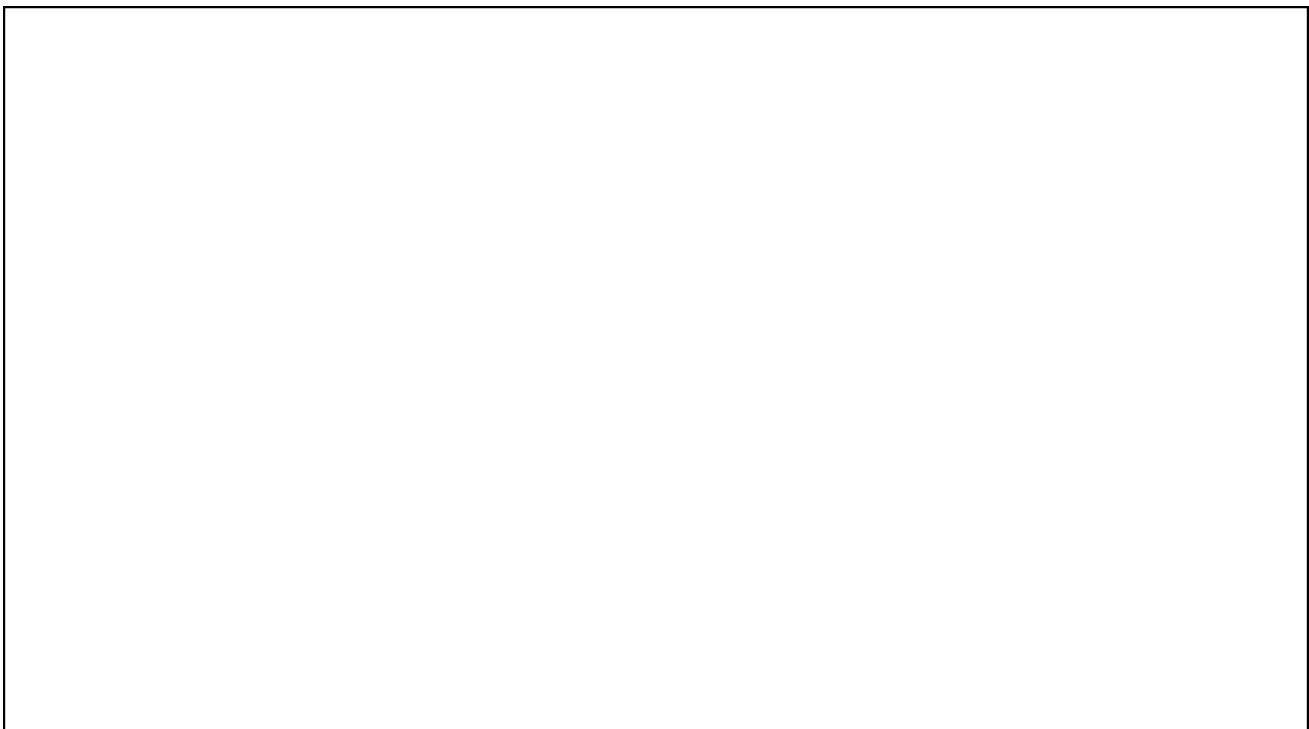
3. CLARIFYING GOALS AND INTENTIONS

What do the characters want to happen now and later? For themselves and for others?



4. FORMULATING PLANS TO ATTAIN GOALS

What options do characters have to move forward? What do characters decide to do?



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5. EVALUATING OUTCOMES

Is the action successful in helping the character to achieve the intended goal? What contributes to the plan's success or failure?

6. LEARNING LESSONS

Draw lessons by evaluating the outcome considering the connections among the context, interpretation, goal, and action. What can be learned by the characters and by the children?

EMOTION COACHING LOGISTICS

Directions: On this page you're going to plan the logistics of the story-based emotion coaching including breaking the story into units, estimating the number of sessions, and identifying goals for each session. If you have time, consider planning an activity to go along with some of the sessions!



UNITS

Identify the different units that the book could be broken into!

SESSIONS AND GOALS

How many sessions will you conduct? **Note:** Consider time! _____

Below, write down the goals for each session.

1

2

3

4

BONUS: ACTIVITY PLANNING

Brainstorm a few activities you might incorporate to reinforce learning and engage students!
