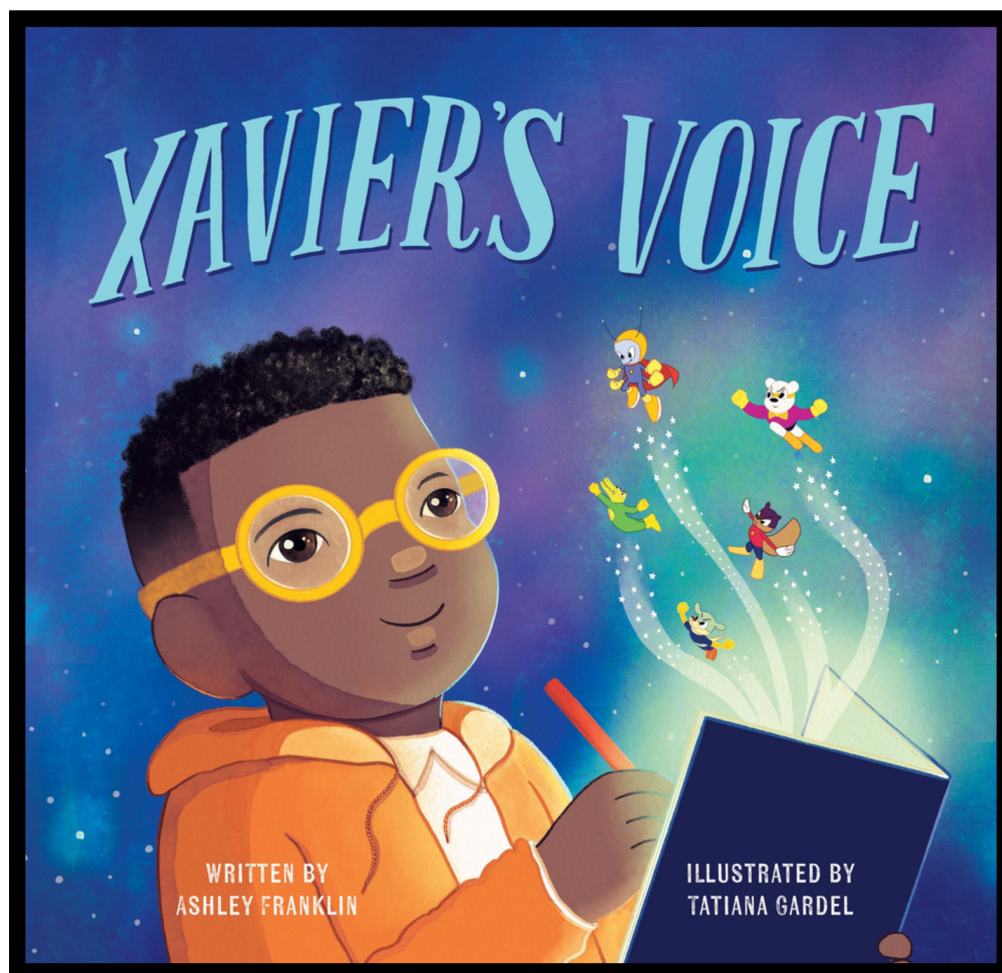


FINDING YOUR VOICE: EXPLORING FRIENDSHIP AND CONFIDENCE WITH XAVIER'S VOICE



FINDING YOUR VOICE LESSON

Introduction:

"Xavier's Voice" is a heartwarming story about a young boy named Xavier who struggles with anxiety and making friends because of his small voice. Through the story, Xavier learns techniques to manage his anxiety and discovers the power of his imagination. This book companion is designed to help school counselors facilitate discussions and activities around the themes of friendship, anxiety management, and self-expression.

Objectives:

- Help students understand and manage feelings of anxiety.
- Encourage self-expression through creative activities.
- Promote empathy and understanding among classmates.
- Teach techniques to build confidence in social situations.

Session 1: Introduction and Discussion

Materials:

- "Xavier's Voice" book
- Chart paper and markers

Activities:

1. Read Aloud: Begin by reading "Xavier's Voice" to the class.
2. Discussion Questions:
 - Why does Xavier feel anxious when trying to make friends?
 - What strategies does Xavier learn to manage his anxiety?
 - How does Xavier's love for drawing help him connect with others?
 - What role does BJ play in helping Xavier feel more confident?

Follow-Up Activity:

- What If Scenarios: Create a list of "What If" questions with the class that are positive and imaginative. For example, "What if we could all fly?" Discuss how thinking positively can change how we feel.

FINDING YOUR VOICE LESSON

Session 2: Exploring Emotions

Materials:

- Emotion cards (happy, sad, anxious, excited, etc.)
- Drawing paper and crayons

Activities:

- Emotion Matching: Show emotion cards and ask students to match them with expressions on their faces.
- Drawing Emotions: Ask students to draw a picture of a time they felt anxious, like Xavier. Then, have them draw a picture of a time they felt happy or excited.

Follow-Up Activity:

- Share and Discuss: Have students share their drawings with a partner and discuss how they managed their feelings in each situation.

Session 3: Techniques for Managing Anxiety

Materials:

- Alphabet cards with animals (A for ant, B for beaver, etc.)
- Small cups and water

Activities:

- Alphabet Animals: Teach the technique of reciting the alphabet with animal names (e.g., A for ant, B for beaver) to help manage anxiety. Practice together as a class.
- Sip and Relax: Demonstrate how sipping water can help calm anxious feelings. Provide small cups of water for students to practice.

Follow-Up Activity:

- Practice Time: Create a calming corner in the classroom where students can go to practice these techniques when they feel anxious.

FINDING YOUR VOICE LESSON

Session 4: Creative Expression

Materials:

- Sketchbooks or drawing paper
- Colored pencils or markers

Activities:

- Draw Your Hero: Encourage students to draw their own superhero like Xavier does. Ask them to think about the qualities that make their hero special.
- Superhero Share: Have students share their superheroes with the class and explain the special qualities they gave them.

Follow-Up Activity:

- Heroic Acts: Create a bulletin board to display the superheroes and celebrate acts of kindness and bravery in the classroom.

Session 5: Friendship and Social Skills

Materials:

- Friendship bracelets or materials to make them (beads, string, etc.)
- Friendship scenario cards

Activities:

- Friendship Bracelet Making: Teach students how to make friendship bracelets. Encourage them to make one for a friend or classmate.
- Role-Playing: Use friendship scenario cards to role-play different social situations. Discuss how to approach someone new, how to offer help, and how to be a good friend.

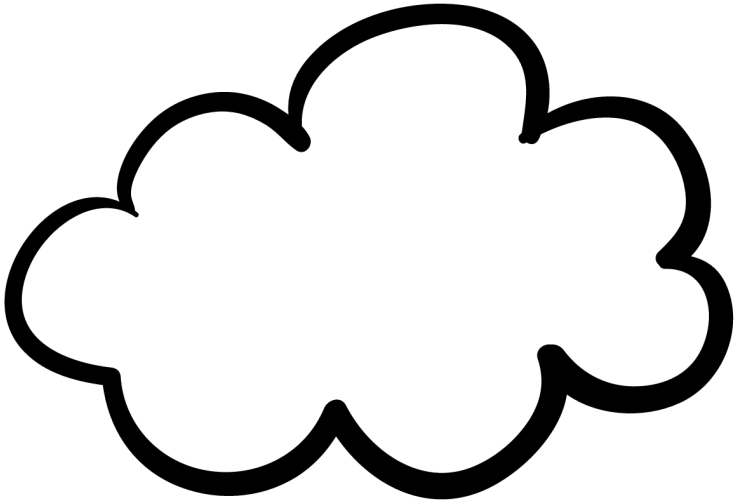
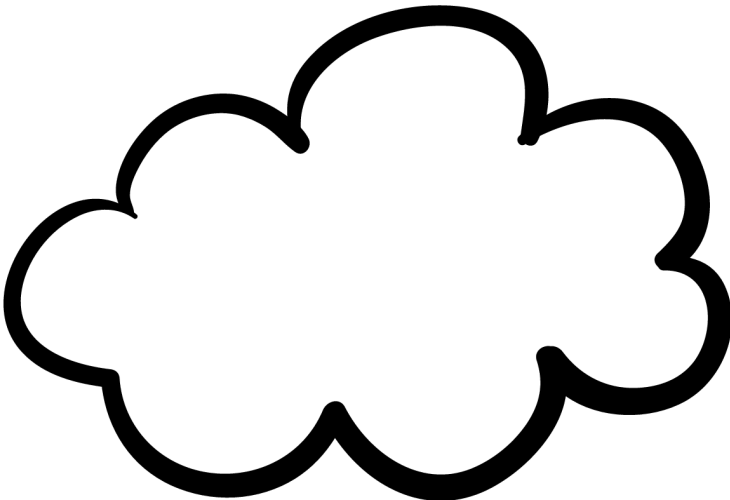
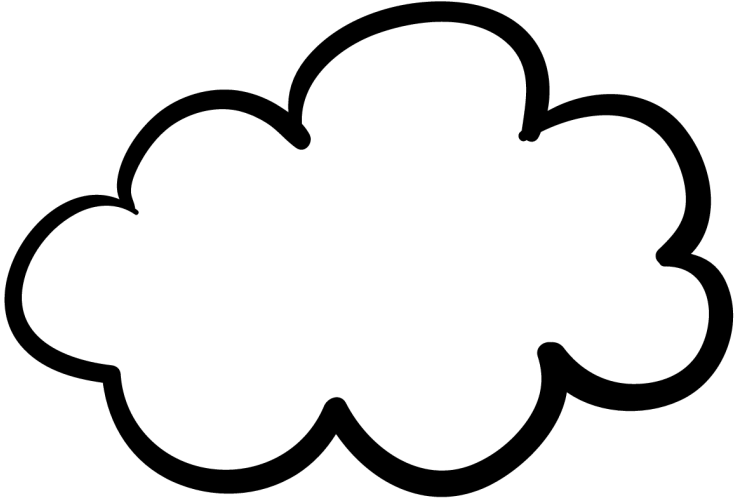
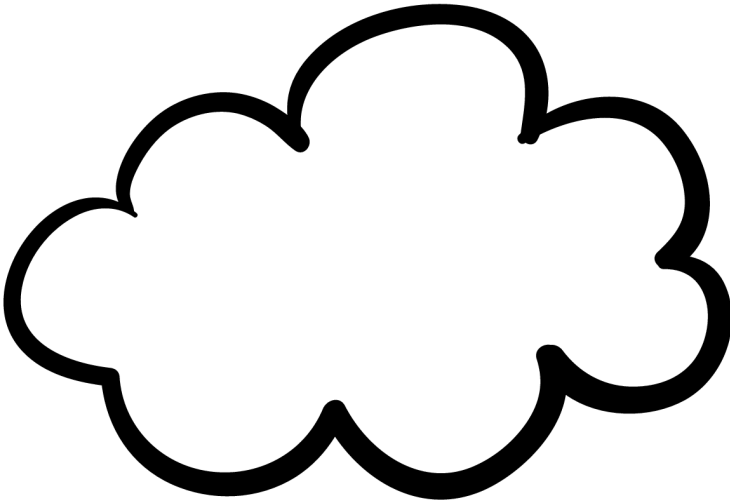
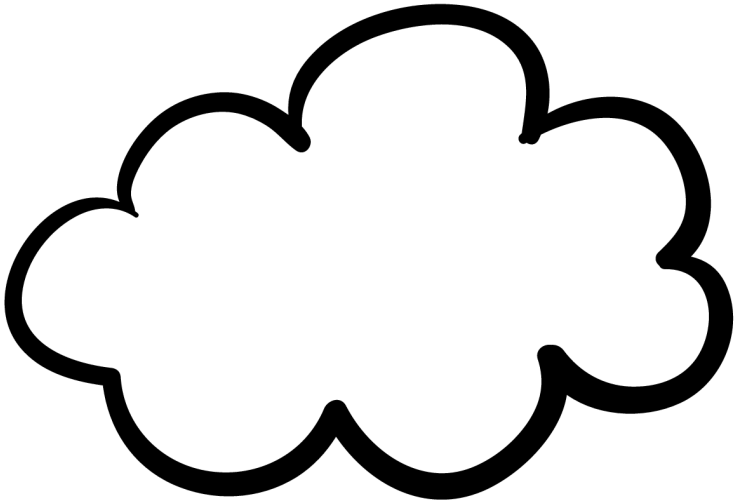
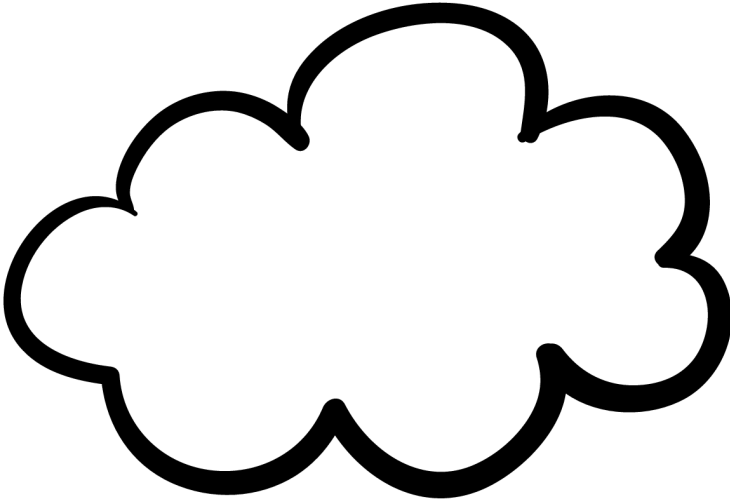
Follow-Up Activity:

- Friendship Chain: Create a paper chain with each link representing an act of friendship observed in the classroom. Watch the chain grow as students demonstrate kindness and connection.

Conclusion

Wrap up the book companion activities by revisiting the themes of the story and celebrating the progress students have made in understanding and managing their emotions, expressing themselves creatively, and building friendships. Encourage ongoing practice of the techniques and skills learned through "Xavier's Voice."

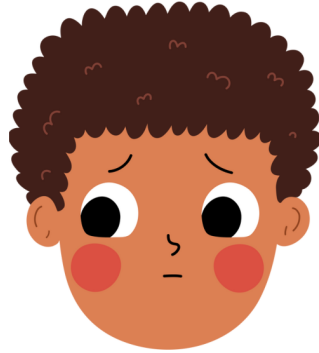
What If...



EMOTION CARDS



Angry



Shy



Scared



Excited



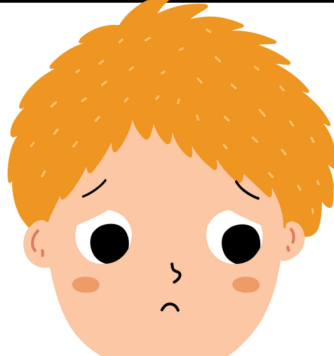
Surprised



Happy



Worried



Sad



Jealous

Write about a time that you
felt anxious or worried.

Write about a time that you
felt happy or excited.

Draw about a time that you
felt anxious or worried.

Draw about a time that you
felt happy or excited.

ALPHABET ANIMAL CARDS



Ant



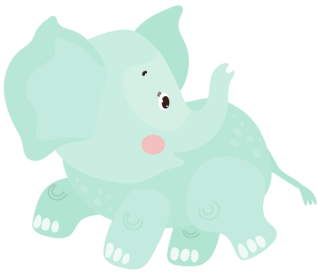
Beaver



Crab



Dog



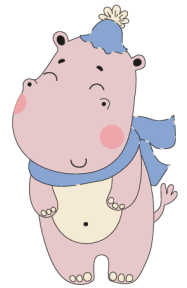
Elephant



Frog



Giraffe



Hippo



Iguana



Jaguar



Kangaroo



Lion



Monkey



Narwhal



Octopus



Penguin

ALPHABET ANIMAL CARDS



Quail



Racoon



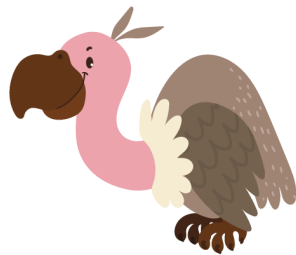
Snake



Turtle



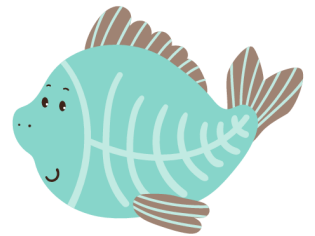
Unicorn



Vulture



Whale



X-ray fish



Yak



Zebra

Clipart Credit: Canva: New Wind (@new-wind05)
Font by Kaitlynn Albani

BLANK ALPHABET CARDS

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BLANK ALPHABET CARDS

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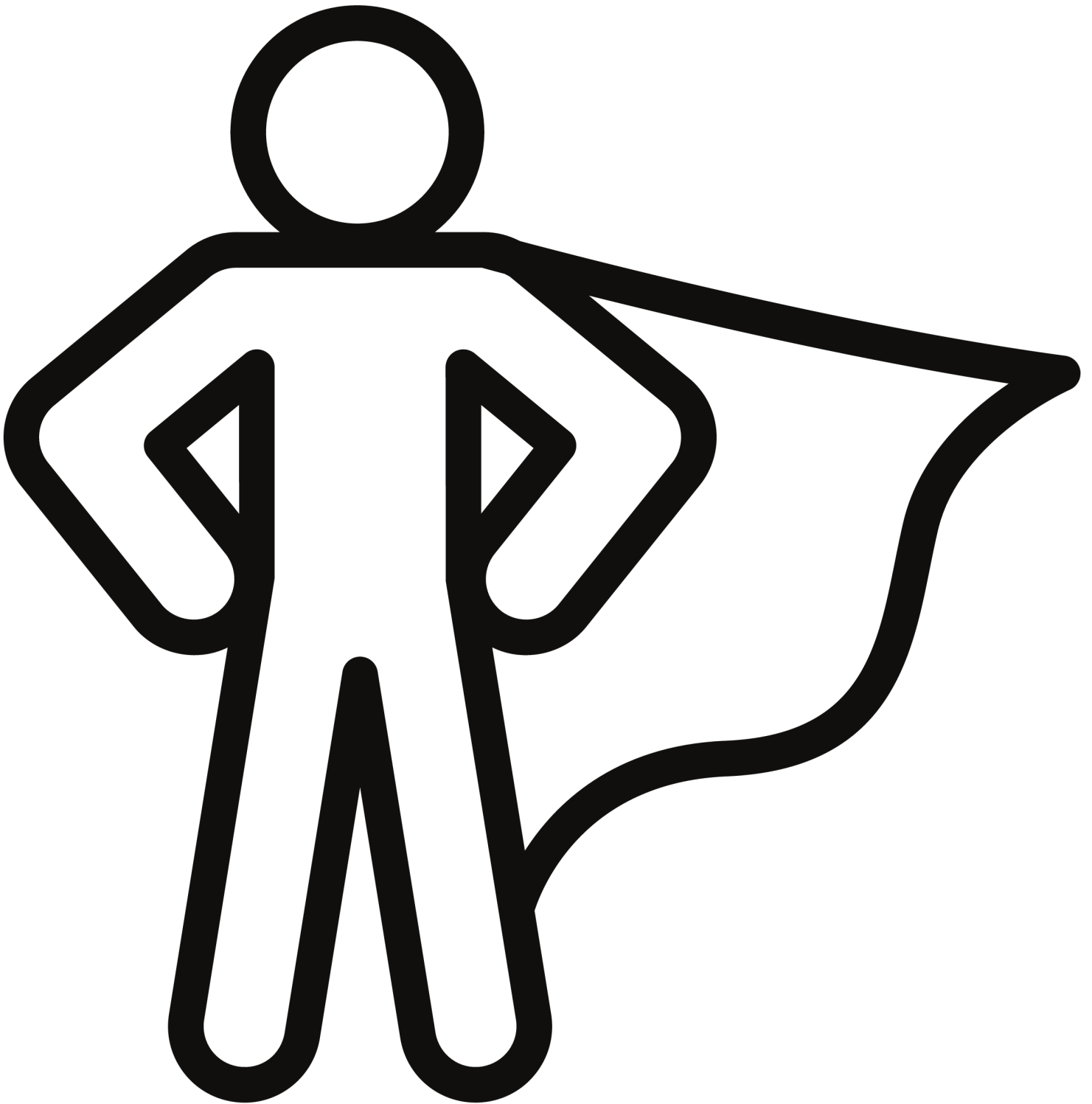
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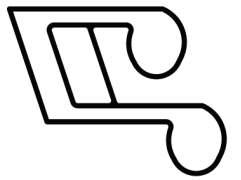
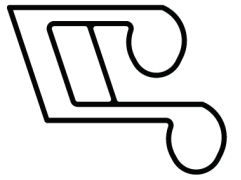
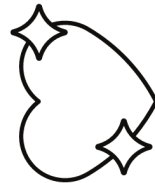
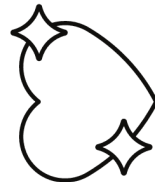
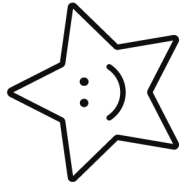
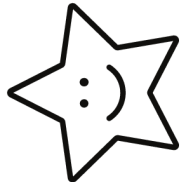
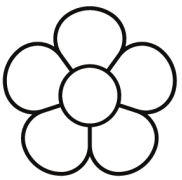
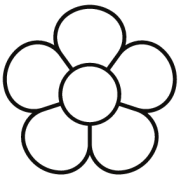
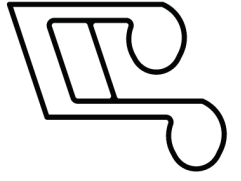
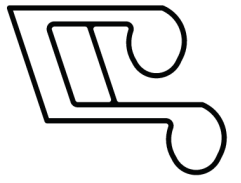
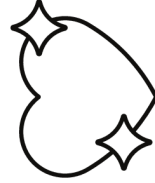
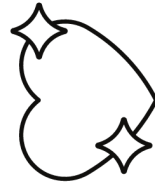
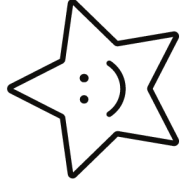
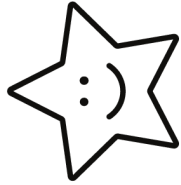
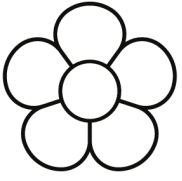
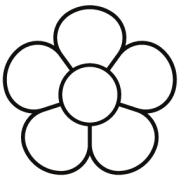
Directions: Draw your own superhero, thinking about the special qualities that make them unique, like their superpowers, costume, and how they help others. Write about it below.

A large, empty rounded rectangular box with a thick black border, intended for drawing a superhero and writing about it.

MY SUPERHERO

Decorate your superhero by imagining their unique costume, choosing colors and designs, and adding special features like gadgets or symbols to bring them to life.





You see a new student sitting alone at lunch. How do you approach them and invite them to join you?

Your classmate seems confused during a group project. How do you offer to help them without making them feel bad?

You're playing a game at recess, and someone who hasn't joined asks to play. How do you make them feel welcome?

You and a friend want to play different games during recess. How can you solve this problem and still have fun together?

You accidentally said something hurtful to your friend. How do you apologize and make things right?

Your friend is upset because they didn't do well on a test. How do you listen and show them you care?

You see someone teasing your friend. How do you stand up for them in a kind and respectful way?

A classmate is sad because they were left out of a game. How do you help them feel included and cheer them up?