Don’t Pop Your Cork On Mondays

Level: beginner, intermediate, advanced
Goal: Students are able to accurately identify their stress response

Materials needed: Book- Don’t Pop Your Cork by Adolph J. Moser, Dav Pilkey supplemental worksheets, animal pictures, magazines or other pictures

Activity:
- Read the story to the group. Have them listen without doing anything the first time.
- Depending on the level of the group, they can fill out the worksheet either after you read the book or if students need more help, they can fill out the worksheet while you are reading it a second time.
- Students should circle the animal they are most like at home and put an X through the animal they are most like at school.
- Have the 5 animal pictures on the board and ask students to identify words that go with each animal picture. They can take turns writing the words up under the pictures. Examples: Lion-yell, Bull-break things, etc.
- Then have them go back and look at how they rated themselves to see if they were accurate. Talk about it as a group.
- The second part of the worksheet is to list 5 things that are stressful for the student at school. This could be done in a group or individually.
- Finally, have students brainstorm things they can do to help decrease their stress level both at school and home. This can be added to their stress meter.

Follow up: Other books by this author include: Don't Feed the Monster on Tuesdays!: The Children's Self-Esteem Book by Adolph J. Moser, Nancy R. Thatch, David Melton
Don't Rant and Rave on Wednesdays!: The Children's Anger-Control Book by Adolph Moser, David Melton, Nancy R. Thatch
Don't Despair on Thursdays!: The Children's Grief-Management Book (The Emotional Impact Series) by Adolph Moser, David Melton
Don't Tell a Whopper on Fridays!: The Children's Truth-Control Book by Adolph Moser, David Melton
Don't Fall Apart on Saturdays!: The Children's Divorce-Survival Book by Adolph Moser, David Melton
Don't Be a Menace on Sunday: The Children's Anti-Violence Book by Adolph Moser, David Melton
Name:________________
Date:_______________

Listen along to the story Don’t Pop Your Cork on Mondays. This story explains how all people deal with stress and react differently to it. As you listen, think about yourself and how you react to stressful situations.

Circle which type of animal reflects how your react to stress. Put a circle around how you are at home and an X through the animal that you are most like at school.
Social Skills Activities ~ 2004 Summer Writing
Liz Stock (OT), Mandy Shearer (SLP) and Cindy Meester (SLP)
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