

"COACH" - A Journey of Self-Discovery

In the midst of the tumultuous waves of Lake Michigan, a humble branch named Branch found himself embarking on an unexpected journey of self-discovery. The story of Branch's struggle and transformation is not just a tale of survival but a powerful lesson in resilience and self-awareness.

Initially driven by a relentless urge to reunite with his fellow branches on the shore, Branch's determination mirrored the way many of us often cling to our familiar surroundings, seeking the comfort of the known. However, it was his encounter with a curious young Perch named Perch that altered his perspective.

Perch's innocent curiosity led to a profound question: Must we always stick together, or can we find joy in exploring alone? This inquiry planted a seed of doubt in Branch's mind, making him question whether he had been too fixated on his destination, on being where he thought he should be.



As the waves continued to toss him about, Branch experienced a revelation. Instead of battling the relentless waves and clinging to frustration, he decided to embrace a new approach. He began to "COACH" himself, just as Perch had suggested:

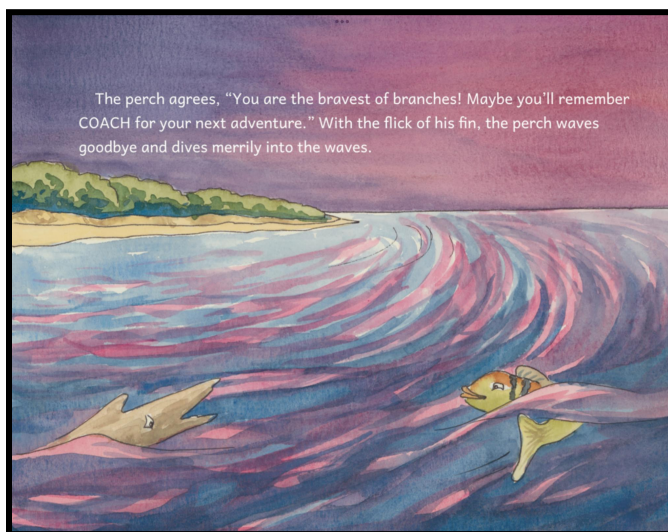
"C" - Catch the Hook: Branch started by acknowledging his emotions, recognizing his frustration, and understanding that it was okay to feel this way.

"O" - Observe: He took a moment to observe his body's response and the thoughts swirling in his mind, allowing himself to understand his emotional state better.

"A" - Allow the Moment: Instead of resisting the waves and the struggle, he allowed himself to be present in the moment, accepting the situation for what it was.

"C" - Choices: Branch realized he had choices. He could continue to fight the waves, or he could choose to enjoy the beauty of the lake, the sunset, and even make a new friend in Perch.

"H" - Heart: Most importantly, Branch learned to be kind to himself. He acknowledged his bravery in facing the challenges and embraced the growth that came from the struggle.



With this newfound perspective, Branch began to appreciate the beauty of the lake, the gentle caress of the waves, and the vibrant colors of the sunset. He transformed not only on the outside, becoming a smooth and beautiful piece of driftwood, but also on the inside, growing wiser and more self-aware.

Ultimately, Branch's journey serves as a reminder that sometimes, in the face of adversity, it's essential

to pause, reflect, and embrace the present moment. By doing so, we can find strength in vulnerability, resilience in change, and, most importantly, a deeper understanding of ourselves. Just as Branch's story inspires, may we all learn to "COACH" ourselves through life's challenges and emerge stronger and more compassionate

For a complete lesson with slides, instructor notes, and handouts go to: [TeachersPayTeachers](https://www.teacherspayteachers.com/Product/Waves-of-Wisdom-School-Counseling) Waves of Wisdom School Counseling