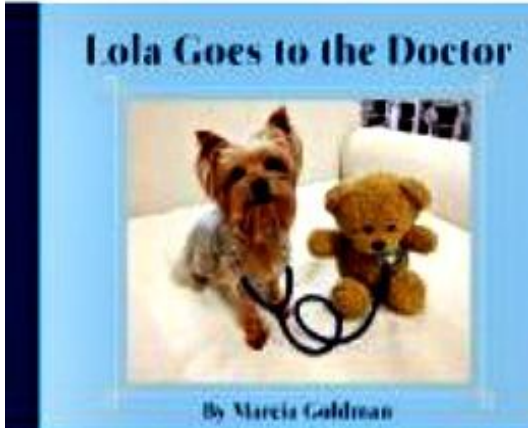




## Lola Goes to the Doctor Curriculum Guide



Lola is a Yorkshire terrier who is proud to be a certified therapy dog. She uses the skills she learned in doggy therapy training at elder centers, preschools, classrooms, and bookstores. Although she is very brave there are still some things that make her nervous, like going to the doctor. Going to the doctor with Lola will help children face their own fears.

Page | 1

Objective: Introduce students to compassion, what it means, how to promote it.

### **Standard topics:**

- Going to the doctor
- Empathy/Theory of Mind: Imagining how others feel and think
- Exploring new situations
- Connecting with Literature

### **Objectives:**

- To show students how to handle difficult feelings like being nervous.
- To explain and explore what happens in a doctor's office.
- To connect literature with critical thinking skills.
- To present the concept of being patient in a positive way.

### **Key Terms/Concepts:**

- Nervous
- What a Doctor/Veterinarian does.
- Patience
- Being brave

### **Connecting with Literature:**

- Understanding feelings and discussion questions on *page 2*
- Explore the activity pages; below on *pages 3-6*
- Use the Visual Supports to enhance language skills and comprehension. **Pages 7-9**

### **Empathy/Theory of Mind:**

- Draw a picture showing how Lola makes someone feel better. What does she do?



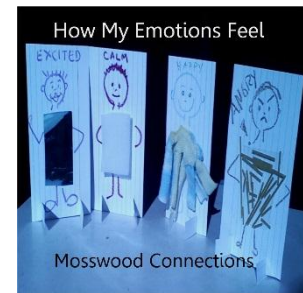
## Lola Goes to the Doctor Curriculum Guide



- Draw a picture of what you would do if you wanted to make somebody feel better.
- Discuss how you know someone is sad, lonely, or happy? How do people show their feelings, how do you know how to read them?
- Make a get well card for someone who is sick.

### **Understanding Feelings:**

- Discuss what it means to be nervous.
- Talk about times when you were brave.
- Play [Feel Your Feelings](#): Some children connect their feelings best with words, others like colors or drawing or music. This activity is for those kids who like different textures. After all, when describing how feelings how often are the words “smooth” or “prickly” used. Children can make these texture people to help describe and integrate their emotions. Make texture people to explore the feelings: brave, nervous, kind, friendly.



### **Discussion Questions:**

- What was the reason for Lola going to the Doctor?
- How can you take care of yourself to stay healthy?
- Where did the Doctor use a stethoscope to listen to Lola’s body?
- Where is your heart?
- What do your lungs do?
- Name the other parts of Lola the Doctor checked. Locate these parts on your own body (add other body parts to be located – making it more complicated depending on skill level of child/children).
- Why did the Doctor give Lola a shot? What kind of shots do you get?
- What are other reasons why you might go to the doctor? How can a doctor help you?
- Has a Doctor ever made you feel better? How?
- Why was Lola nervous? Patient? Afraid? Brave?
- How did she act when she felt these things? -What makes you feel nervous or patient, afraid or brave?

# Lola Goes to the Doctor

## Journal Page for Kids



What are three things that you can do to help somebody else feel better?

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What are three things that help you feel better when you are sick?

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Write about a time when you were nervous about doing something. What were you nervous about? What helped or didn't help?

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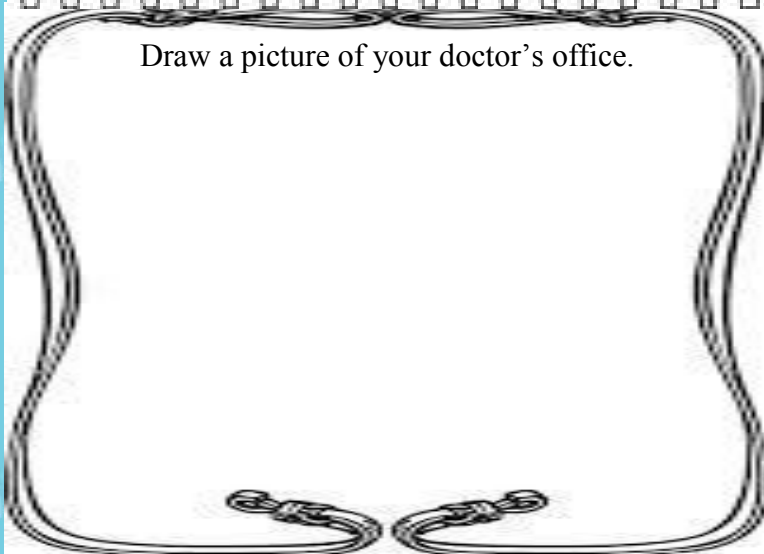
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Draw a picture of your doctor's office.



# Lola Goes to the Doctor

## Journal Page for Young Kids



What is something that you were nervous about doing?

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Draw a picture about a time when you were brave even though you felt nervous.

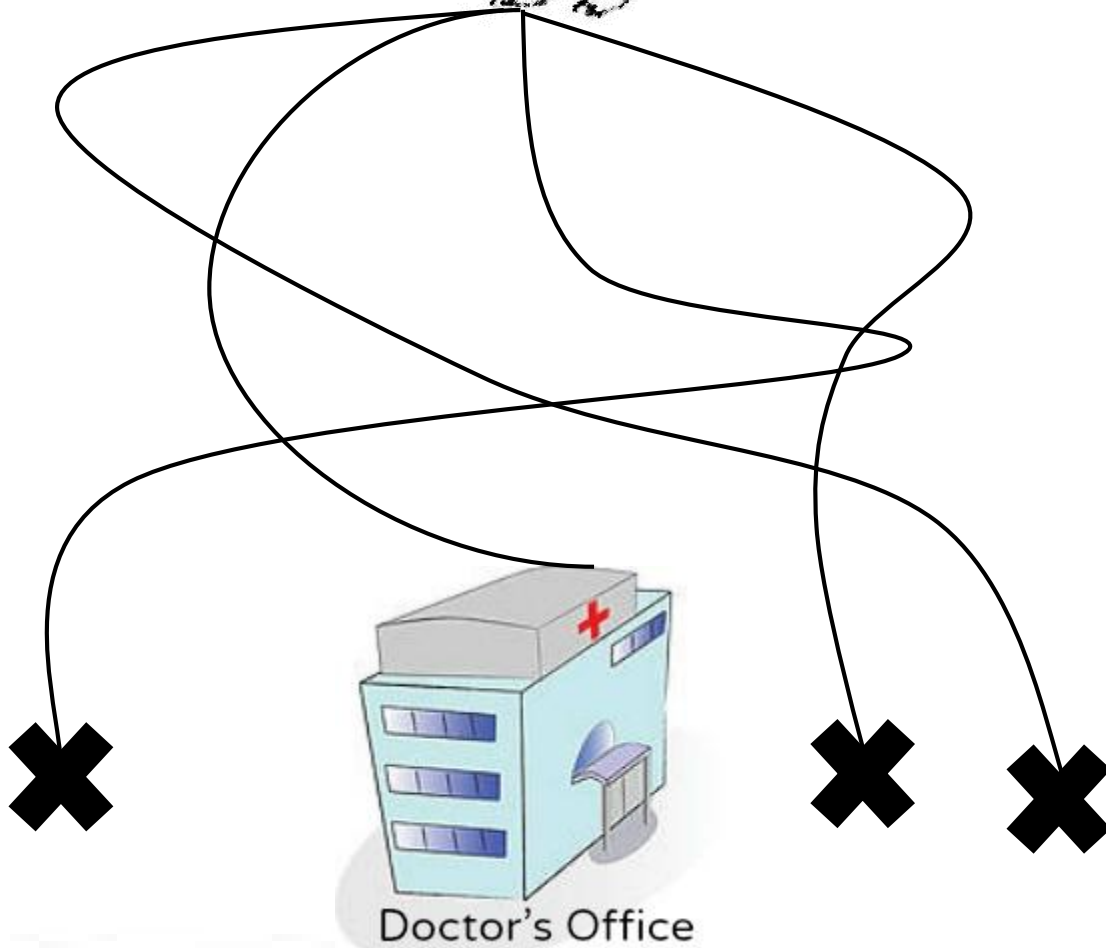


# Lola Goes to the Doctor

## Maze

LOLA WANTS TO HELP AT THE DOCTOR'S OFFICE TODAY BUT LOLA IS LOST.

HELP HER FIND HER WAY TO THE DOCTOR'S OFFICE.



# Lola Goes to the Doctor

## Word Search

Help Lola find all the words she needs at the doctor's office!

Word Bank:

DOCTOR

LOLA

TREAT

HOME

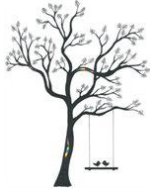
FRIEND

WAIT

PIG

X	L	O	L	A	C	J	I	O	D	P	W	R
V	L	J	K	W	H	Y	T	S	O	I	H	Q
B	G	H	T	R	E	A	T	B	C	Q	O	H
N	J	K	W	A	D	L	P	V	T	K	G	F
I	H	N	B	J	W	E	R	P	O	N	V	X
K	O	U	R	J	S	F	I	P	R	M	K	L
N	M	M	Y	I	N	F	R	I	E	N	D	P
V	E	F	I	K	P	K	O	L	K	V	C	T
T	Y	R	X	Z	I	T	H	N	M	K	F	D
V	G	K	I	O	G	J	I	L	P	N	Q	W
W	W	V	H	K	O	D	P	M	V	N	B	I
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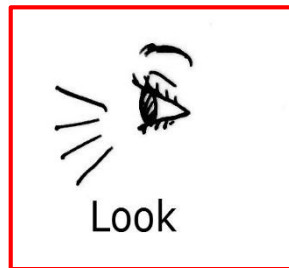
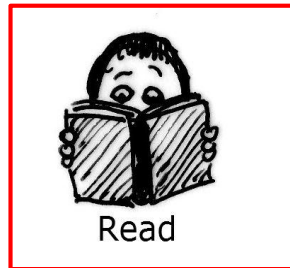
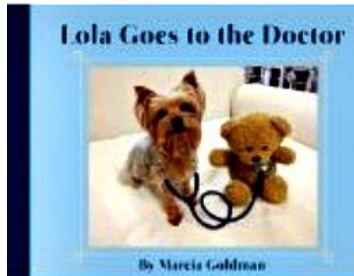
## Lola Goes to the Doctor Curriculum Guide



### Visual Supports for Lola Goes to the Doctor by Marcia Goldman

Use these visual supports with non-verbal children and children who are learning to talk.

Use these icons before and after reading *Lola Goes to the Doctor*



Before reading the book make sure that the child(ren) are told the sequence of events so they know what behavior is expected. Go over the five icons above. Ask the child(ren) to tell you what comes next if they can. Repeat the sequence after reading the book.

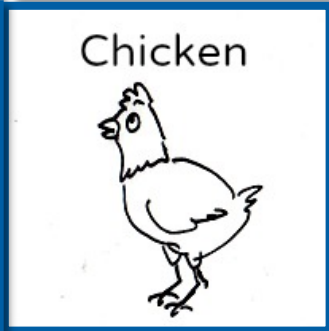
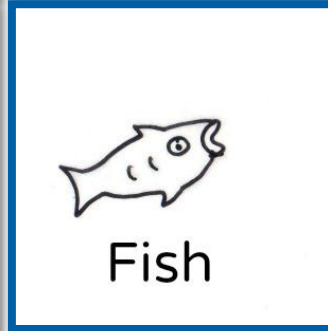
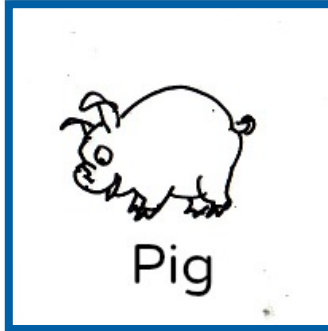
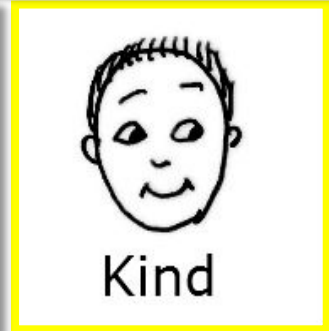
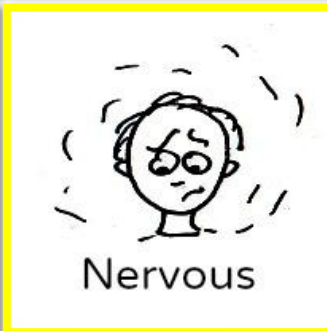
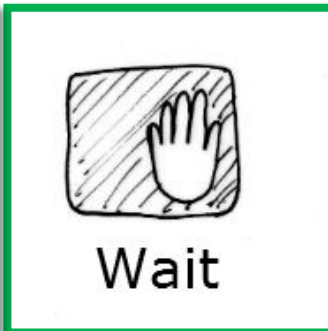
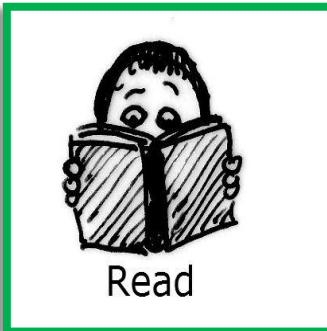
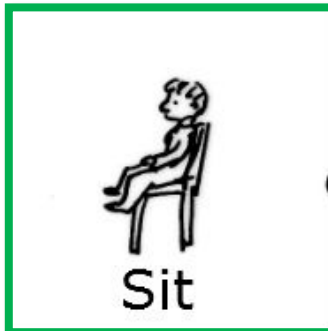
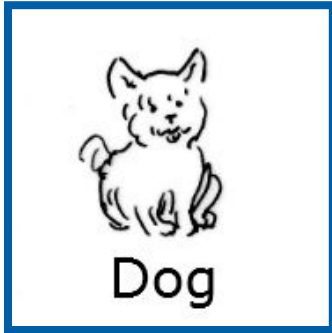
Ask questions while reading the book. For children who are working on pointing ask them to point to the icon that answers the question. For children who are beginning to talk ask them to say the word. If they can approximate the beginning sound of the word, praise them for that effort. For children who can approximate the sound of the word ask them to articulate the whole word.



# Lola Goes to the Doctor Curriculum Guide



Use the icons below while reading *Lola Goes to the Doctor*:







## Lola Goes to the Doctor Curriculum Guide



### Questions:

1. What is Lola? (Dog Icon)
2. Where did Lola go? (Doctor's Office Icon)
3. What did Lola have to do when she went to the doctors? (Wait Icon)
4. What did Lola need to behave and wait? (Patience Icon)
5. How did Lola feel? (Nervous Icon)
6. What is something Lola could do while she is waiting? (Read Icon)
7. When the doctor saw Lola how was he? (Kind Icon)
8. What did the doctor use to listen to Lola's heart? (Stethoscope Icon)
9. After Lola got her shot what did she get? (Treat Icon)
10. Who did Lola see in the doctor's waiting room? (Pig, Chicken, Fish Icon)
11. Where does Lola go after the doctors? (Home Icon)
12. What does Lola do when she goes home? (Sleep Icon)

