

# ***Ollie the Owl Learns Who to Count On***

## Lesson Objective:

Students will learn about trust, dependability, and the importance of knowing who they can count on through the story "Ollie the Owl Learns Who to Count On."

## Materials Needed:



- The story "Ollie the Owl Learns About Loneliness"
- The song "Ollie Learns to Trust!"
- Ollie's Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1-Who Can I Count On? Worksheet
- Activity 2- Role-play
- Home Connection Letter

## Introduction to the Topic (10 minutes)

### Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly talk about what it means to trust someone and how friends and family can help us when we feel lost or sad.
- Introduce the concept of dependability and explain that it's important to know who we can count on.

## Greeting and Circle Time Teacher Script

- **Warm Welcome and Opening Discussion:**
  - "Good morning, everyone! I'm so happy to see you all here today. Please join me in a circle; we're going to start with a little talk about something very important: trust and dependability."
  - "Can anyone tell me what it means to 'trust' someone?"
  - (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)
- **Discussion Starter**
  - "Yes, trust means you can count on someone to help you or be there for you when you need them. Think of times when you felt sad or maybe needed help. Who helped you feel better?" (Encourage responses and gently guide them to think about family, friends, or teachers.)

- "Today, we'll talk about knowing who we can depend on. When we know who we can trust, we feel safe, loved, and happy."

### Read the Story (15 minutes)

#### Story Time Outline:



- Read the story "Ollie the Owl Learns Who to Count On" aloud to the class
- Engage the children by asking questions about who helped Ollie and how he felt.
- Emphasize the importance of having dependable friends and family members.

#### Story Time Teacher Script:

##### 1. Prepare the Students for the Story:

- a. "We're going to read a story now about Ollie the Owl. In this story, Ollie feels a little lost and sad, and he learns who he can count on to help him feel better. Let's see who Ollie trusts!"
- b. (Read the story aloud, pausing at key moments to ask questions and engage the children.)

##### 2. Read the story with an emphasis on key moments:

While reading, pause during key moments to ask the following questions:.

- *How is Ollie feeling at the beginning of the story?*  
(Helps students identify emotions like sadness, confusion, or loneliness.)
- *What does Ollie say to Benny the Bear?*  
(Supports comprehension and encourages listening for key dialogue.)
- *How does Benny help Ollie feel better?*  
(Focuses on emotional support and kindness from friends.)
- *What is Betty the Beaver doing when Ollie finds her?*  
(Encourages paying attention to details and character actions.)

- *What does Betty say to Ollie when he asks for help?  
(Reinforces the idea of dependable friends.)*
- *Why does Ollie decide to visit his mom and dad?  
(Highlights the role of trusted adults and caregivers.)*
- *How do Ollie's parents comfort him?  
(Builds understanding of family love and security.)*
- *Who else in Ollie's family helps him feel better?  
(Supports memory and emphasizes family support.)*
- *How does Ollie feel after talking to his family and friends?  
(Links emotional shifts with connection and kindness.)*
- *What lesson does Ollie learn by the end of the story?  
(Summarizes the theme of knowing who to count on.)*

### **Ollie the Owl Learns Who to Count On**

In a forest full of trees so tall,  
Lived Ollie the Owl, who was loved by all.  
With feathers so soft and eyes so bright,  
He flew through the woods both day and night.

But one day, Ollie felt a bit lost,  
His heart was heavy, like a path he'd crossed.  
He needed help but didn't know who,  
So he set off to find out what to do.

First, he met Benny, the big brown bear,  
With a kind smile and a gentle stare.  
"Benny," asked Ollie, "can you help me out?  
I feel so lost, I'm filled with doubt."

Benny gave a hug, so warm and tight,

"Of course, dear Ollie, I'll make it right.  
You can count on me, through thick and thin,  
Together we'll find your joy within."

Next, he saw Betty, busy and bright,  
Building her dam from morning to night.  
"Betty," said Ollie, "I need a friend,  
Someone to help, on whom I can depend."

Betty nodded, her tail a-swish,  
"Come, Ollie, share your wish.  
You can count on me, I'm here for you,  
Helping each other, that's what friends do."

Ollie felt better, but still a bit sad,  
So he flew home to see his mom and dad.  
"Mom, Dad," he said, with a tear in his eye,  
"Can you help me, I don't know why."

His mom hugged him close, his dad did too,  
"Ollie, we're always here for you.  
You can count on us, day or night,  
We'll help you find your way, make things right."

Then his brothers and sisters gathered near,  
With wings around, they wiped his tear.  
"Ollie, we love you, don't you see?  
You can count on us, your family."

Ollie felt warmth from friends and kin,  
A sense of love began to spin.  
He knew he could count on them, every one,

Through any trouble, under the sun.

Now when Ollie feels lost or small,  
He knows who to call, one and all.  
Benny the Bear, and Betty Beaver too,  
Mom, Dad, and siblings, always true.

In the forest green, with friends so dear,  
Ollie found out, there's nothing to fear.  
He learned that with love, he's never alone,  
With family and friends, he's always home.

### 3. Post-Story Teacher Script

- "So, Ollie was feeling sad and unsure. But he learned that when he talked to his friends and family, they were willing to help him. What do you think? Can we try some of Ollie's ideas when we feel sad and unsure too?"

### 4. Post-Story Questions

Ask these questions to help students reflect on the story and connect it to their own experiences:

- *What does it mean to "count on" someone?*  
(Helps define the phrase in simple, child-friendly language.)
- *Who are people in your life that you can count on?*  
(Encourages personal reflection and connection to the story.)
- *Why do you think it's important to have people we trust?*  
(Reinforces the need for emotional safety and connection.)

- *How can you be someone that your friends can count on?*  
(Promotes kindness, dependability, and empathy.)
- *What can you do if you feel sad or lost like Ollie did?*  
(Provides real-life strategies for reaching out and coping.)
- *Have you ever helped a friend or family member when they needed you?*  
(Builds confidence and awareness of caring actions.)
- *What are some ways your family shows they care for you?*  
(Encourages gratitude and recognition of loving support.)
- *What could you say to a friend who looks like they need help?*  
(Practices compassionate language and social awareness.)
- *Do you think it's okay to ask for help when you need it? Why?*  
(Affirms emotional honesty and communication.)
- *How will you remember Ollie's lesson about counting on others?*  
(Supports internalizing the theme for everyday use.)

### Sing the Song (10 minutes)



- Teach the children the “Ollie Learns to Trust” song
- Sing the song together a few times, encouraging the children to join the actions.

“Now, let’s sing a song about Ollie and how he learns who he can count on. This song will help us remember the people that will be there for us when we need help!”

#### “Ollie Learns to Trust”

Verse]

Ollie the owl flew high through the night  
Under the moon's soft silver light  
But when the wind blew wild and strong

#### Hand Movements

Flap hands like wings

He wondered where he did belong

Hold palms facing up, shrug shoulders

[Verse 2]

Mama said trust you'll know what to do  
Family's here to guide and help you through  
Friends will catch you if you call their name  
Together, we'll brighten any dark game

Link arms together

[Chorus]

Oh Ollie, you can trust the sky  
Lean on wings as cloud dreams fly  
Friends and family standing near  
They'll hold you up when storms appear

Look up  
Flap hands like wings

[Verse 3]

One day, Ollie met a squirrel near a tree  
"Stick with me we'll find where you should be"  
Ollie hesitated but gave it a try  
The squirrel showed him how to reach the sky

Point to yourself

[Verse 4]

A fox said "Ollie take this little leap"  
His racing heart began to keep  
The beat of trust it grew so sure  
He saw that friends make brave hearts pure

Jump up

[Bridge]

Family's a nest safe and warm  
While friends help you navigate a storm  
Together they lift you when you're down  
Teaching trust wears friendship's crown

Raise hands in the air

"You all did wonderfully! Just like Ollie, we can count on our friends and family when we feel down or need help. Now, let's do some activities that Ollie would love!"

Do an Activity (20 minutes)

- Students will practice greeting others.

**Please choose from the following 2 activities:**



### Activity 1: Who Can I Count On? Activity Sheet (15 minutes)

#### 1. Introduce Activity

“Just like Ollie, we all have people we can count on when we feel sad, scared, or unsure. These people help us feel better, just like Benny, Betty, and Ollie’s family helped him. Today, we’re going to create a special page showing **who you can count on** in your life!”

#### **Activity Instructions**

“Each of you will get a worksheet with four sections. There is a section for Home, School, Who I can talk to and a section for who can help me. Think about each section and you can either write or draw people that you can count on when you need help, feel sad or just need a hand.”

#### **At School I Can Count On:**

*(e.g., teacher, friend, or lunch supervisor)*

#### **At Home I Can Count On:**

*(e.g., mom, dad, grandma, big sister)*

#### **Someone I Can Talk To:**

*(e.g., a trusted adult, counselor, neighbor)*

#### **A Friend Who Helps Me Feel Better:**

*(e.g., classmate, cousin, sibling)*

#### **Encourage Participation:**

“Let’s get creative! Think about all the people in your life that can help you out.”

## Discussion:

- "Who would like to share one person they can count on and why?"
- "How do you feel when you know someone is there for you?"
- "Can you be someone a friend can count on, too?"

## Activity 2: Role-Play (15 minutes)



### 1. Introduce Activity

““Do you remember how Ollie felt in the story *Ollie the Owl Learns Who to Count On*? He was feeling lost and unsure, but he learned something important—there are special people we can count on when we need help, love, or support.”

“Today, we’re going to pretend to be Ollie and his friends. We’ll act out what it looks like to **ask for help**, **offer support**, and be someone others can **count on** too!”

## Activity Instructions

For each role-play scenario, choose 1-2 students to come up and role-play the following scenarios. Let the students act out one of the scenarios and how they would solve the problem.

“Here’s how we’re going to do our role-play today:”

1. **Choose Characters** – I will invite some of you to be characters from the story—like Ollie, Betty, Benny, Sammy, or Buzz. We’ll take turns so everyone gets a chance!



2. **Set the Scene** – I will describe what’s happening in the story or real life, and you’ll act it out using your words, actions, and kind voices.
3. **Use Kind Words** – Just like in the story, we’ll practice how to say things like:
  - “Can I talk to you?”
  - “I’m here for you.”
  - “You can count on me!”
4. **Switch and Share** – After each short scene, we’ll talk about what happened and how it felt. Then new friends will get a turn to try!
  - Scenarios:
    - i. **Ollie feels sad and asks Benny for help.**
      - *Benny gives him a hug and says he’s always there.*
    - ii. **Betty is busy working, but Ollie comes to talk.**
      - *Betty stops and listens kindly, showing Ollie he matters.*
    - iii. **Ollie visits his mom and dad when he feels unsure.**
      - *They comfort him and remind him he can always come to them.*
    - iv. **Ollie writes a letter to Sammy and Betty, asking to play.**
      - *They read the letter and come to visit with kindness.*
    - v. **Ollie sees another animal looking lonely.**
      - *He offers to sit with them and says, “You can count on me.”*

## Review and Reflection Teacher Script

### 1. Gather in a Circle for Reflection:



"Let’s come back to the circle and share. Who would like to share who you can count on? (Allow a few children to share.)

“How did it feel to ask someone for help?”

“How did it feel to help someone else?”

“Who are people in your life you can count on?”

“How can *you* be someone others can count on?”

(Allow children to share, reinforcing their understanding.)

“When we listen, help, and care, we become the friends others can count on—just like Ollie’s family and friends.”

## Home Connection Letter

### 1. Sending Information Home:

- "Before you go, I have a letter for you to take home. It talks about what we learned today, so you can share it with your family."

(Hand out the parent letters.)

"Thank you for being such wonderful listeners and friends today! I can’t wait to see you all next time."

- Hand out the letters as the children prepare to leave.

## Parent Letter

### Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson

**Dear Families,**

This week in our Character Development time, we explored an important and heartwarming lesson through the story ***Ollie the Owl Learns Who to Count On***.

In the story, Ollie the Owl feels unsure and a little lost, but with the help of his friends—Benny the Bear and Betty the Beaver—and the love of his family, Ollie learns that he isn't alone. He discovers that there are special people he can **trust and count on** during hard times. This story helps children understand the value of **friendship, family, emotional safety, and asking for help when they need it**.

### **Our Class Activities Included:**

#### **1. Read-Aloud & Discussion:**

We read the story together and talked about what it means to “count on” someone and how it feels to know someone cares.

#### **2. Role-Play Scenarios:**

The children acted out real-life situations where someone might need help or support. They practiced being kind friends and caring family members whom others can trust.

#### **3. “Who Can I Count On?” Activity Sheet:**

Each child created their own visual page showing people they can count on at home, at school, and in their community. They drew or wrote about trusted adults and friends who helped them feel safe and loved.

At this age, children are learning to understand emotions, build friendships, and feel confident expressing when they need support. Teaching them that it's okay to ask for help—and to be someone others can rely on—helps them feel secure and connected.

Here are a few ways you can continue the conversation at home:

- Ask your child: “Who do you feel you can count on when you need help?”
- Share your own examples of people you trust and why.
- Practice role-playing simple ways to ask for help or offer help to others.

Thank you for being part of your child's journey in learning about empathy, trust, and connection. Together, we're helping them grow into kind and confident individuals.

With gratitude,



# ***Who Can I Count On?***

***At School***



***At Home***



***Someone I  
Can Talk to***



***Friends Who  
Help Me***

