

# COUNSELING & SEL 70-LESSON BUNDLE



MEGA BUNDLE





## SCHOOL COUNSELING CURRICULUM


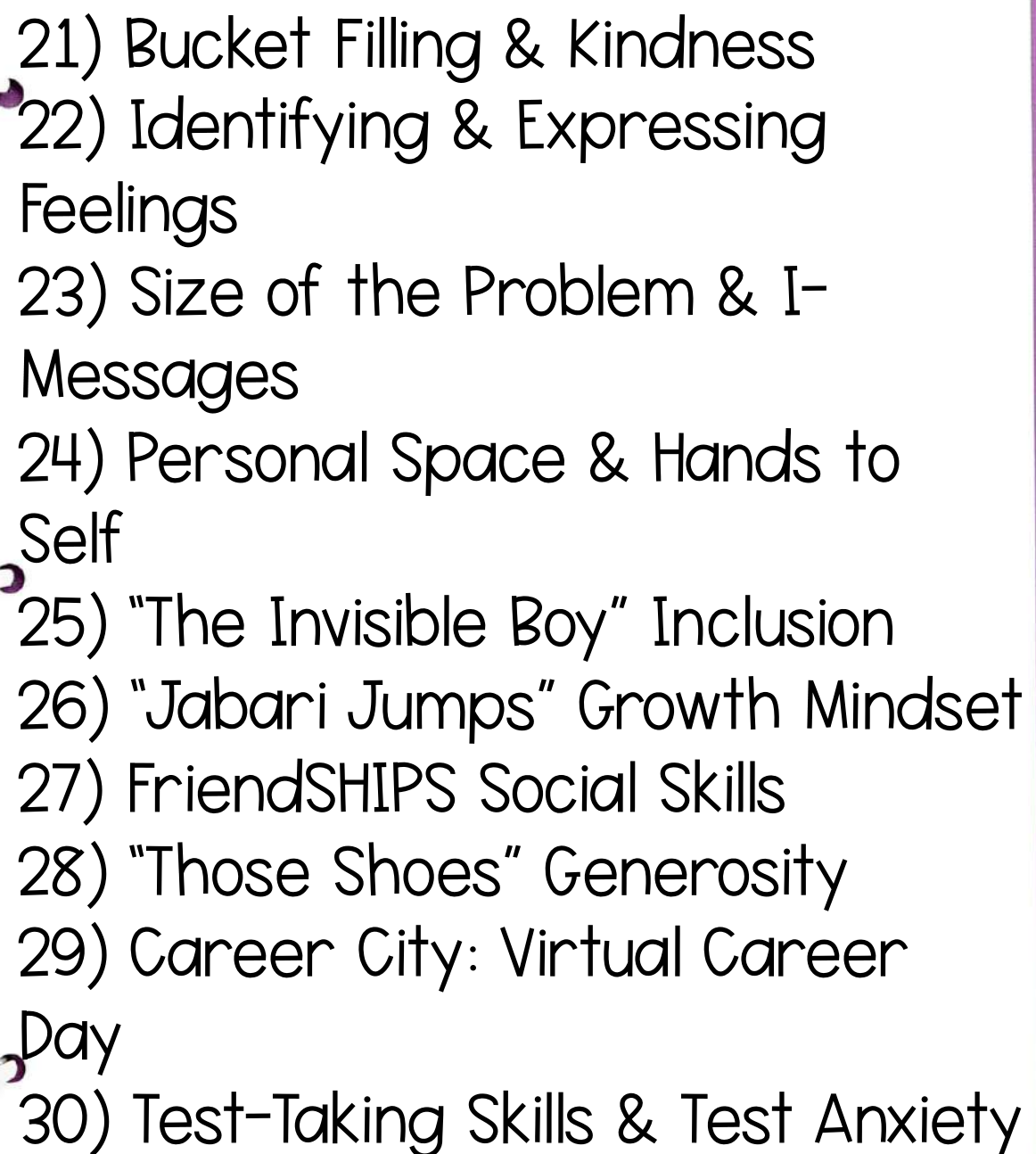


70 LESSONS

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- 1) Positive Behavior & School Success Lesson
  - 2) Small Problems & Big Problems Lesson
  - 3) Tattling vs. Reporting Lesson
  - 4) Generosity & Giving Lesson
  - 5) I-Messages Pizzas Lesson
  - 6) Friendship "We Go Together" Lesson
  - 7) Bullying vs. Conflict Lesson
  - 8) Diversity Lesson
  - 9) Hero or Zero Choices Positive Behavior Lesson
  - 10) "Wilma Jean, the Worry Machine" Lesson
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- 11) "The Pout Pout Fish Goes to School" Growth Mindset
  - 12) "The Recess Queen" Social Skills & Behavior
  - 13) Diversity & Identity
  - 14) "One" Bullying Prevention
  - 15) "Clark the Shark" Self-Control
  - 16) Conflict Resolution with "The Buddy Bear"
  - 17) "When Miles Got Mad" Companion
  - 18) Careers Guessing Game
  - 19) "Extra Yarn" Generosity & Compassion
  - 20) Sportsmanship

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- 21) Bucket Filling & Kindness
- 22) Identifying & Expressing Feelings
- 23) Size of the Problem & I-Messages
- 24) Personal Space & Hands to Self
- 25) "The Invisible Boy" Inclusion
- 26) "Jabari Jumps" Growth Mindset
- 27) FriendSHIPS Social Skills
- 28) "Those Shoes" Generosity
- 29) Career City: Virtual Career Day
- 30) Test-Taking Skills & Test Anxiety





31) I-Messages Trains Lesson

32) "Worry Says What?"

Companion Lesson

33) Problem-Solving Pirates  
Lesson

34) Coping Skills & How to Use a  
Calm Corner Lesson

35) Kindness Lesson

36) "The Worst Day of My Life  
Ever" Companion Lesson


37) Sunny & Stormy Friends  
Lesson

38) Personal Hygiene Lesson


39) Positive Behavior Lesson

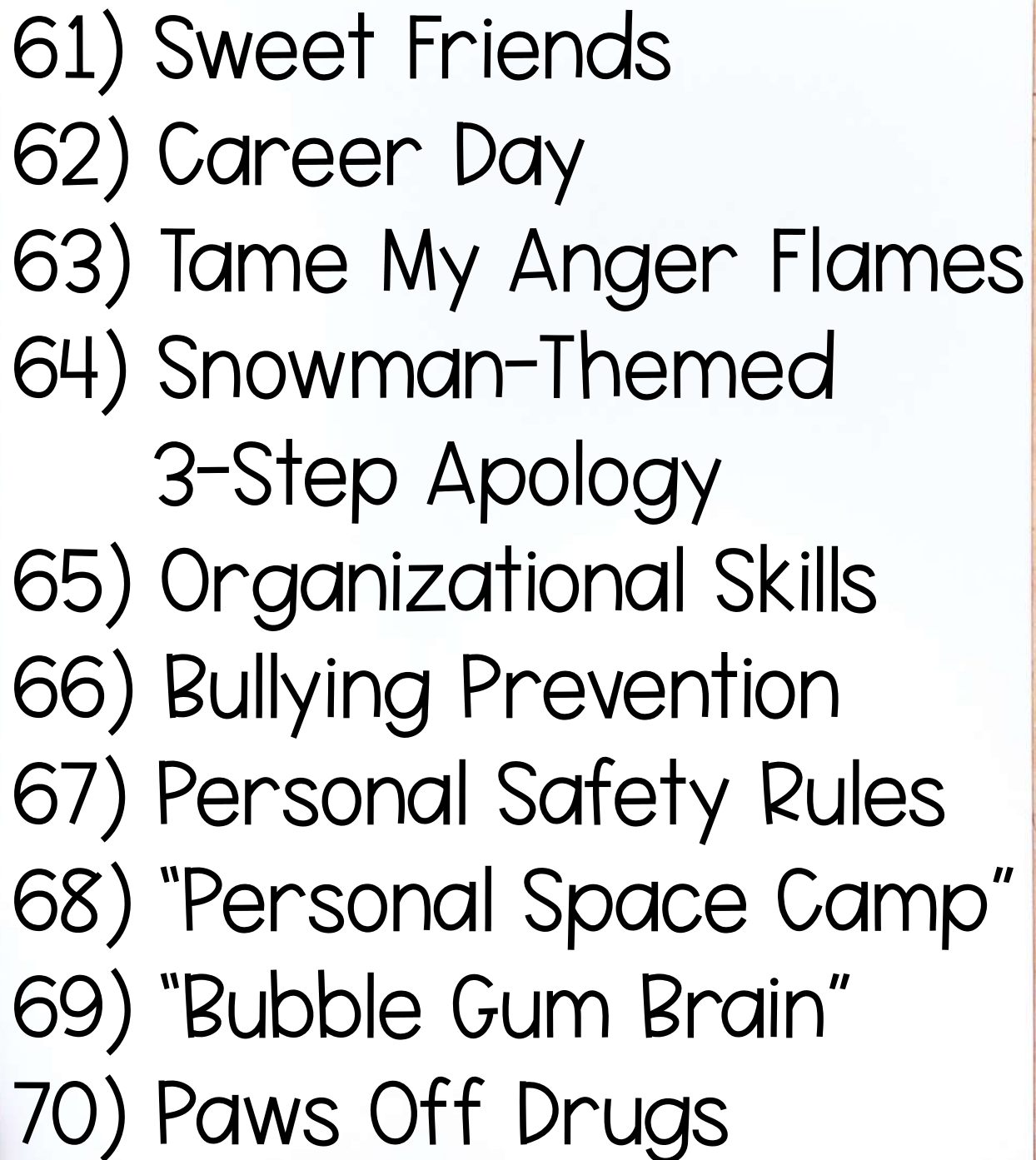
40) Attendance Lesson



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- 41) Community Helpers Lesson
- 42) "The Anti-Test Anxiety Society" Companion
- 43) Mental Health Lesson
- 44) Mindfulness Lesson
- 45) "Bully B.E.A.N.S." Companion
- 46) Positive Behavior Activity
- 47) Cyber Safety Lesson
- 48) "Soda Pop Head" Companion
- 49) Kindness Quest Lesson
- 50) Listening Skills Lesson



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- 51) "Tease Monster" Lesson
  - 52) "Hello, Anger" Lesson
  - 53) "Hello, Anxiety" Lesson
  - 54) Cyber Safety Lesson
  - 55) Yeti Yoga Lesson
  - 56) Identifying Feelings Lesson
  - 57) Coping Skills Lesson
  - 58) Snowman Community Helpers Lesson
  - 59) Positive Behavior Game
  - 60) "I Am Vape" Lesson

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- 61) Sweet Friends
- 62) Career Day
- 63) Tame My Anger Flames
- 64) Snowman-Themed  
3-Step Apology
- 65) Organizational Skills
- 66) Bullying Prevention
- 67) Personal Safety Rules
- 68) "Personal Space Camp"
- 69) "Bubble Gum Brain"
- 70) Paws Off Drugs



# Bucket Filling & Bucket Dipping





# "The Anti-Test Anxiety Society" Companion Lesson





# "The Anti-Test Anxiety Society" Companion Lesson





# Sweet Friends





# Sweet Friends

## Sweet Friends





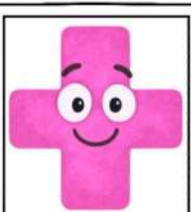
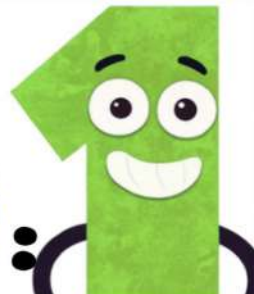
# "Tease Monster" Companion Lesson



**MEAN  
TEASING:**



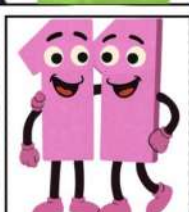
**NICE  
TEASING:**



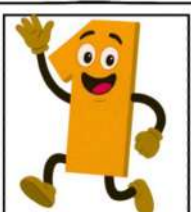
**Positive**



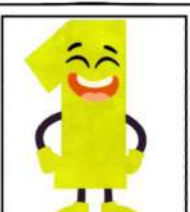
**Playful**



**No one is left out**



**Feelings aren't hurt**

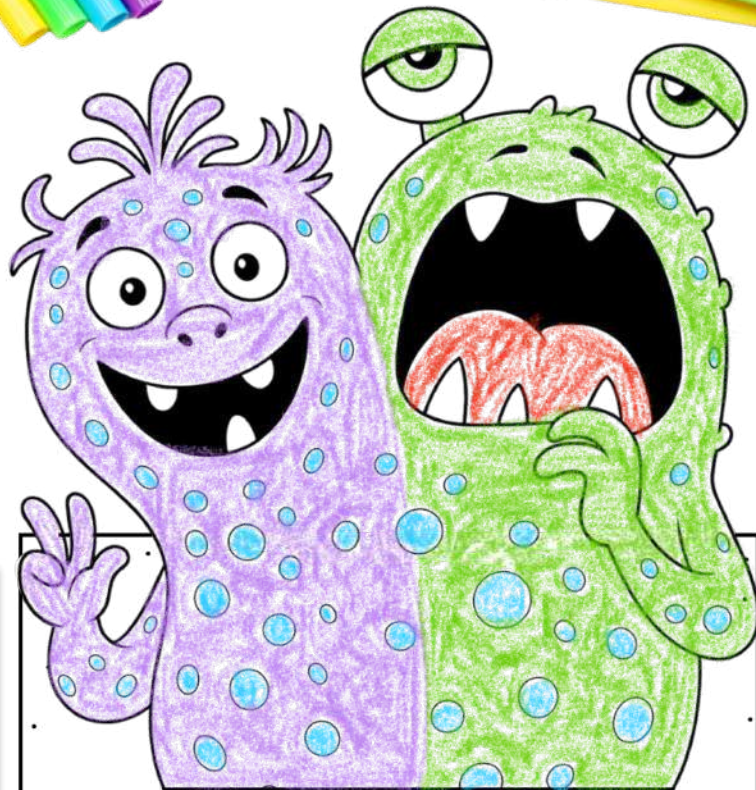


**Makes you laugh**



**Stops when asked**

© Music City Counselor



Name: Jorge Macias

## TEASE MONSTER

An example of Nice Teasing is:

"You're so fast, you run like a superhero!"

If someone Mean Teases me, I can:  
walk away and find a friend. I  
can also tell a grown-up I trust.

© Music City Counselor



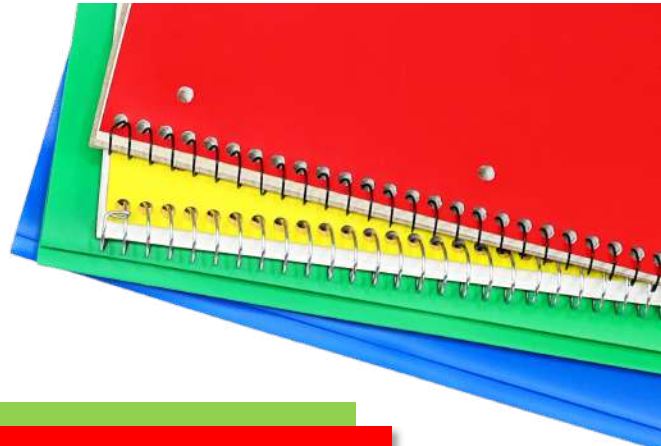
# "Tease Monster" Companion Lesson





# "Hello, Anger"

## Companion Lesson



### UNDER MY ANGER

When anger shows up, there are usually other feelings hiding underneath it.

### HELLO

When we explore which feelings are hiding underneath our anger, we can figure out what's really going on.

Juan's classmates laughed at him. **WHAT IS HIDING UNDER HIS ANGER?**

### ANGER LOOKS LIKE

- Furrowed eyebrows
- Red cheeks
- Racing heart
- Stomping feet
- Hands in fists
- Sweaty, hot body
- Quick, shallow breaths

### UNDER MY ANGER

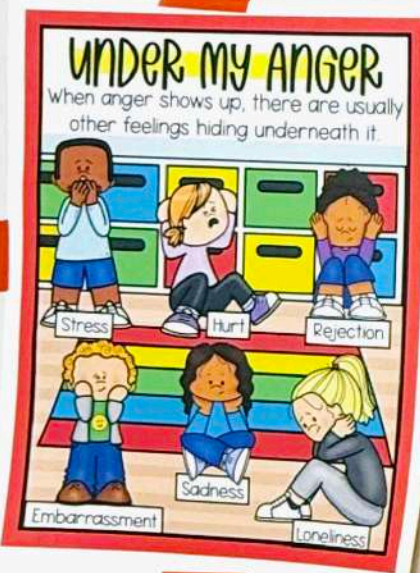
When anger shows up, there are usually other feelings hiding underneath it.

- Stress
- Hurt
- Rejection
- Embarrassment
- Sadness
- Loneliness



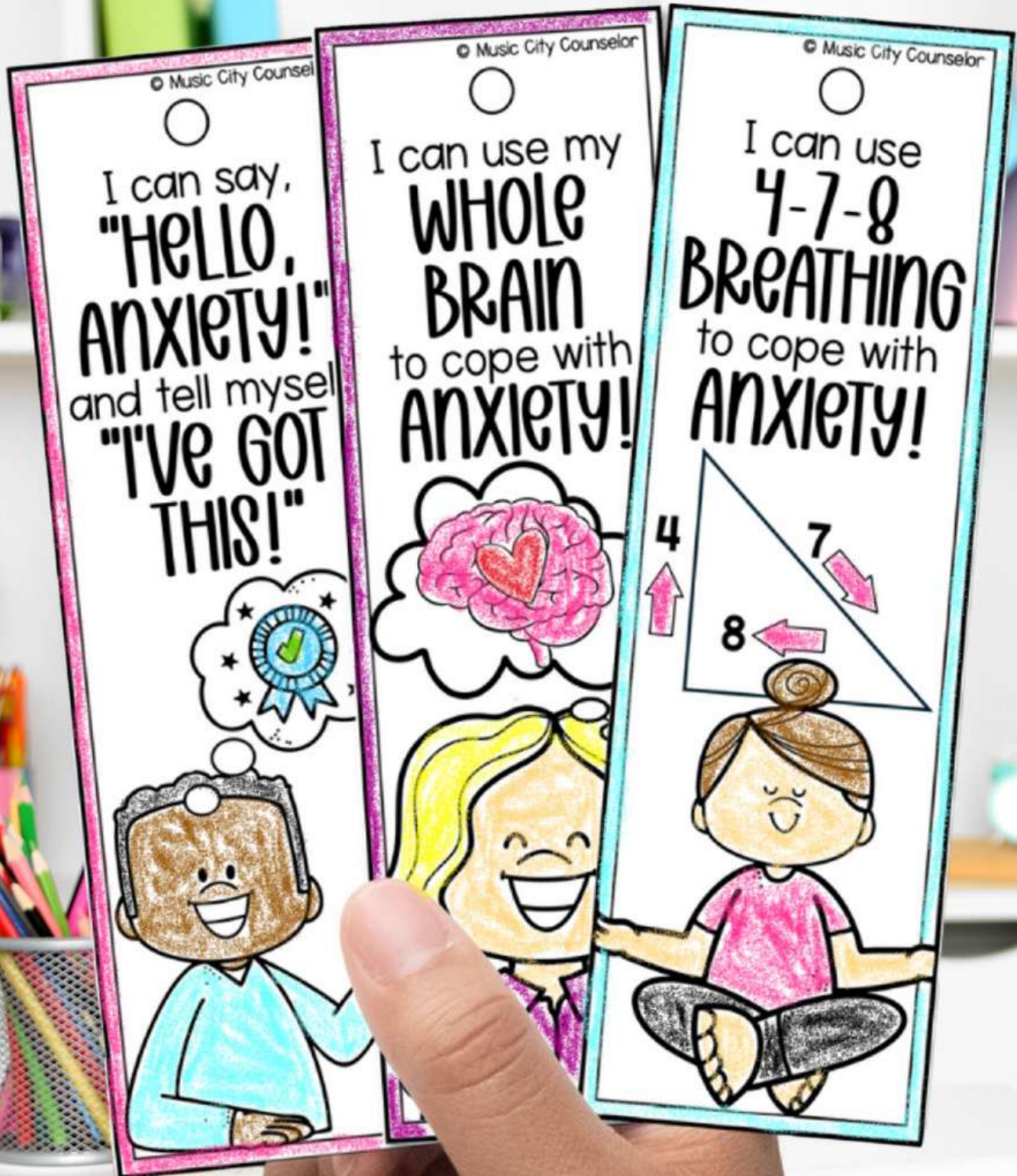
# "Hello, Anger"

## Companion Lesson





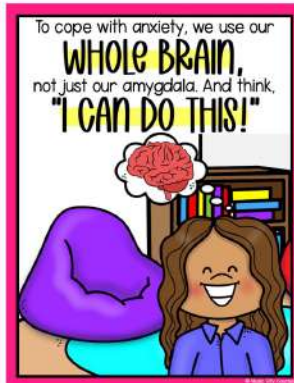
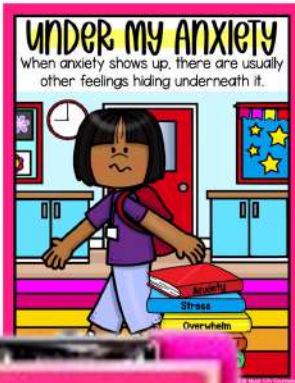
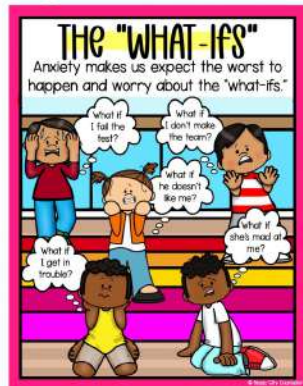
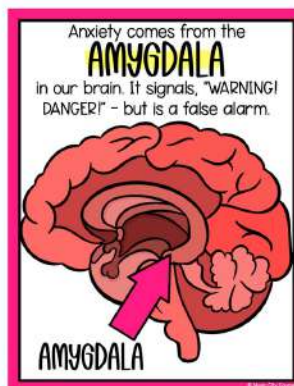
# "Hello, Anxiety" Companion Lesson





# "Hello, Anxiety" Companion Lesson

## HELLO, ANXIETY





# "Hello, Anxiety"

## Companion Lesson



to cope with anxiety, we can try

### 4-7-8 BREATHING.

A girl is sitting on the floor in a meditative pose. Above her head is a thought bubble containing a pink triangle with the numbers 4, 7, and 8 and arrows indicating a breathing cycle.

Anxiety comes from the

### AMYGDALA

in our brain. It signals, "WARNING! DANGER!" - but is a false alarm.

A detailed illustration of a human brain with a pink arrow pointing to the amygdala, a small almond-shaped structure.

Name: Juana Martinez © Music City Counselor

### THE "WHAT-IF'S"

Write in the thought bubble a "what-if" that you worry about.

A girl is standing in front of blue school lockers, looking thoughtful. A thought bubble above her head contains the text: "What if I don't make the soccer team?"

Anxiety is like an

### ALARM SOUNDING

in our brain. It tries to protect us, but sometimes, it goes off when there's no real danger. It makes us feel jumpy, sweaty, and shaky when we're actually safe.

A girl with blonde hair is looking startled, with her hands near her face. A thought bubble above her head shows a red alarm bell.

### UNDER MY ANXIETY

When anxiety shows up, there are usually other feelings hiding underneath it.

A girl is walking down a set of stairs, carrying a stack of books. The books are labeled with feelings: Anxiety, Stress, Overwhelm, Loss of Control, and Fear of the Unknown.

Name: Corey McDonald © Music City Counselor

### ANXIETY LOOKS LIKE

Write in each box the sign of anxiety that the arrow is pointing to.

A girl is standing with various signs of anxiety labeled around her: Swirling thoughts, Quick breaths, Shaky hands, Butterflies in tummy, Shaky knees, and Furrowed eyebrows. A hand is shown writing in one of the boxes.



# Cyber Safety Lesson



## CYBER SAFETY TIPS



Ask permission.



Use in open areas.

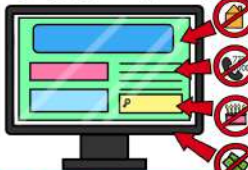


Talk to people you know. "Friend" people you know.



Never meet u

## CYBER SAFETY TIPS



Don't share personal info. Careful where you click.



on what you read.



Be kind online.



rt cyber bullying.



Limit screen time.

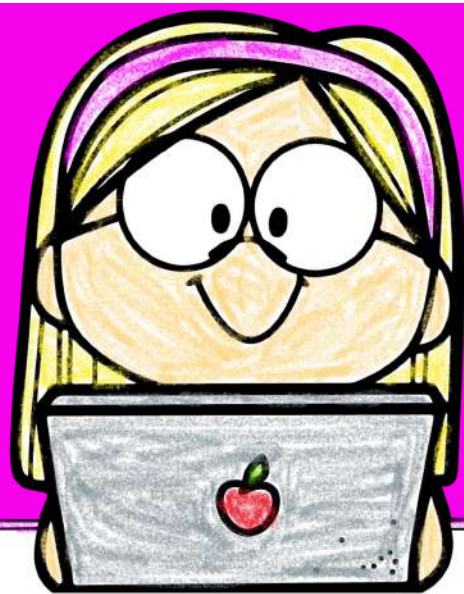
Let's Talk

CYBER SAFETY

Does have about time

Let's Talk

CYBER SAFETY!  
Why is it important to take breaks from screens?



Name: Laura Beth

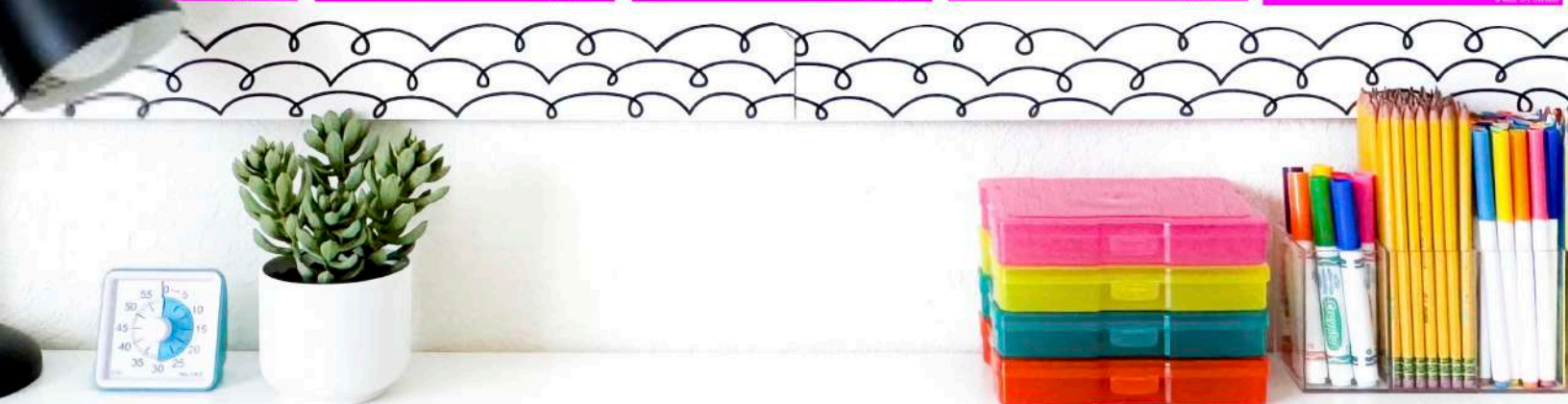
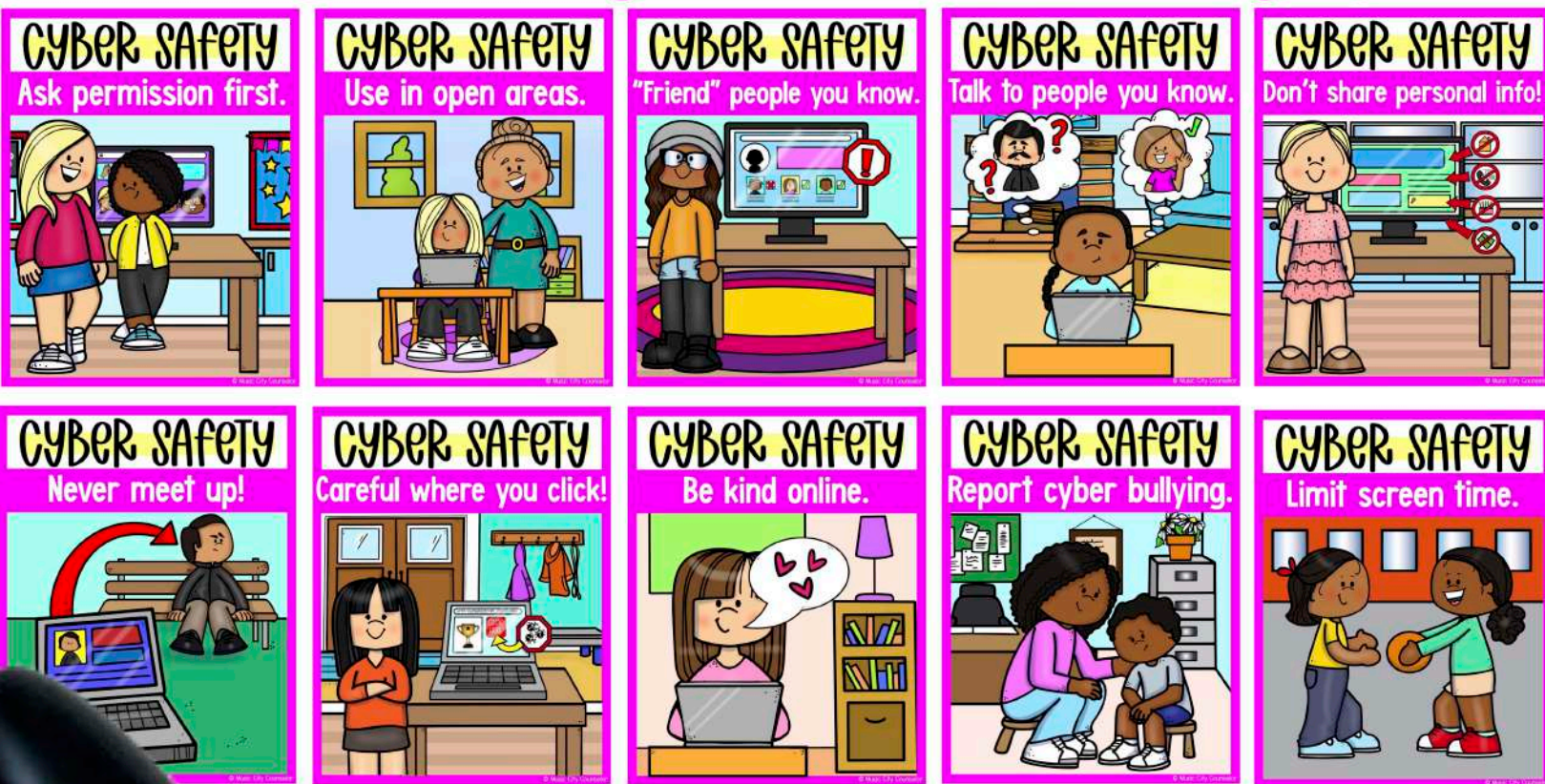
## CYBER SAFETY

I am Cyber Safe when I...  
talk to people I know on my  
es and apps. I never meet  
one or share information  
anyone I don't know.



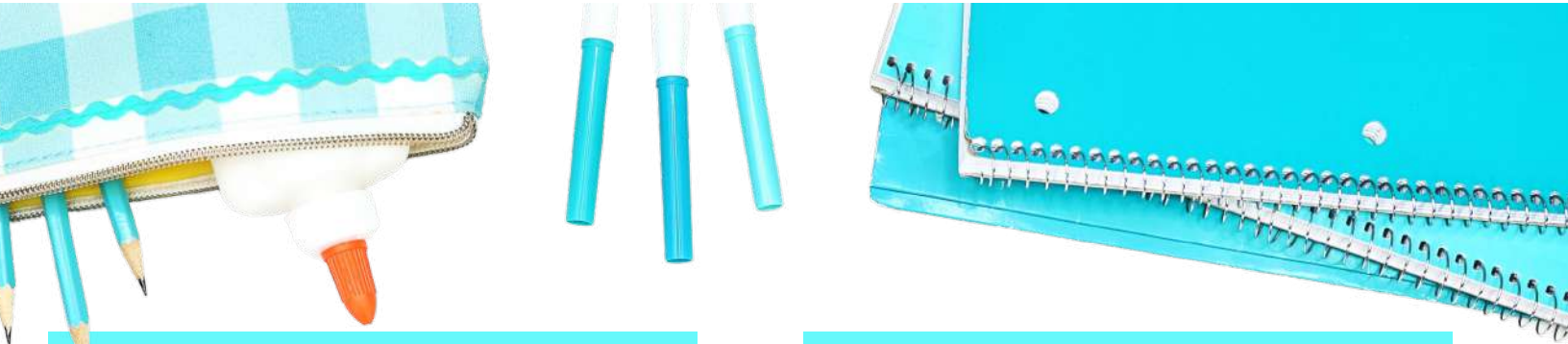
# Cyber Safety Lesson

## CYBER SAFETY





# Yeti Yoga Lesson



## FLAMINGO POSE



Stand up tall. Lift one  
that foot on your  
flamingo standing in  
your arms up to the  
hands to

## TABLE POSE



feet flat on the floor.  
the floor behind you  
our arms. Lift your  
e a flat table. Balance  
breathe.

## MY YETI FEELINGS



Happy

Sad

Angry

Silly

Scared

Annoyed

Disappointed

## FROG POSE

## TURTLE POSE

TRIA

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© Music City Counselor

© Music City Counselor



# Yeti Yoga Lesson

## YETI YOGA

### CHILD POSE



Kneel down and sit your bottom on your heels. Lower your head and chest down so they rest on your legs. Stretch out your arms like you're reaching for a toy.

### BUTTERFLY POSE



Sit down with your back straight. Bend your knees and bring the bottoms of your feet together. Hold your feet with your hands. Flap your knees like they're wings.

### BRIDGE POSE



Lie down on your back. Bend your knees and put your feet flat on the floor. Put your arms down by your sides. Lift your bottom up, like you're building a bridge.

### CHAIR POSE



Stand up with your feet shoulder-length apart. Reach your arms up high. Bend your knees like you're sitting down in an invisible chair. Keep your back straight!

### CAMEL POSE



Kneel down and stand tall on your knees. Lift your chest up and gently lean back like a camel stretching its neck. Reach your hands down and hold your heels.

### BOAT POSE



Lie down. Lean back just a little bit. Lift your feet off the floor so your legs make a "V". Reach your arms forward. Try to balance like a little boat on the water!

### COW POSE



Get on your hands and knees like a cow. Make sure your hands are under your shoulders and your knees are under your hips. Lift your head and tail up to the sky.

### FLAMINGO POSE



Stand up tall. Lift one knee up and place that foot on your other leg, like a flamingo standing in the water. Stretch your arms up to the sky and put your hands together.

### COBRA POSE



Lie down on your tummy with your legs stretched out behind you. Press your hands into the floor and lift your chest up, like a snake popping up to look around.

### FROG POSE



Squat down low to the ground, like a little frog about to hop. Put your hands on the floor in front of you, wide. Keep your back straight.





# Identifying Feelings Lesson



Name: \_\_\_\_\_

# HAPPY



Why do you think \_\_\_\_\_



What does happen \_\_\_\_\_



What does happen \_\_\_\_\_  
body?

## Identifying My FEELINGS



**Happy**



**Sad**



**Angry**



**Excited**



**Silly**



**Surprised**



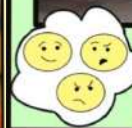
**Scared**



**Frustrated**



**Nervous**



How does  
Archie feel?



How does  
Cam feel?



How does  
Sarah feel?



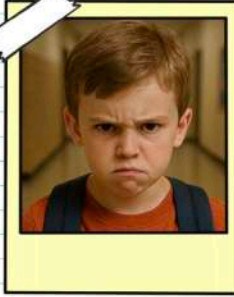
# Identifying Feelings Lesson

## MY FEELINGS

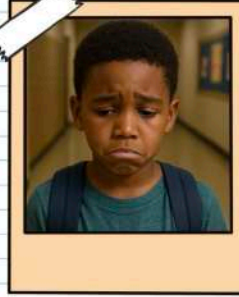
Today I feel  
**HAPPY**



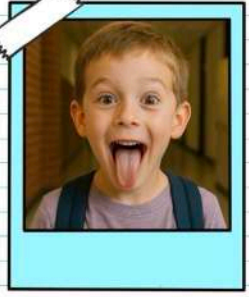
Today I feel  
**ANGRY**



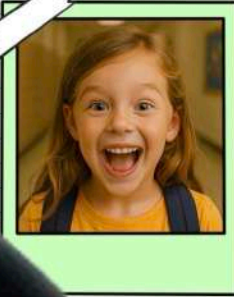
Today I feel  
**SAD**



Today I feel  
**SILLY**



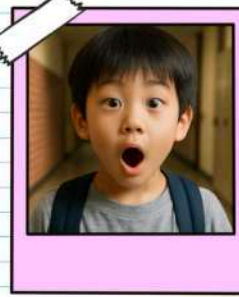
Today I feel  
**EXCITED**



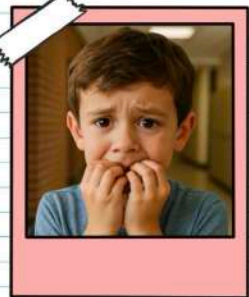
Today I feel  
**SCARED**



Today I feel  
**SURPRISED**



Today I feel  
**NERVOUS**





# Coping Skills Lesson



## COPING SKILLS

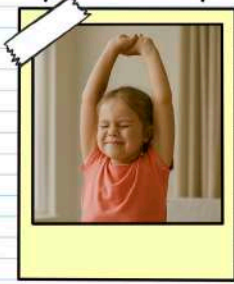
Take deep  
**BREATHS**



Count from  
**1 TO 10**



**STRETCH**  
your body



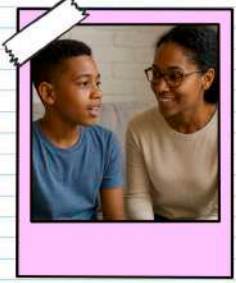
Draw or  
**COLOR**



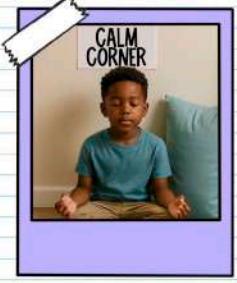
Ask for a  
**HUG**



**TALK**  
it out



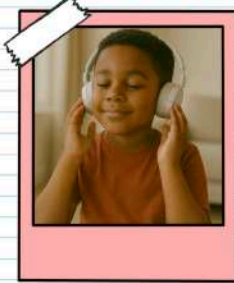
Go to the Calm  
**CORNER**



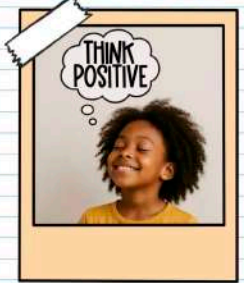
Take a  
**BREAK**



Listen to  
**MUSIC**



Think  
**POSITIVE**





# Coping Skills Lesson





# Snowman Community Helpers



## Community Helper SNOWMEN

Firefighter

Basketball Player

Mail Carrier

## Community Helper SNOWMEN

Farmer



Ballet Dancer



Painter



Astronaut

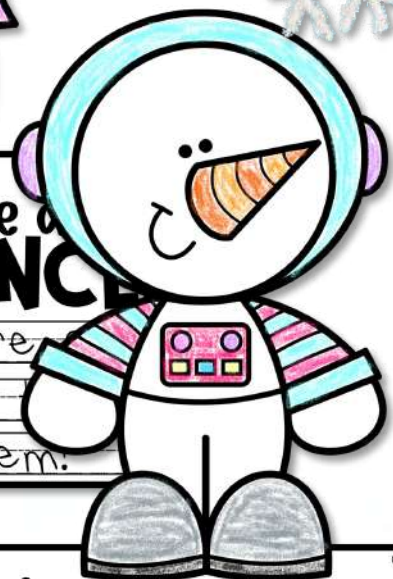


Detective



I want to be a  
**BALLET DANCER**

Ballet dancers are  
graceful. I want  
to dance like them.



I want to be an  
**ASTRONAUT.**

Astronauts get to explore  
space in a rocket ship. I  
want to fly to the moon!

© Music City Counselor

© Music City Counselor



# Positive Behavior Game





# Career Day



Name: Hayden Miller

## CAREER DAY: SOLDIER

The soldier taught me...  
they defend our country  
Humvee to stay safe on  
I would like to be a soldier  
protect our country  
s. They are

Name: Juana Ramirez

## CAREER DAY: FIREFIGHTER

taught me...  
protect her from  
se on it.  
ter because...  
afe in scary

Name: De'Mario Johnson

## CAREER DAY: DOCTOR

The doctor taught me...  
that he gives medicine and does surgery  
if people are sick or hurt.  
I would like to be a doctor because  
They help people feel better



# Career Day



## COMMUNITY HELPERS

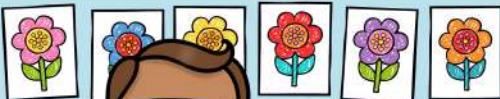


welcome to  
**CAREER DAY!**



## what is **CAREER DAY**

A special day at school when community helpers come in to teach us about their jobs. They share what they do every day, how they help others, and why their job is important.



Let's  
Talk!

## **Career Day**

Does your favorite career wear a uniform?  
If so, what is it?

Let's  
Talk!

## **Career Day**

How do the people in your favorite career work together with others?

Let's  
Talk!

## **Career Day**

Why do you think you would be good at your favorite career?

Let's  
Talk!

## **Career Day**

Which career seemed the most challenging to you? Why?



# Tame the Anger Flames





# Tame the Anger Flames



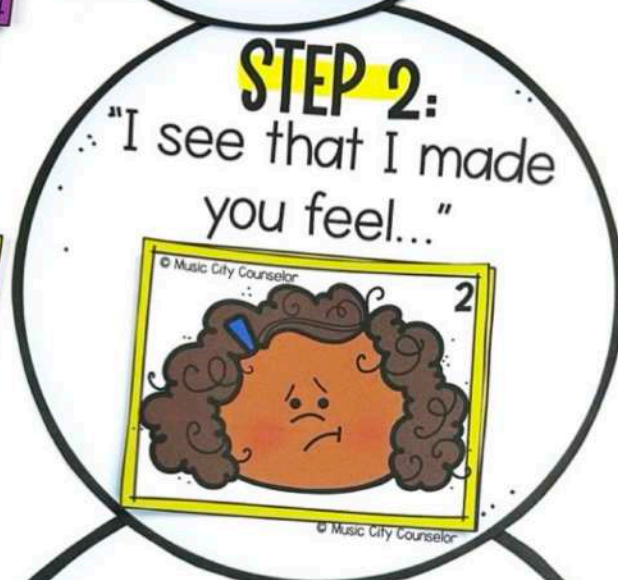


# Snowman 3-Step Apology





# Snowman 3-Step Apology



**STEP 1:**  
"I'm sorry that I..."





# Organizational Skills



## ORGANIZATIONAL skills mean



**Let's Talk!**



What does being organized mean?

**Let's Talk!**



Why is organization important?

**Let's Talk!**



How does being organized make you feel?

**Let's Talk!**



Describe your after-school routine.

**Let's Talk!**



How does being disorganized make you feel?

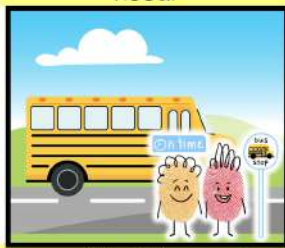
## ORGANIZATION is important because



you can find what you need.



you can get your work done on time.



you will feel less rushed and less stressed.



you will feel ready, prepared, and confident.

**OLLIE'S DESK IS SO MESSY!**  
He needs your help to organize it!



© Music City Counselor

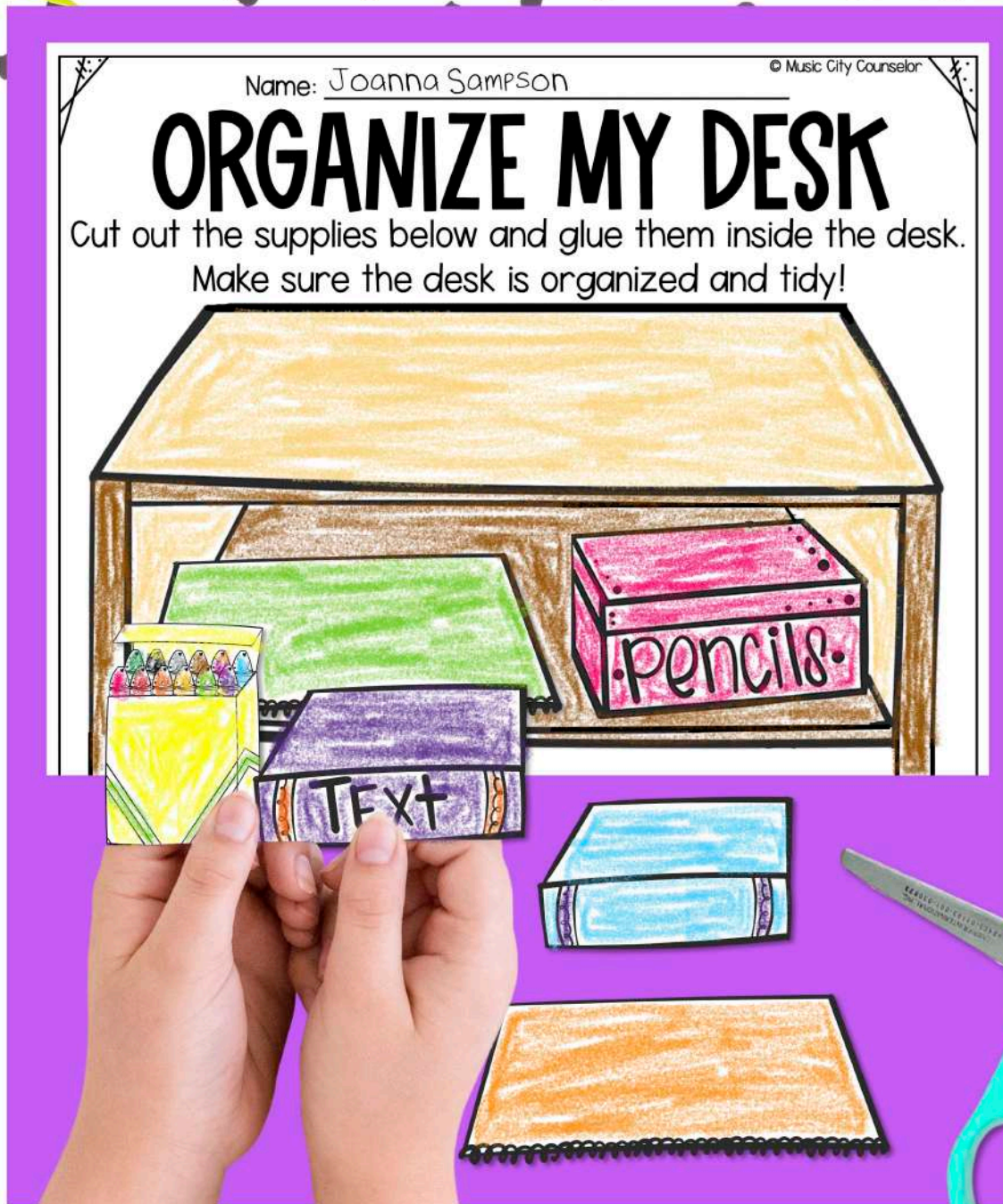


# Organizational Skills



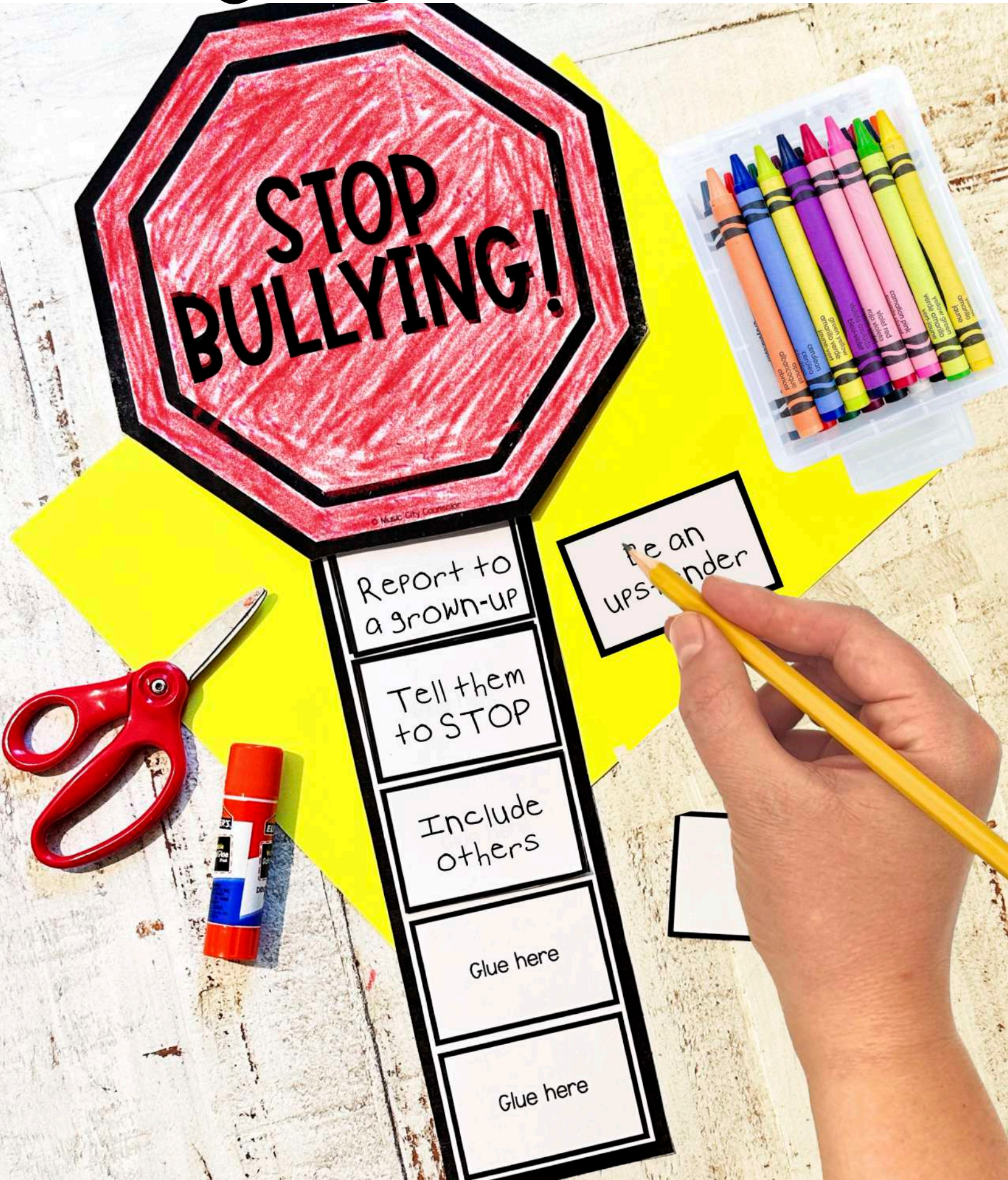


# Organizational Skills





# Bullying Prevention





# Bullying Prevention



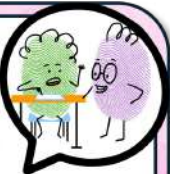
## BULLYING:



when someone harms another person on purpose, over and over again.

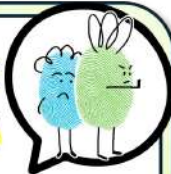
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**Let's Talk!**



What is 1 way to be an upstander?

**Let's Talk!**



What is an upstander?

**Let's Talk!**



Where does bullying happen most at your school?

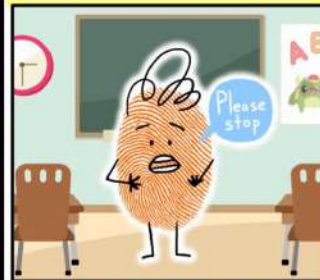
**Let's Talk!**



How can you help someone who was bullied?

## UPSTANDERS

stand UP to bullying!



Tell them to STOP!



DON'T join in.



WALK AWAY to get HELP.



REPORT right away.

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# Safety Rules



Unsafe  
Choice

© Music City Counselor



Safe  
Choice

© Music City Counselor





# Safety Rules



## SAFETY RULES



NEVER keep unsafe secrets. Report to a grown-up.



Katy ran into the street to grab a ball.



Madison wore her helmet to scooter.



Xavier ran away from a stranger.



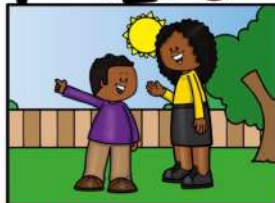
Westin memorized his address and mom's phone number.



## SAFETY RULES



Know your personal info. Check with a grown-up.



Be careful with strangers. Use the buddy system.



Trust your gut.



Your body belongs to you.

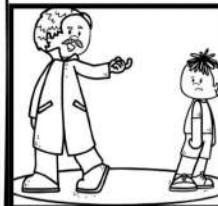
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Name: \_\_\_\_\_

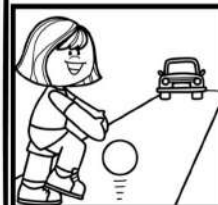
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## PERSONAL SAFETY

What would you do? Write on the lines what you would do in these situations to be safe.



A stranger asked you to come help him.



The ball you were playing into the street.



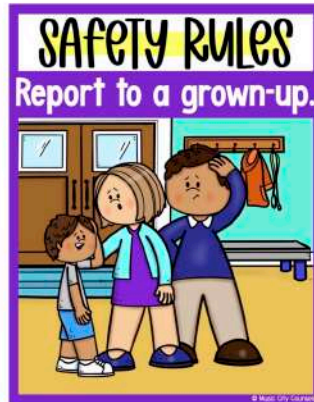
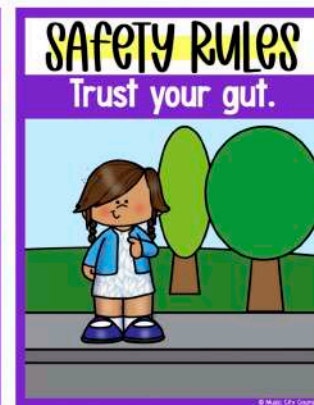
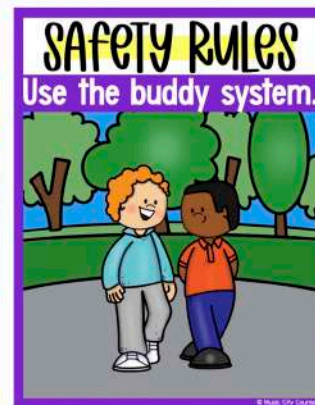
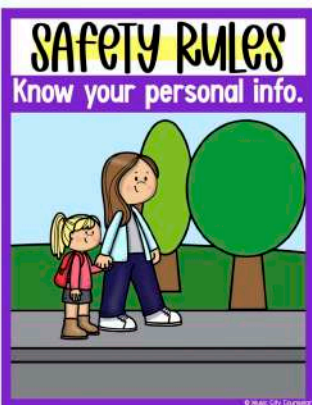
You went off on your own to the zoo field trip.





# Safety Rules

## PERSONAL SAFETY





# "Personal Space Camp" Companion





# "Personal Space Camp" Companion



## PERSONAL SPACE FACTS



The size of our comfort bubble changes.



Sometimes our bubble is big, other times it is small.



Describe one of the activities Louis did in Personal Space Camp.



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What is personal space?

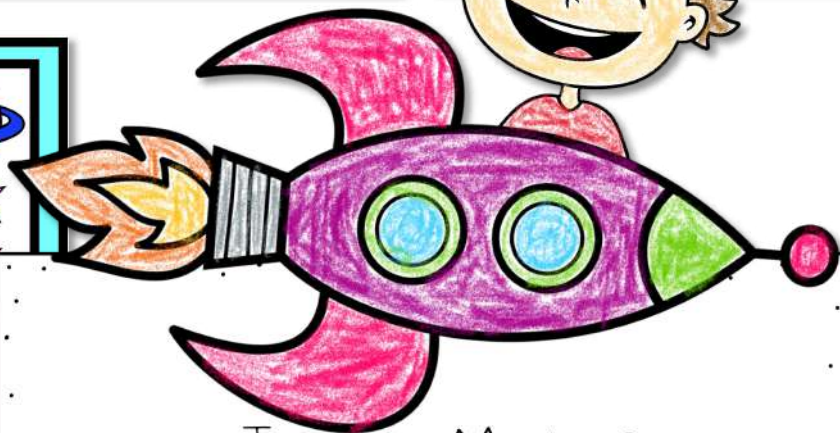


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## PERSONAL SPACE



The area around our body that makes us feel safe and comfortable.



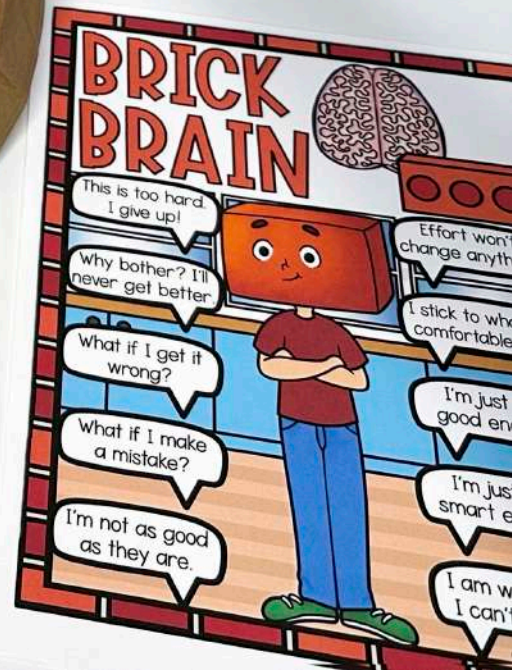
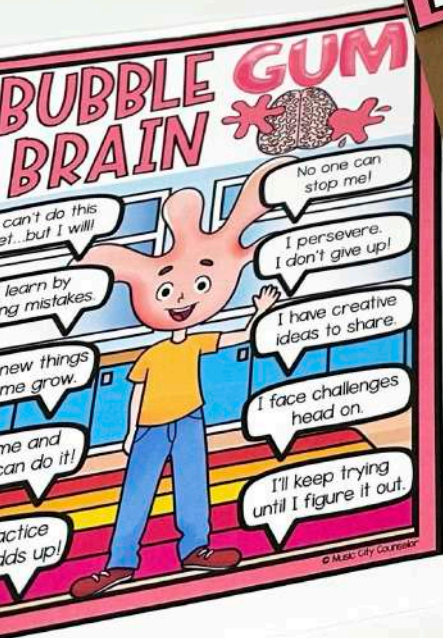
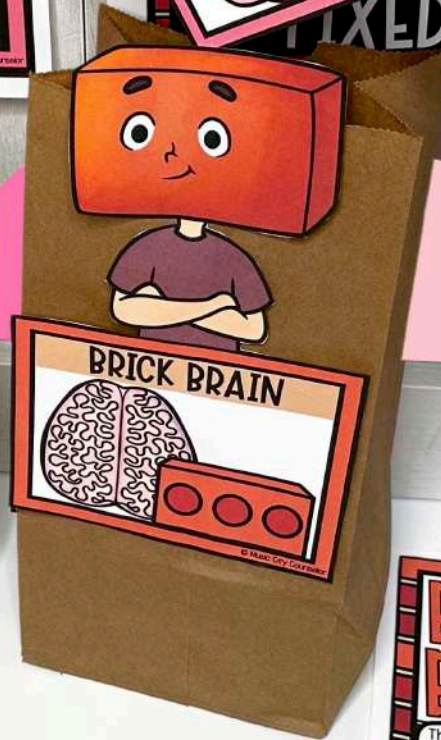
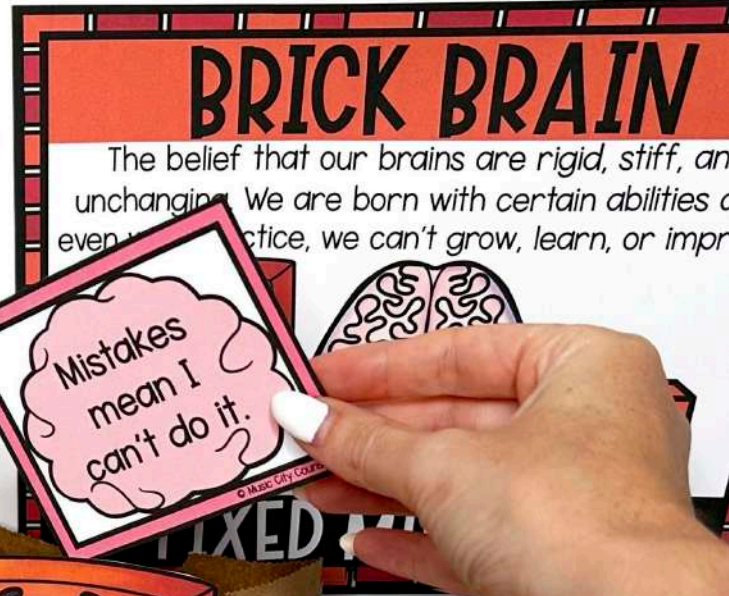
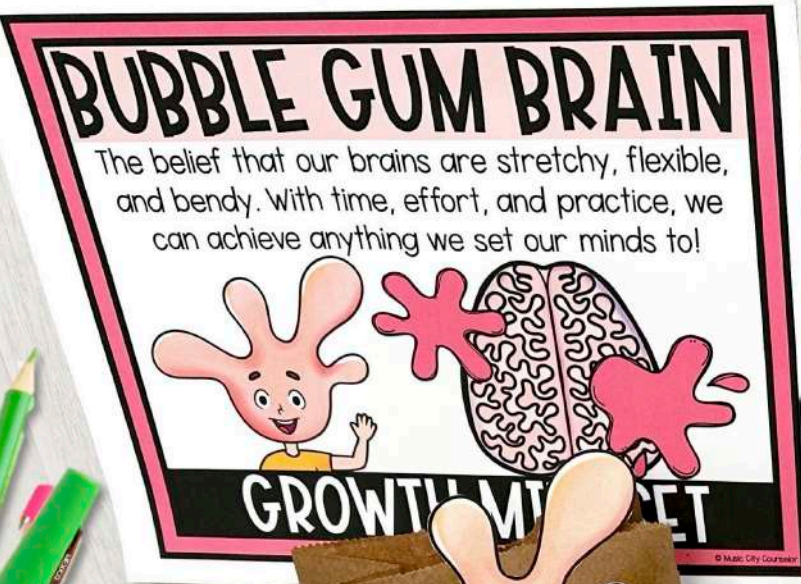
Name: Joanna Meyers

## PERSONAL SPACE CAMP

I respect personal space when I...  
give others enough room to learn and  
play. If I am not sure if someone  
has enough space, I can ask them  
politely.

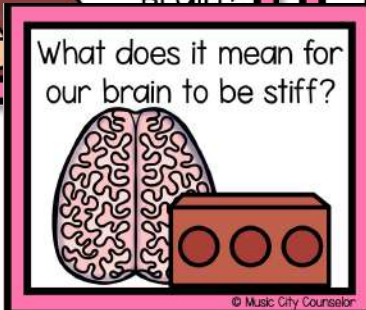
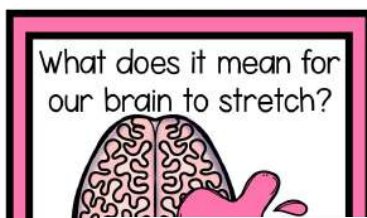
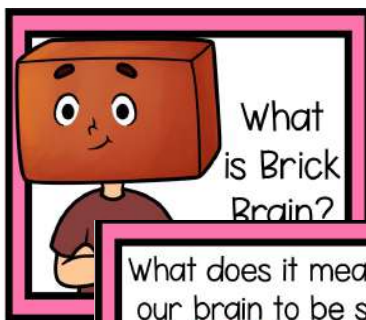
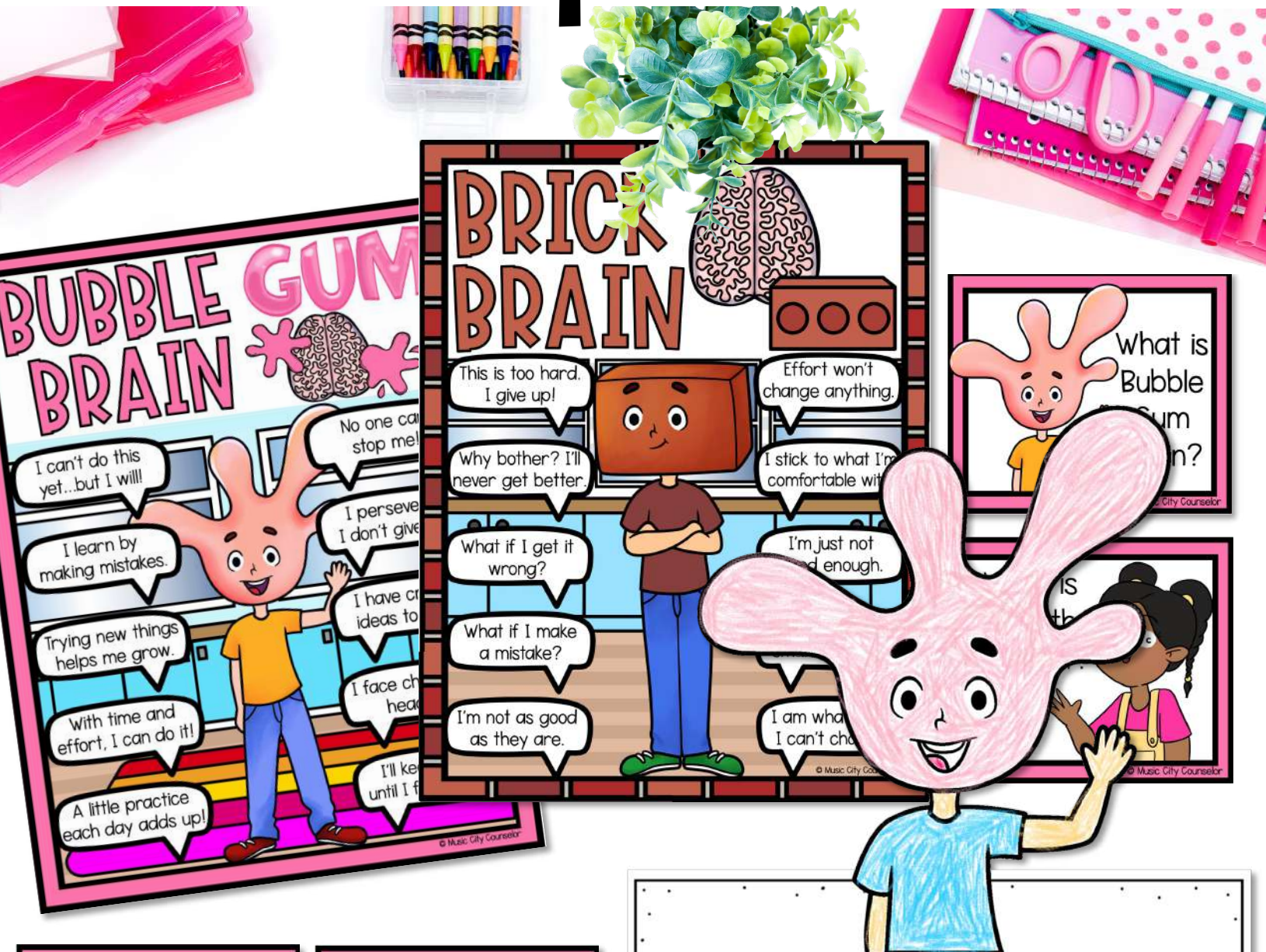


# "Bubble Gum Brain" Companion





# "Bubble Gum Brain" Companion



Name: Jorge Silva

## BUBBLE GUM BRAIN

I have a Bubble Gum Brain when I...

try my best and don't give up. I believe in myself and my abilities. Effort, time, and practice help me grow!



# "Paws Off Drugs" Lesson



## Let's Keep Our PAWS OFF DRUGS!



Name: Juanita Ramirez

## I Can Keep My PAWS OFF DRUGS!

I keep my Paws Off Drugs because they are so dangerous. They can harm my body and brain. If someone asked me to try drugs, I would say, "NO" in a strong voice. I would walk away and find a teacher or my mom.

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## How To Keep Our PAWS OFF DRUGS!

### 1. Trust your gut.

If something doesn't feel right, your gut may be sending you a warning. It may feel like butterflies or a sinking feeling in your tummy. Listen to that feeling – it's there to protect you!

### 2. Say "NO" confidently!

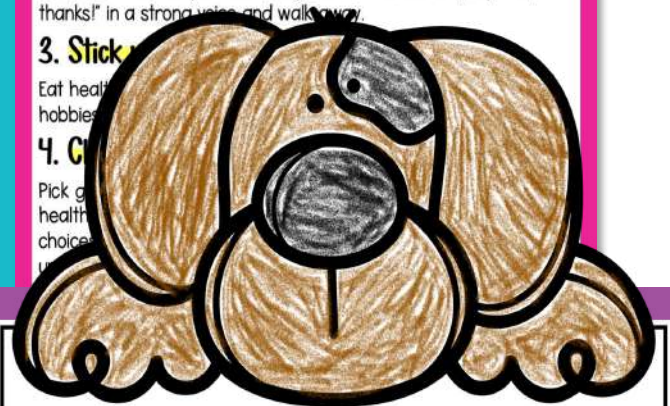
If someone offers you something that seems unsafe, say, "No, thanks!" in a strong voice and walk away.

### 3. Stick to your hobbies.

Eat healthy, exercise, and do your hobbies.

### 4. Choose your friends wisely.

Pick good friends who don't use drugs. Choose friends who are healthy and happy.



Name: Ja'Kya Wilson

## I Can Keep My PAWS OFF DRUGS!

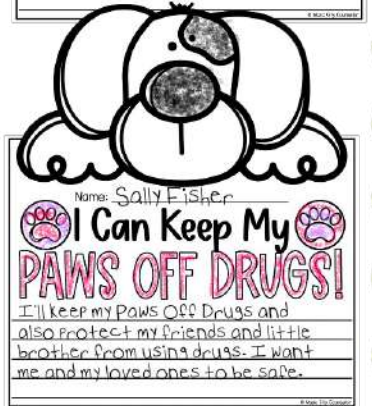
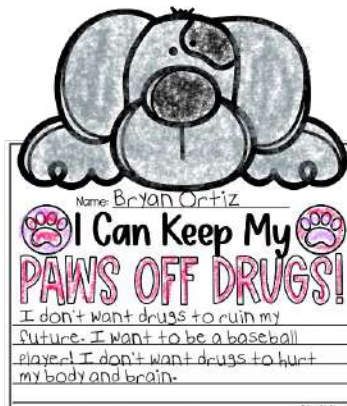
I keep my Paws Off Drugs because I want to be a healthy person. I want to be a teacher and have a great future. If someone offered me drugs, I would run away and find my older sister.

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# "Paws Off Drugs" Lesson

## PAWS OFF DRUGS!





# I-Messages Pizzas Lesson



## I-MESSAGES PIZZAS

Explain how you feel.

I felt

Describe what happened.

when

Share what would help you

I FELT  
WHEN

CAN YOU  
PLEASE?

## I-MESSAGES PIZZAS

Solve the small problem below using an I-Message.

Timothy said you can't sit with him on the bus.



1 Explain how you feel.

I felt

2 Describe what happened.  
sad and embarrassed

when

3 Share what would help you feel better.  
you wouldn't let me sit with  
can you please

Name:

I can make  
I-MESSAGES PIZZAS



## STEP 1: SHARE HOW YOU FEEL

The first step to making a pizza is kneading and rolling the dough. The first step to using an I-Message is sharing how we feel.

I felt





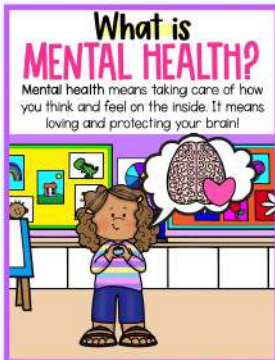
# I-Messages Pizzas Lesson





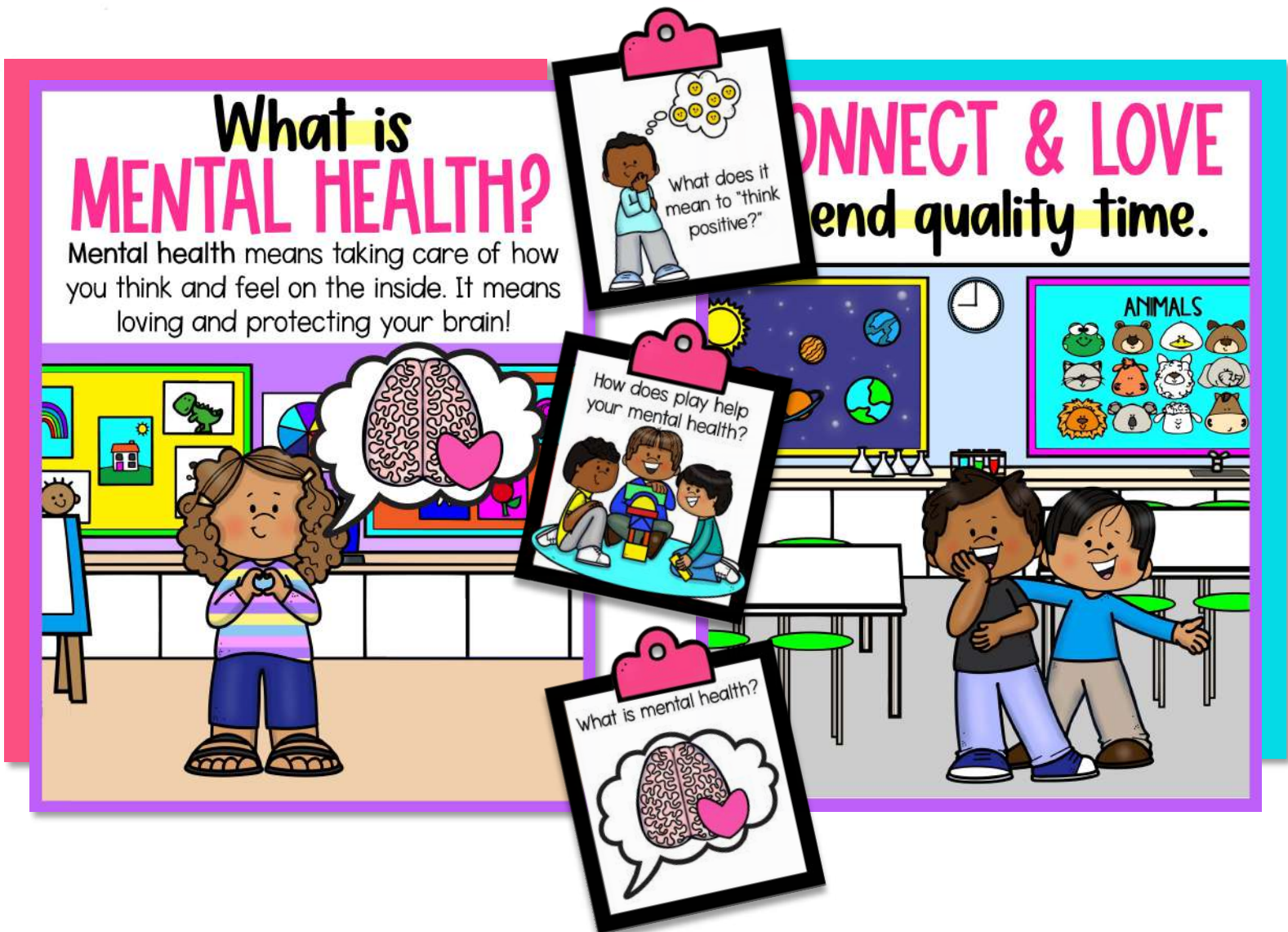
# Mental Health Lesson

## MENTAL HEALTH TIPS





# Mental Health Lesson



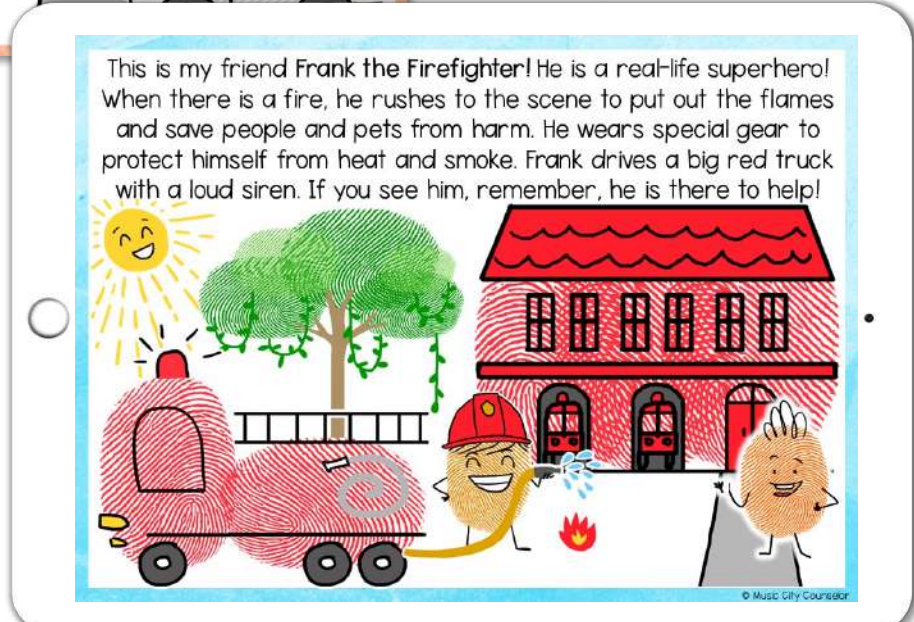
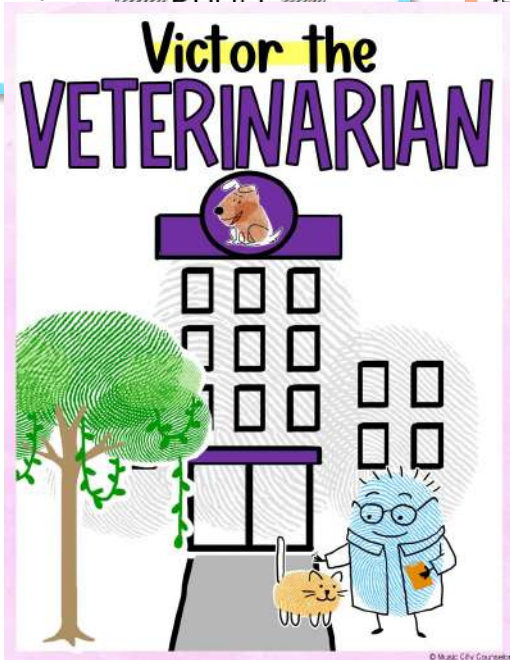
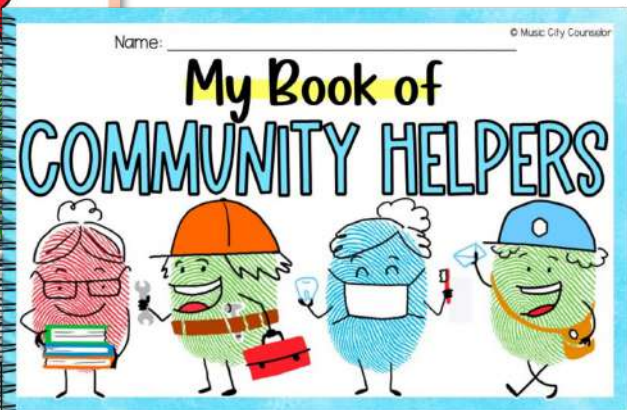
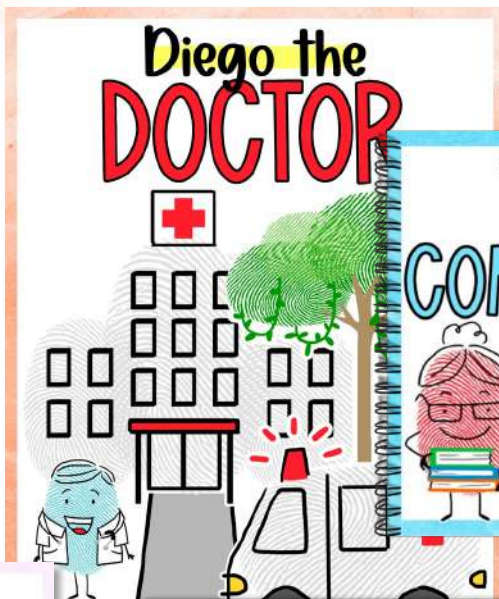
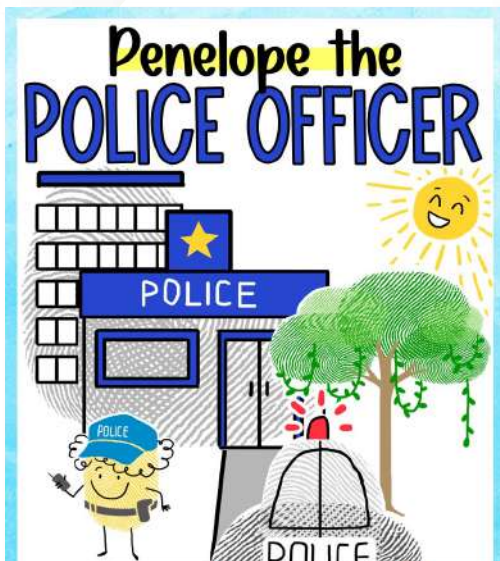


# Mindfulness Lesson





# Community Helpers Tour



This is my friend Frank the Firefighter! He is a real-life superhero! When there is a fire, he rushes to the scene to put out the flames and save people and pets from harm. He wears special gear to protect himself from heat and smoke. Frank drives a big red truck with a loud siren. If you see him, remember, he is there to help!





# "Bully B.E.A.N.S."

## Companion Lesson



### Ways to be an UPSTANDER



Decide if it's safe for you to help.



Distract attention so they can get away.

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### What is an UPSTANDER?

A hero that is brave and strong enough to **STAND UP**.

## BULLY BEANS



I won't give bullies the attention or power they want.

No one has the power to make me feel less than I am.

I am unique and valuable just the way I am.



# Cyber Safety Lesson





# Cyber Safety Lesson

## Tips to Stay SAFE ONLINE!



## Examples of CYBER BULLYING



**CYBER  
SAFE**

© Music City Counselor



**CYBER  
UNSAFE**

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# "Soda Pop Head" Companion



## COPING SKILLS

 Take deep breaths	 Count to 10	 Use sensory tools	 Write, draw, paint
-----------------------	-----------------	-----------------------	------------------------

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### What is a Soda Pop Head?

**SODA POP HEAD**

## LISTEN TO YOUR BODY

Listen to your body for clues to how you are feeling. If you feel signs of anger, try a coping skill before you blow your bottlecap!

## CALM

Relaxed eyebrow  
Smile  
Deep, even breaths  
Comfortable body temperature  
Loose hands  
Steady heartbeat  
Relaxed muscles  
Gentle feet

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### What does it mean to "listen to your body?"

**SODA POP HEAD**

### What is your favorite coping skill?

**SODA POP HEAD**

## SODA POP HEAD

Blowing bottlecap  
Furrowed eyebrows  
Hot ears  
Red face  
Racing heart  
Hands on hips  
Tight fists  
Quick, shallow breaths  
Heavy body  
Stomping feet

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# Kindness Quest Lesson



**KINDNESS**

Kindness means making a friendly caring, or helpful choice without expecting anything in return.

QUIET, PLEASE

Share about a time when you were kind.

Share about a time when someone was kind to you.

What is Mrs. Bloom's Kindness Quest? How does it work?

If you were doing a Kindness Quest, which kind choices would you make?

What impact did the Kindness Quest have on Mrs. Bloom's class?

Would you like to do a Kindness Quest? Explain.

**KINDNESS QUEST LOG**

Name: \_\_\_\_\_

DAY	KIND CHOICES
Monday	
Tuesday	

**WAYS TO BE KIND**

Comfort	Compliment	Volunteer	Help	Donate
Plant a tree	Take turns	Teach	Clean up	Do chores
Share	Hug	Stand up	Encourage	
Smile	Thank	Apologize	Self-love	

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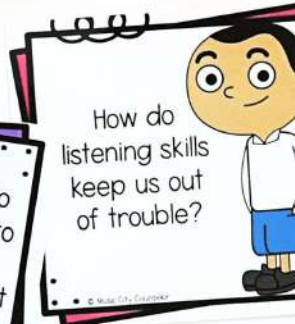
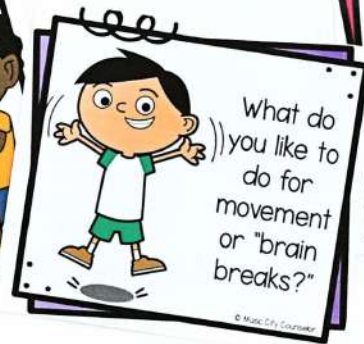


# Listening Skills Lesson



## 9 Ways To Be A GREAT LISTENER

Look at the person who is talking.



## 9 Ways To Be A GREAT LISTENER





# "Wilma Jean, the Worry Machine" Companion



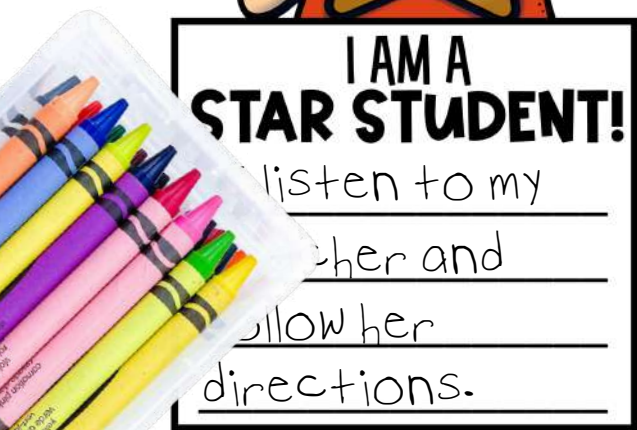
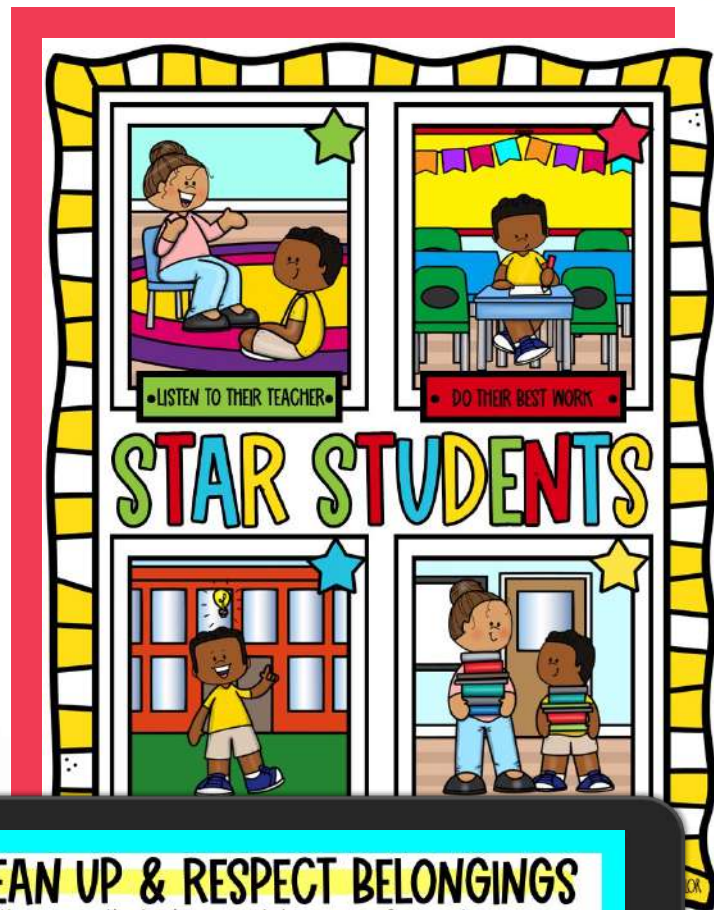
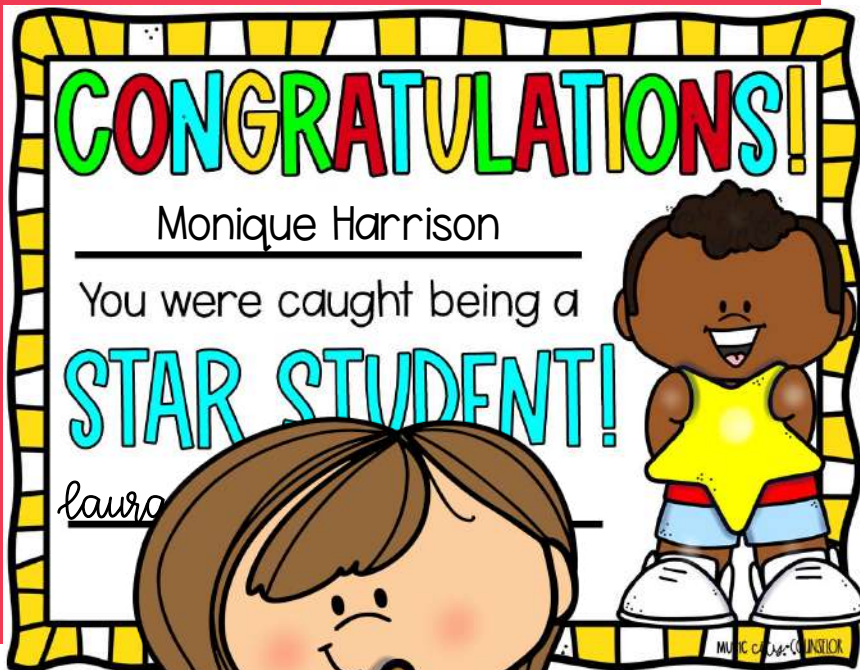


# "Wilma Jean, the Worry Machine" Companion





# Positive Behavior & School Success Lesson





# Positive Behavior & School Success Lesson

## I AM A STAR STUDENT!



**I AM A  
STAR STUDENT!**  
I help my  
friends and  
teachers.



**I AM A  
STAR STUDENT!**  
I let others  
go first.



**I AM A  
STAR STUDENT!**  
I take turns  
and wait  
patiently.



**I AM A  
STAR STUDENT!**  
I include  
others,  
especially new  
students.



**I AM A  
STAR STUDENT!**  
I ask new  
friends to sit  
with me at



**I AM A  
STAR STUDENT!**  
I help my  
teacher by  
passing out  
papers.



**I AM A  
STAR STUDENT!**  
I help clean up  
the recess  
equipment.



**I AM A  
STAR STUDENT!**  
I give  
compliments  
and use kind  
words.



**I AM A  
STAR STUDENT!**  
I follow the  
playground  
rules.



**I AM A  
STAR STUDENT!**  
I ask others  
to play.

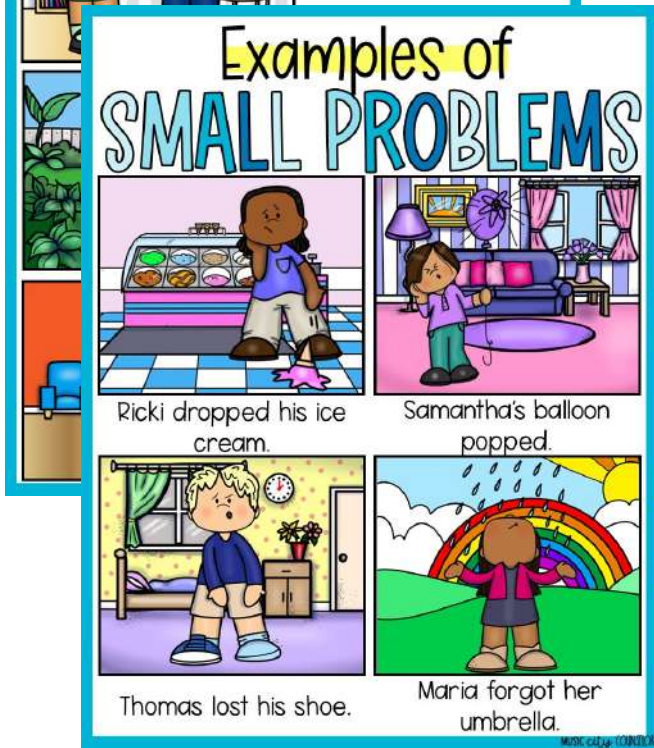
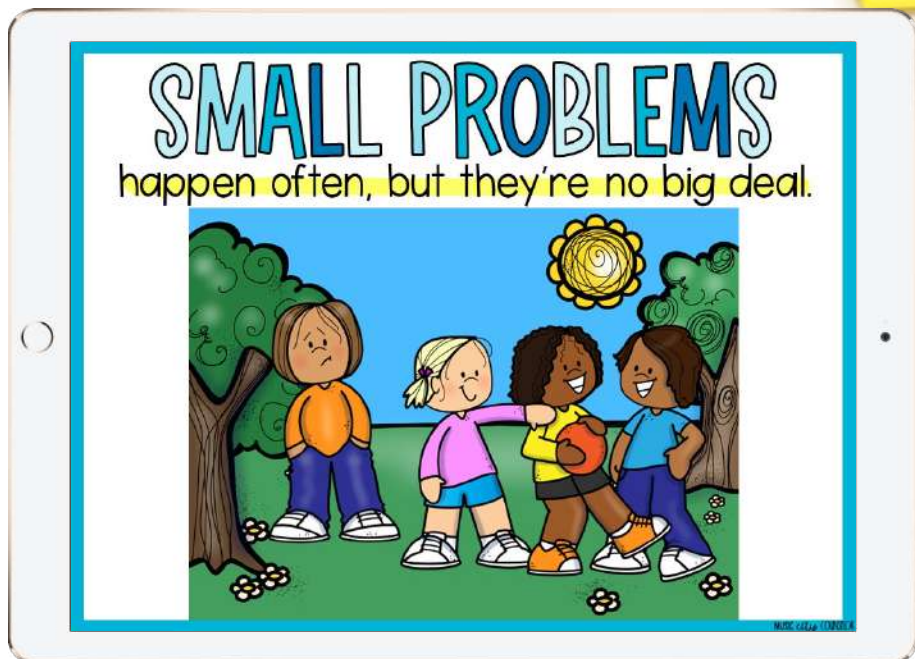


**I AM A  
STAR STUDENT!**  
I make  
handmade gifts  
for my  
teachers.





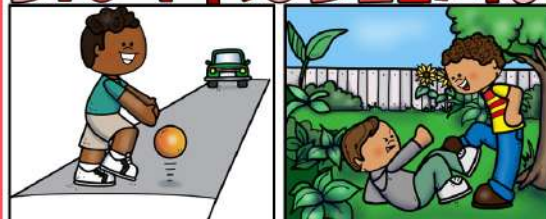
# Small Problems & Big Problems Lesson



## BIG PROBLEMS



## Examples of BIG PROBLEMS



Mar'Quevious chased the ball into the road.

Juan played too rough at recess.



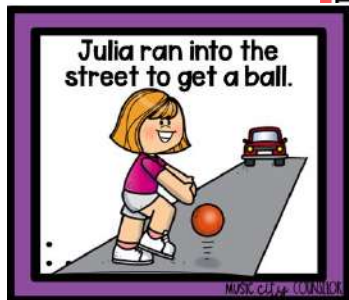
A stranger asked Kendra to go with him.



Maya fell in the pool and cannot swim.



Courtney dropped her ice cream cone.



Julia ran into the street to get a ball.





# Small Problems & Big Problems Lesson

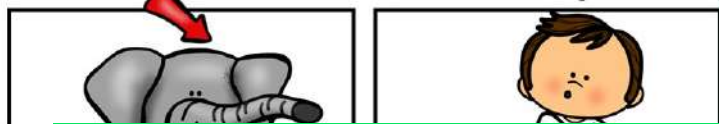




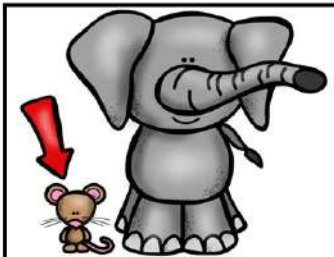
# Tattling vs. Reporting Lesson



**REPORTING**  
is when we tell a grown-up, and



**TATTLING**  
is when we tell a grown-up, but



THE PROBLEM IS SMALL,  
NO BIG DEAL



WE MAY WANT TO GET  
OTHERS IN TROUBLE



EV



WE PRO





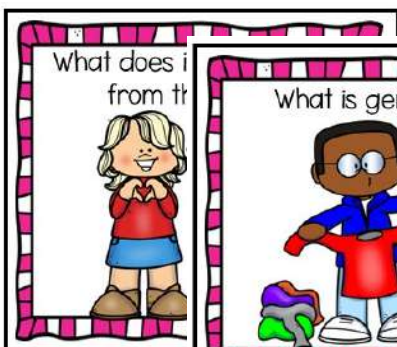
# Generosity & Giving Lesson



Name: Laura

**GENEROSITY MEANS TO ME**

Generosity means giving to others and not expecting anything in return.



**I CAN BE GENEROUS**

- MAKE A HOMEMADE GIFT
- GIVE COMPLIMENTS & USE KIND WORDS
- GIVE YOUR TIME TO HELP OTHERS

DONATE FOOD

**GENEROSITY IS BOTH FEEL:**

PROUD	EXCITED
LOVED	VALUED

**WHAT DOES IT MEAN TO BE GENEROUS?**

Generosity means to give to others with our choices, words, actions, and time.

When we're generous, we give from the heart without expecting anything in return.



# Friendship "We Go Together" Lesson



— We go —  
TOGETHER LIKE  
Ice Cream & Sprinkles

Name Laura  
Write and draw about the qualities of a friend.  
A friend is someone  
asks me to swing with  
them at recess.



WE CHEER EACH OTHER UP



WE TAKE TURNS



WE TO



WE LISTEN TO EACH OTHER

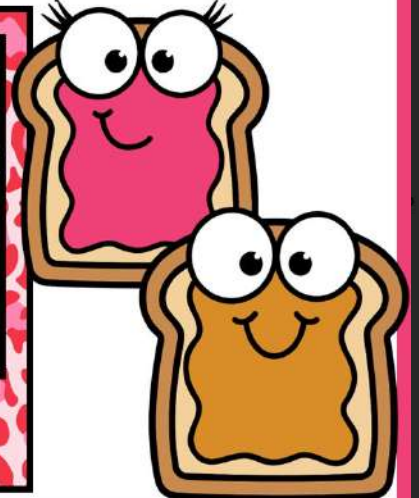


WE TAKE CARE OF EACH OTHER



WE EAC

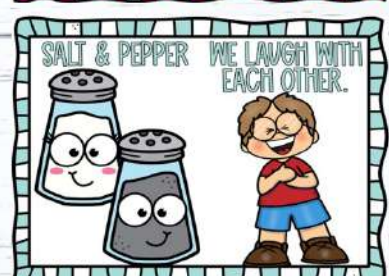
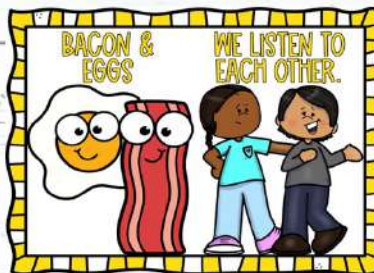
My friend Jenny and I go together like peanut butter and jelly. We compliment each other.





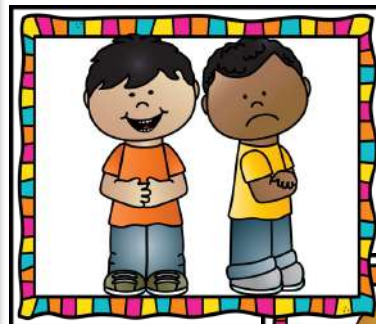
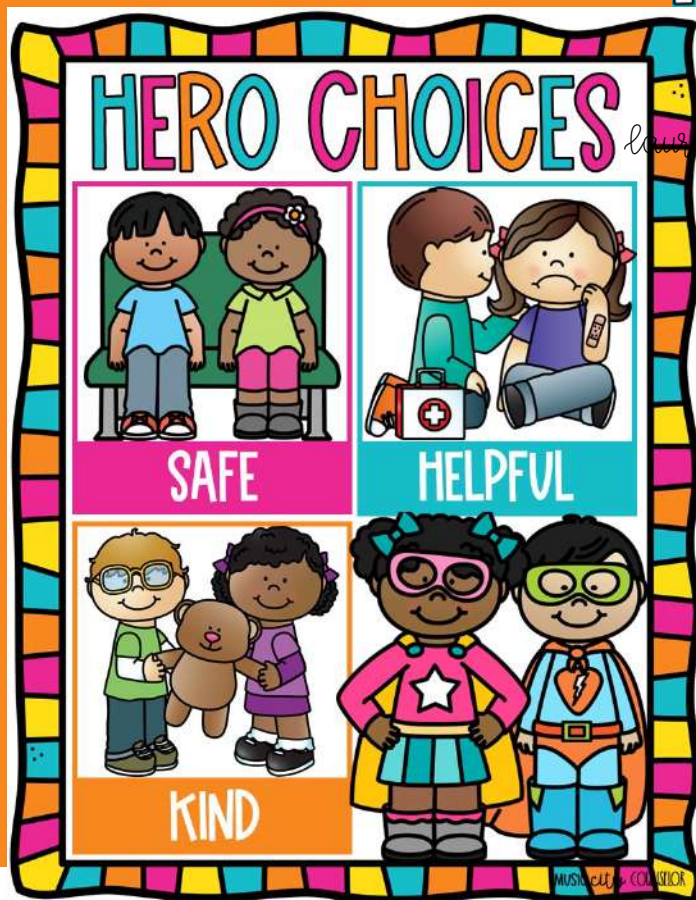
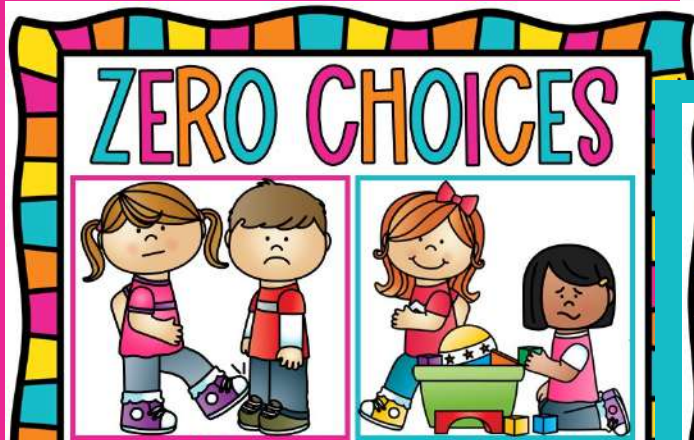
# Friendship "We Go Together" Lesson

## WE GO TOGETHER LIKE





# Zero or Hero Choices, Behavior Lesson





# Positive Behavior Activity





# Diversity "All Are Welcome" Lesson



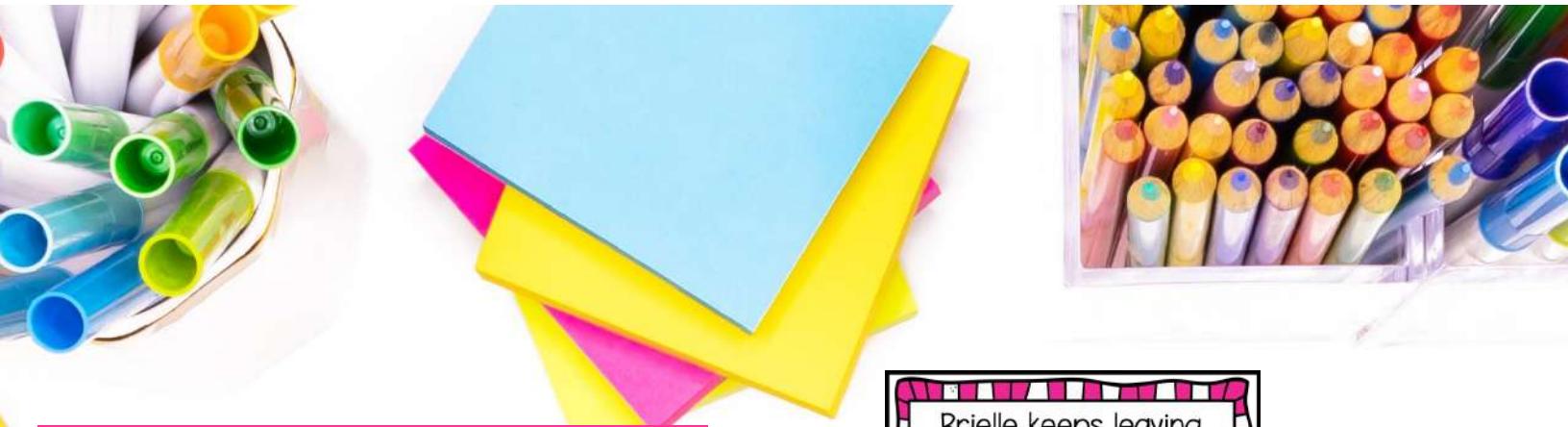


# Diversity "All Are Welcome" Lesson





# Bullying vs. Conflict Lesson



How to resolve a  
**CONFLICT**

**BULLYING**  
is a hurtful choice that



HAPPENS OVER AND OVER AGAIN

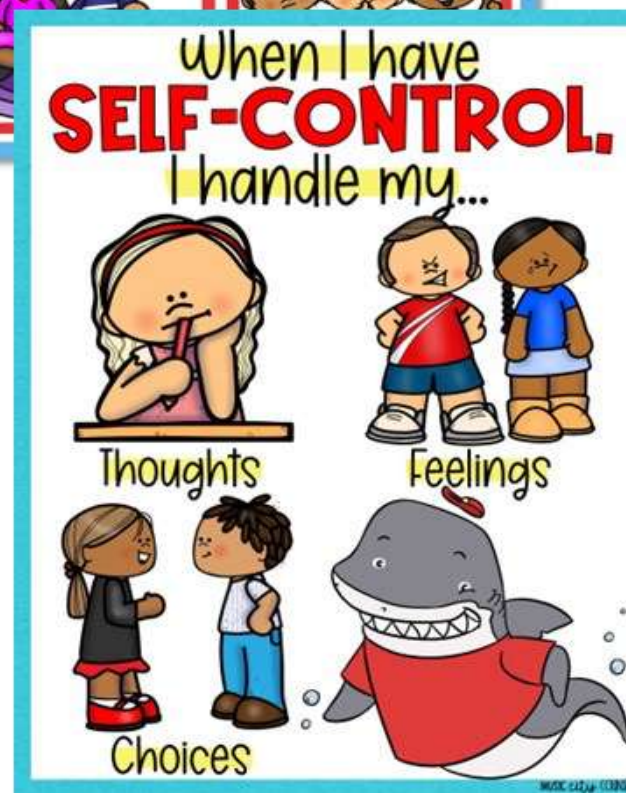
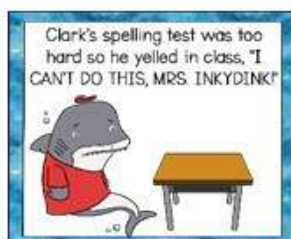
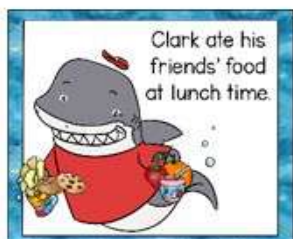
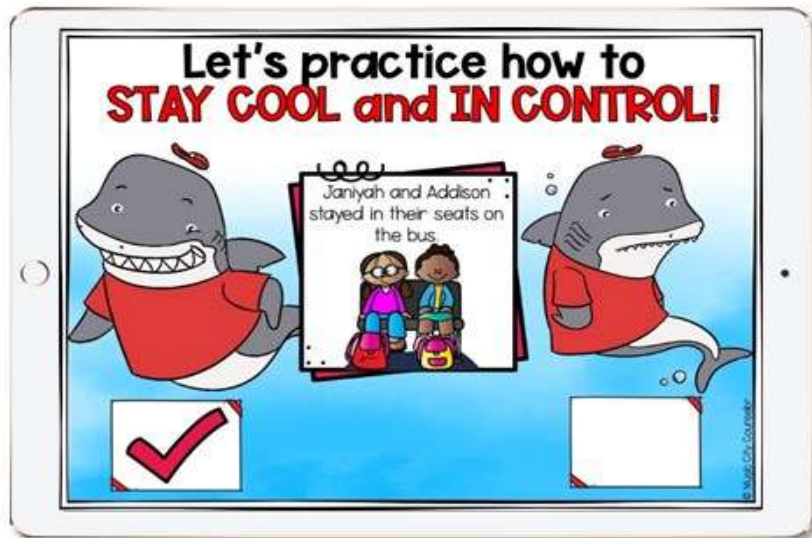


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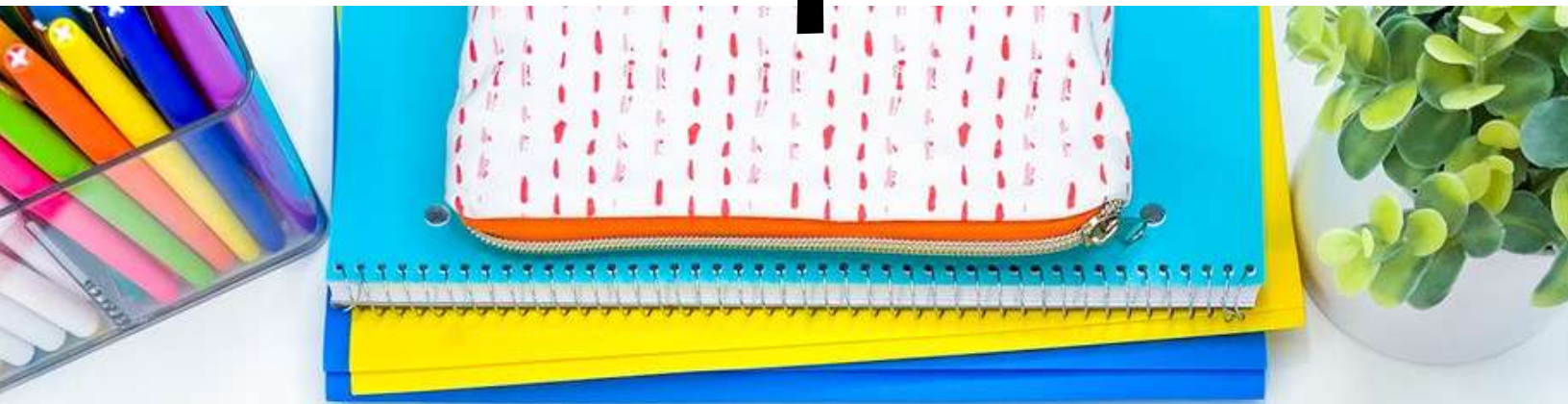


# "Clark the Shark" Self-Control Lesson









# "The Recess Queen" Friendship Lesson



## RECESS QUEENS

are...




 <b>Exclusive</b>	 <b>Unkind</b>	 <b>Disrespectful</b>
 <b>Unhelpful</b>	 <b>Discouraging</b>	 <b>Rule breakers</b>





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## RECESS FRIENDS

are...



 <b>Inclusive</b>	 <b>Kind</b>	 <b>Respectful</b>
 <b>Helpful</b>	 <b>Encouraging</b>	 <b>Rule followers</b>

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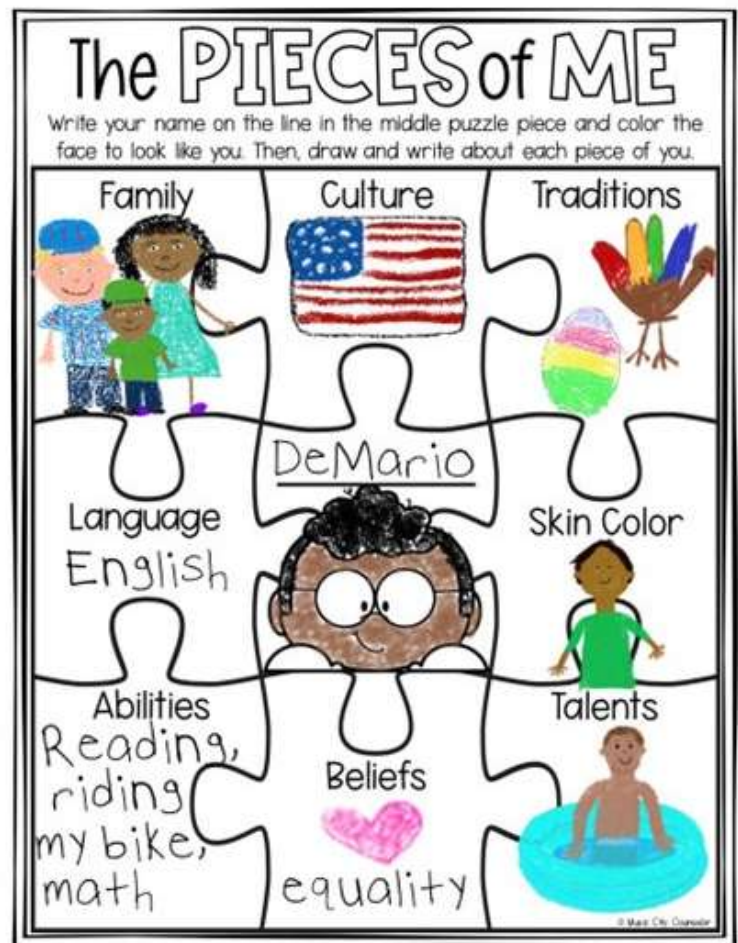
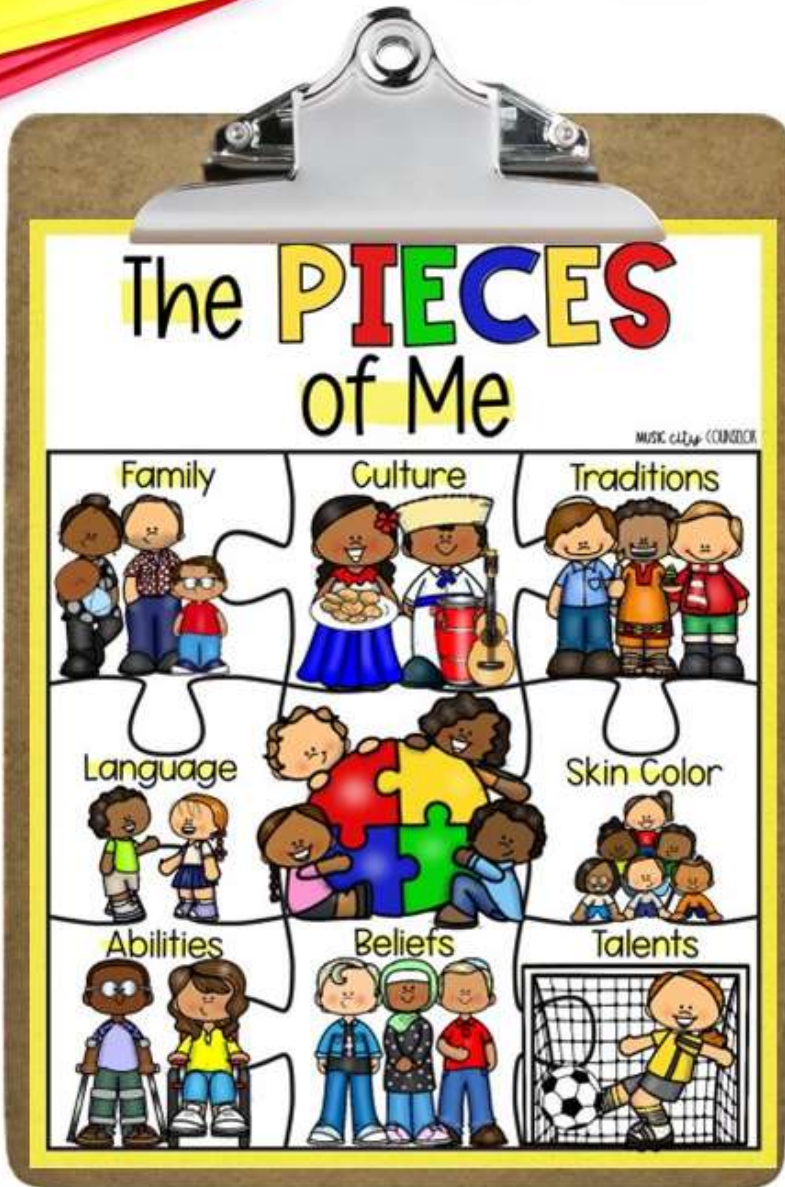


# "The Recess Queen" Friendship Lesson





# Diversity & Identity

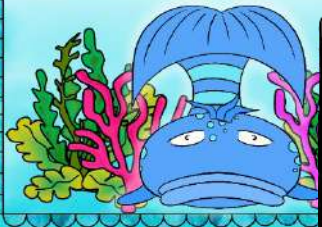




# "The Pout Pout Fish Goes to School" Growth Mindset



## GROWTH MINDSET OR FIXED MINDSET?



### Growth Mindset or Fixed Mindset?

"Why even try  
if I know I'll  
fail?"

## Pout Pout Fish had a GROWTH MINDSET

I am  
smart enough!  
I can grow and learn with a  
little practice!  
I just can't do it...yet!



## Pout Pout Fish had a FIXED MINDSET

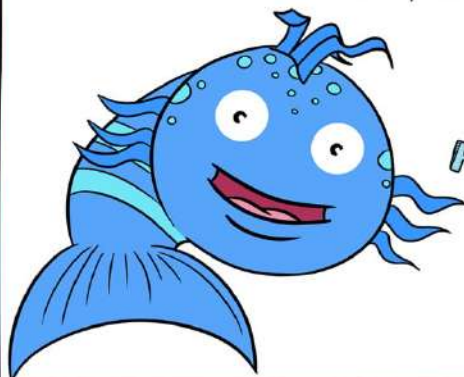
I'm not  
smart enough!  
I just can't do it!  
Why try?  
I give up!



When we think positive, we have a  
**GROWTH MINDSET.**

We believe in ourselves and our abilities. We know that  
we are smart, capable, and strong.

**GROWTH  
MINDSET**

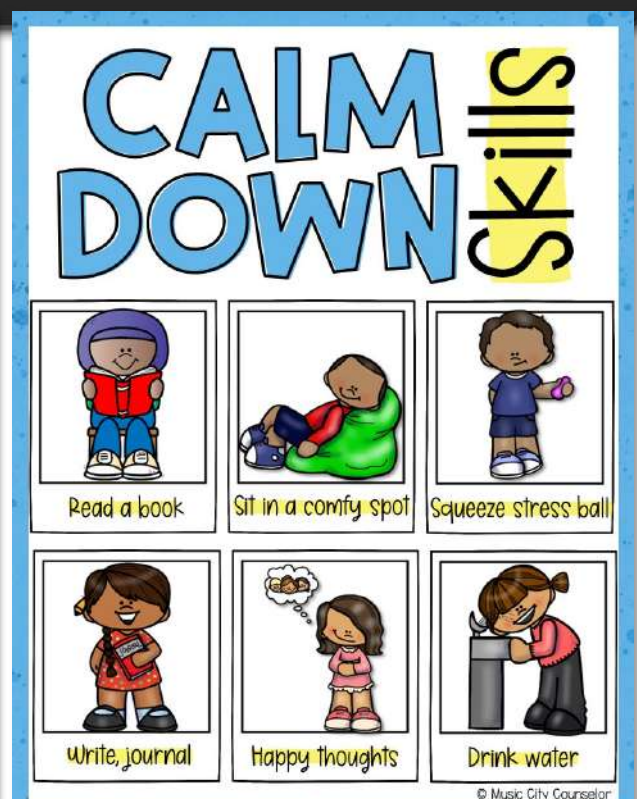
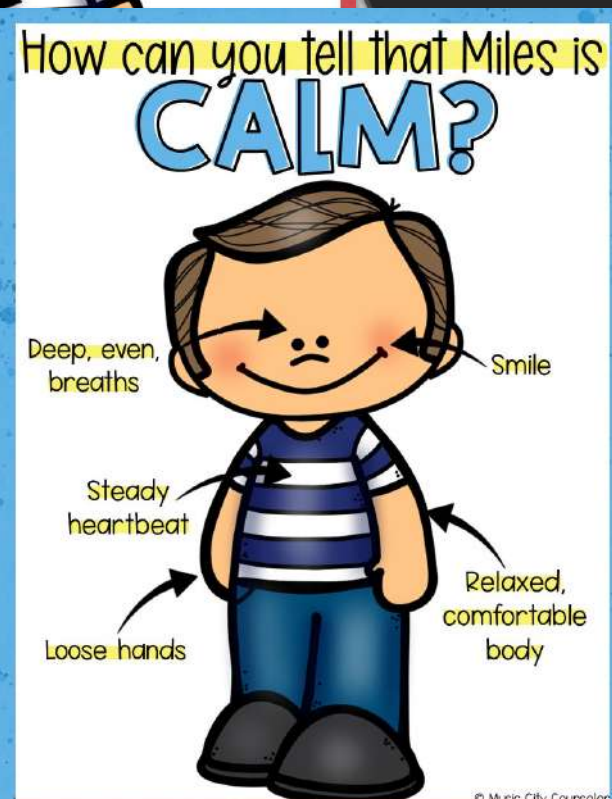
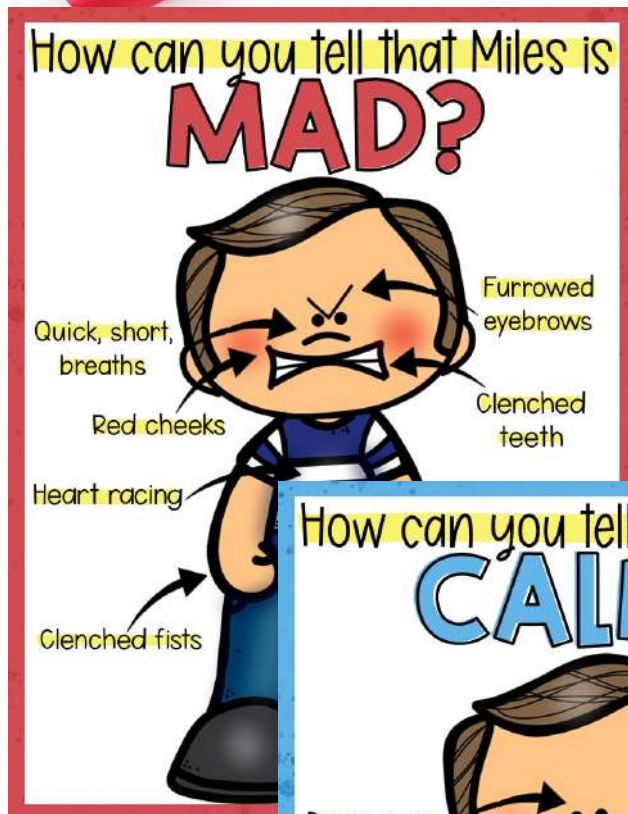


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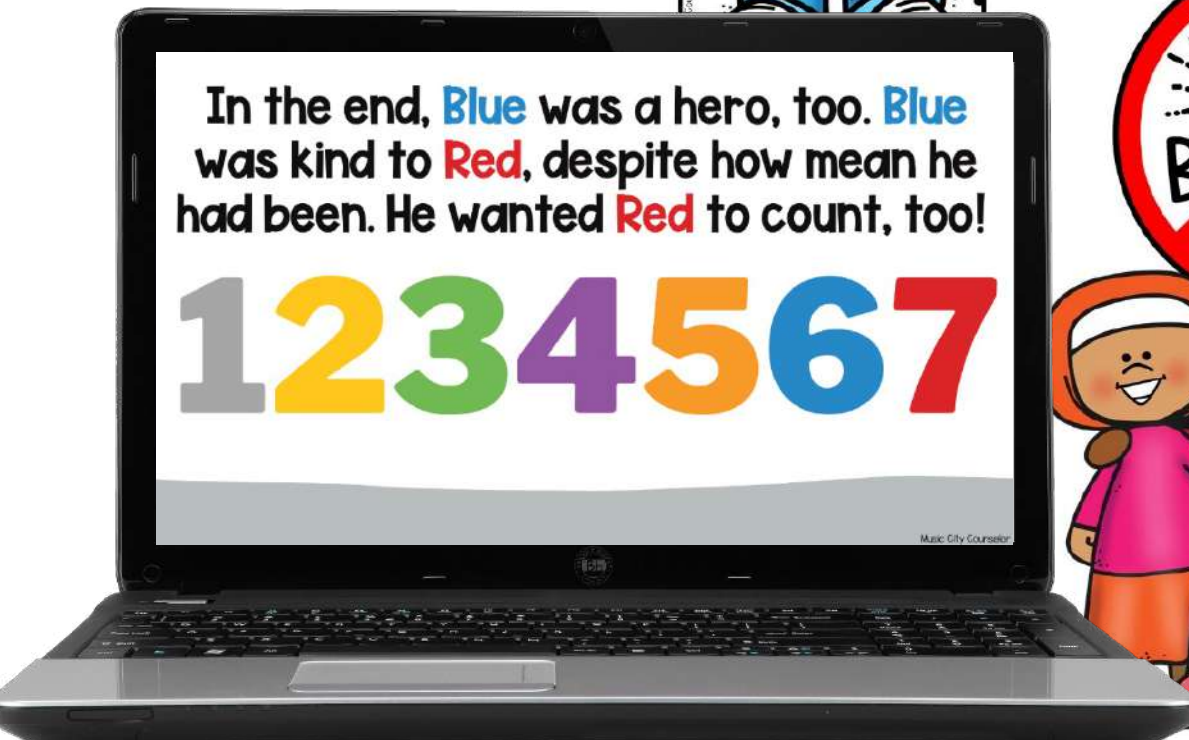
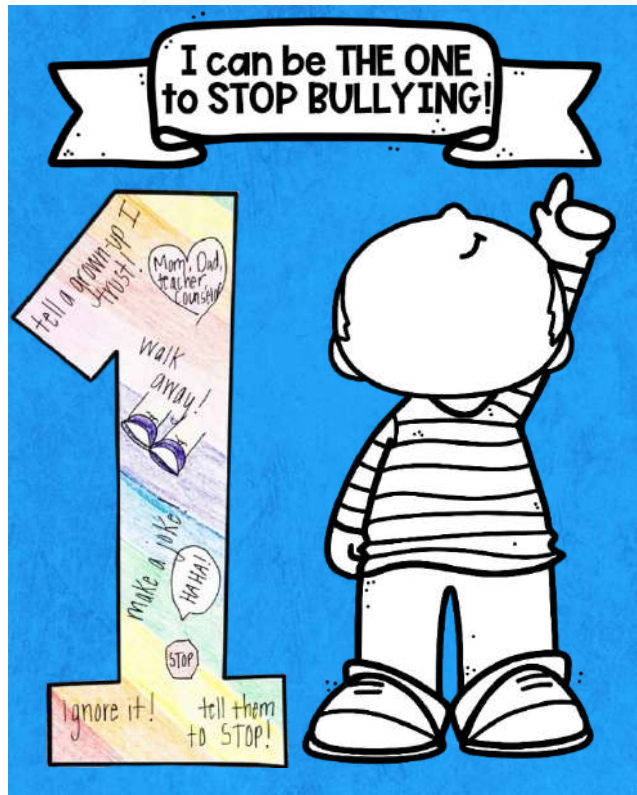
# "When Miles Got Mad"

## Coping with Anger





# "One" Bullying Prevention Lesson





# "The Buddy Bear" Conflict Resolution



Raquel grabbed the Buddy Bear and asked Cassie if she could talk.



Let's use an **I-MESSAGE** to solve our problem!

1) Share how you feel.

"I felt..."



2) Tell them what happened. "when..."



3) Share what would help you feel better.

"Can you..."



Kenny scribbled all over your work.



Cho wouldn't share the dough.



Chloe wouldn't eat lunch with you.



Lauren took too long at the water fountain.



I am a peaceful problem-solver when I...

used an I Message to solve a problem with my partner. She wasn't sharing the glue and markers.



# Careers Guessing Game



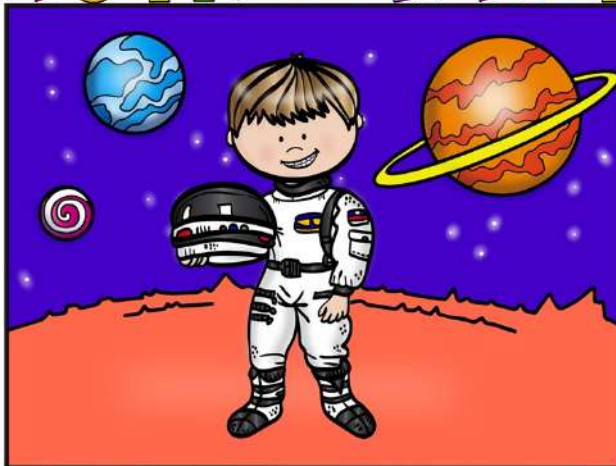
## Guess the CAREER!

I fly in my rocket ship to outer space,  
The U.S. Space and Rocket Center is my  
home base.

Mars, Saturn, Jupiter, and the moon,  
I study them all and hope to visit soon!

MUSIC CITY COUNSELOR

## ASTRONAUT



MUSIC CITY COUNSELOR

I wear my camo and am proud of the  
red, white, and blue,  
To my country I will always stay true!  
Sometimes I travel to countries far away,  
To protect our freedom so America is a  
safe place to stay.

Soldier



© Music City Counselor

My patients are cats, birds, guinea pigs, and  
pups,  
I do surgeries, X-Rays, and yearly check-ups.  
I'm here to help if your pet is sick,  
Bring them to me and they'll feel better  
quick!



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# "Extra Yarn"

## Generosity & Kindness

### Companion Lesson





# Sportsmanship Lesson





# Feelings Identification








# Size of the Problem & I-Messages




## BIG PROBLEMS



Are scary, unsafe, and dangerous.






Make us feel angry, scared, and hurt.





Must be reported to a grown-up.

Examples of big problems:




## How to use an I-MESSAGE


**STEP 1:** Explain how you feel.



Mad



Sad





Frustrated




Embarrassed

**STEP 2:** Describe what happened.



you wouldn't let me slide.




you wouldn't listen to me.

**STEP 3:** Share what would help you feel better.



Can you please?



let me have a turn?



listen to me?

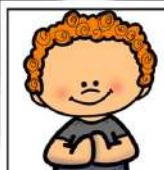

Timothy said you can't sit with him on the bus.




Maria fell off the monkey bars and her knee is bleeding.




## SMALL PROBLEMS



Are no big deal!




Happen often.




Make us feel sad, mad, and frustrated.


Examples of small problems:



Clara ignored Ke'Mariah.



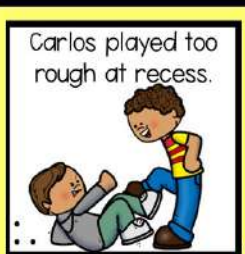

Josiah wouldn't take turns on the slide.




Adam wouldn't help clean up the toys.

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## SMALL Problem OR BIG Problem?



Carlos played too rough at recess.



**SMALL Problems**







**BIG Problems**

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# Size of the Problem & I-Messages

I felt...

 sad	 mad		 embarrassed	 frustrated
------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------	--	----------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------

when you...

 wouldn't let me play.	 yelled at me.	 called me names.	 used unkind words.	 wouldn't help me.
	 made a mess.		 distracted me.	 wouldn't play fair.

 teased me.	 left me out.			 invaded my personal space.
---------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------	--	--	---------------------------------------------------------------------------------------------------------------------

Can you please...?



# Personal Space & Hands to Self





# Personal Space & Hands to Self



## MY HANDS & FEET are for...

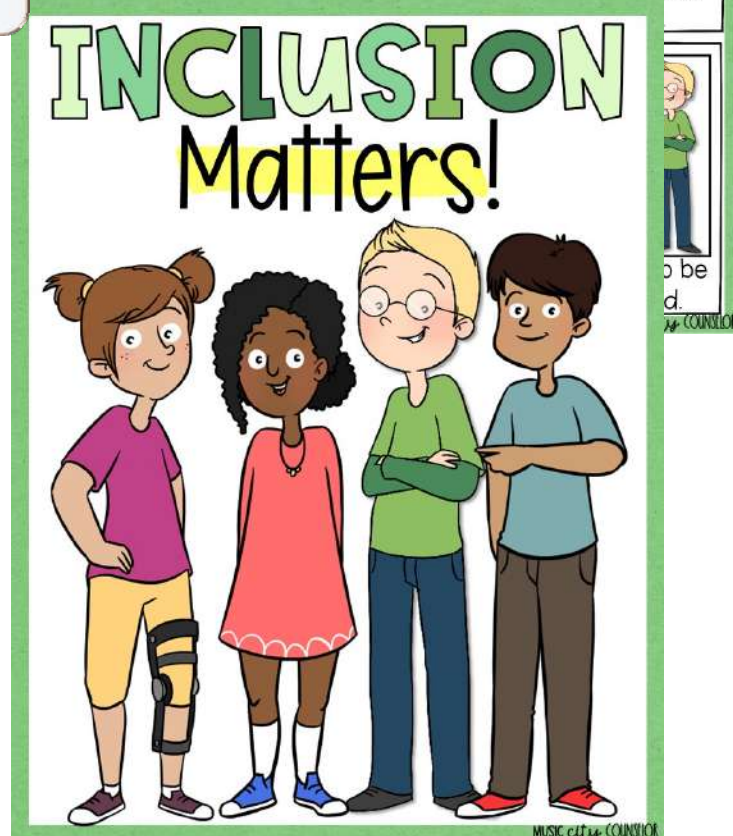
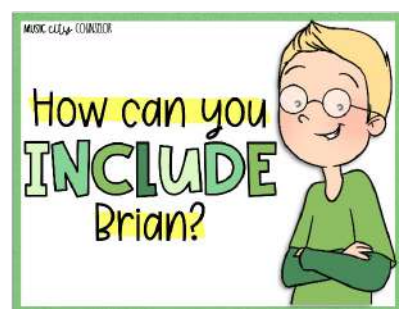
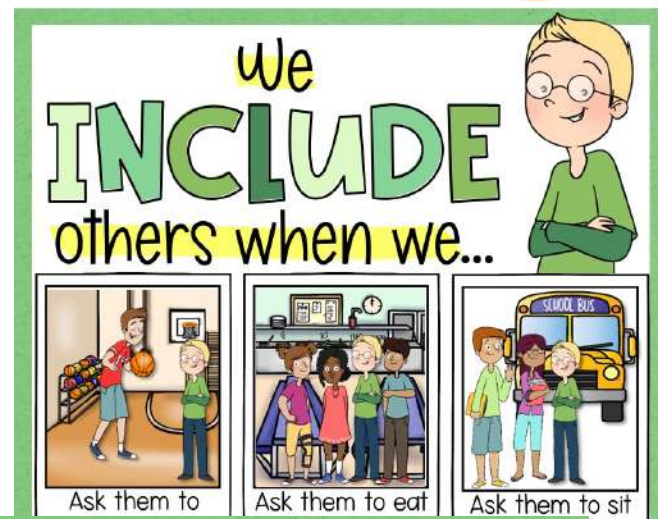
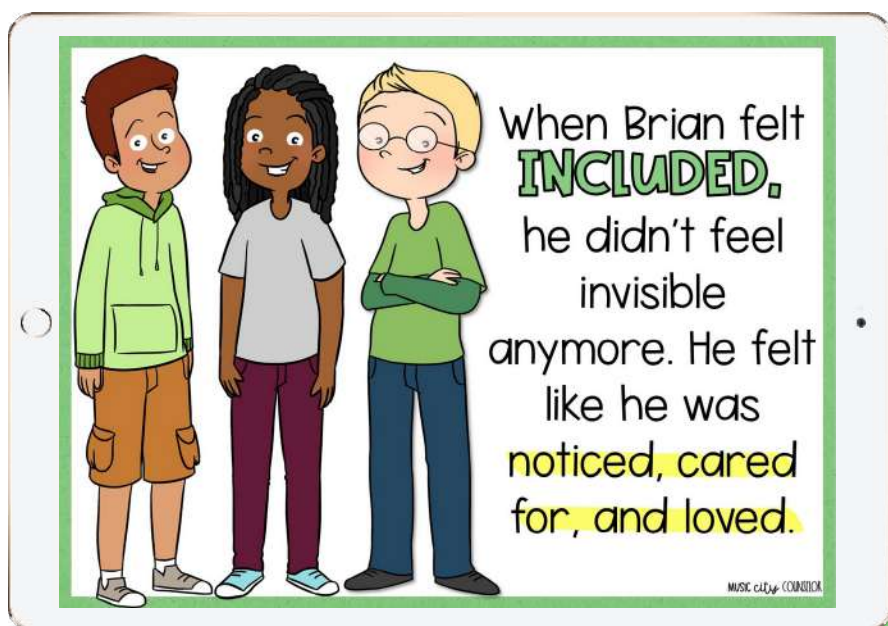


## MY HANDS & FEET are NOT for...



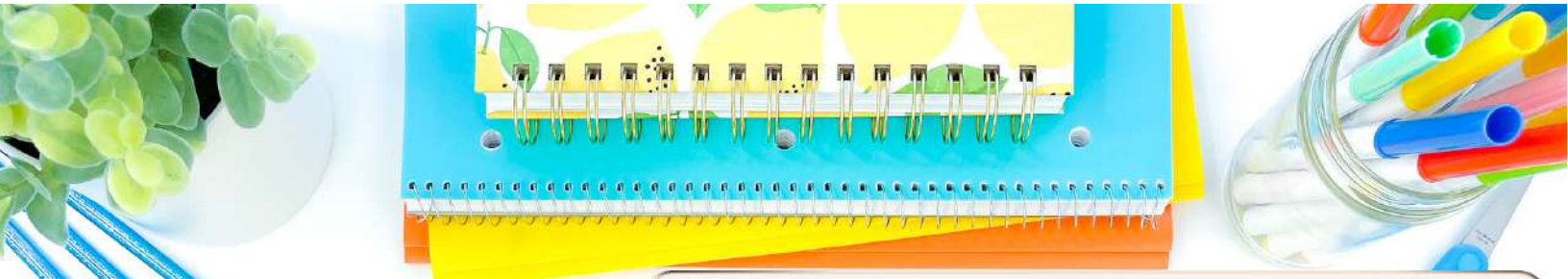


# "The Invisible Boy" Kindness & Inclusion



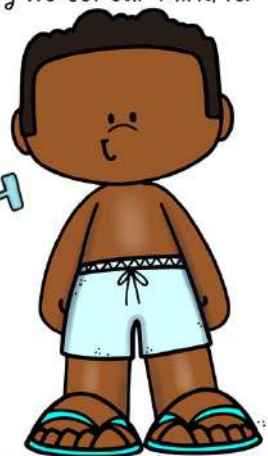


# "Jabari Jumps" Growth Mindset



When Jabari had the courage to jump, he had a **GROWTH MINDSET**.  
When we have a growth mindset, we believe in ourselves and understand that we can do anything we set our mind to.

## GROWTH MINDSET



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## GROWTH MINDSET

Even when things get hard, I won't give up!

Achieving goals takes time and effort.

I can do anything I set my mind to!

I have the courage to face my fears.

I can't do it yet...but I will soon!

Believing in myself makes me feel confident and strong.

## FIXED MINDSET

This is too hard... I give up!

I just can't do it! I'll never be as good as him.

Why should I try if I'll fail anyway?

I don't want to be wrong or make any mistakes.

This is good enough, even if it isn't my best.

I'll never get it right.

I'm not as smart as she is. I'll never achieve what she can.

I'll just stick to what I'm comfortable with.

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Name: \_\_\_\_\_

Jabari is struggling today with a **FIXED MINDSET**.  
Write in what he could say instead to show a **GROWTH MINDSET**.

This is too hard. I give up!

Why should I even try? I can't do this.

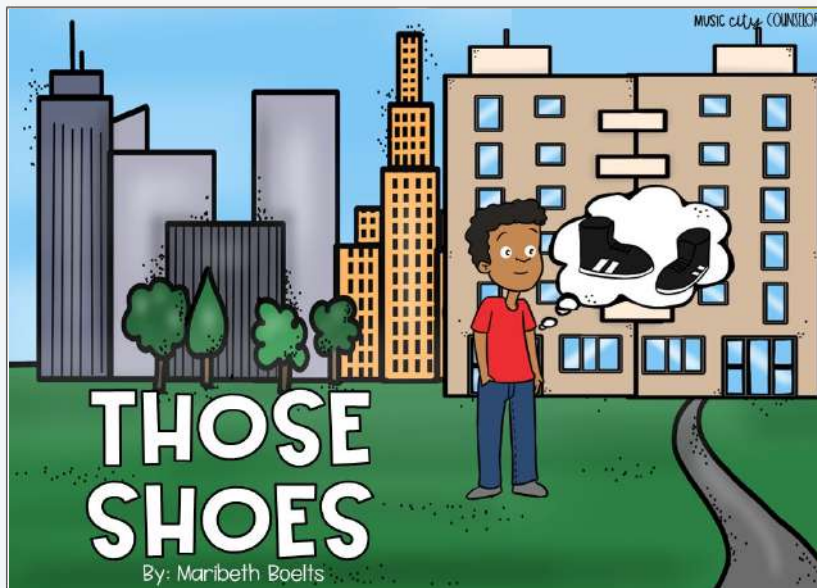
I'll never be as good as she is.

I'm too afraid to make a mistake.

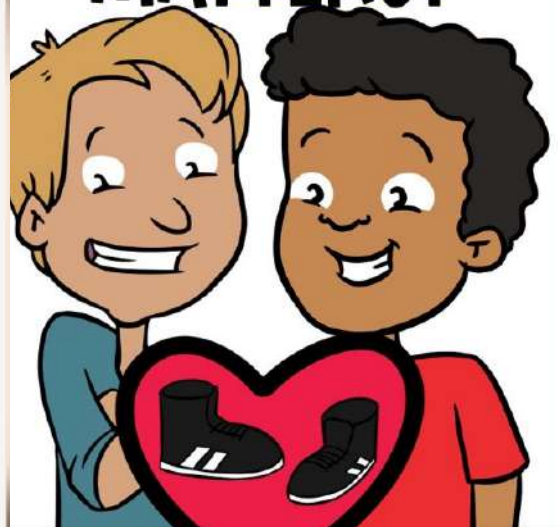
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# "Those Shoes" Generosity & Wants vs. Needs



## COMPASSION MATTERS!



What is something that you really wanted? How do you think it would feel to finally get it...the it to so  
els



If you were Jeremy, how would you feel seeing all of the kids wearing "those shoes," while you're  
ar  
ey



Why do you think Jeremy chose Antonio Parker to give those shoes to?



What does it mean to listen to your heart?



## 6 Ways to Show COMPASSION



Focus on others' feelings and interests



Cheer up and comfort others.



Anticipate what others may need.



Respect differences.



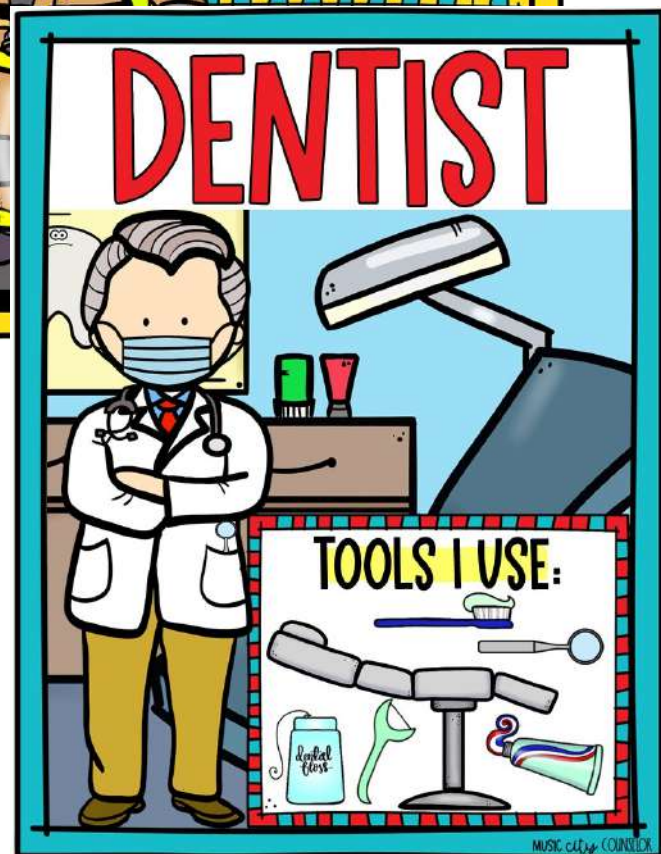
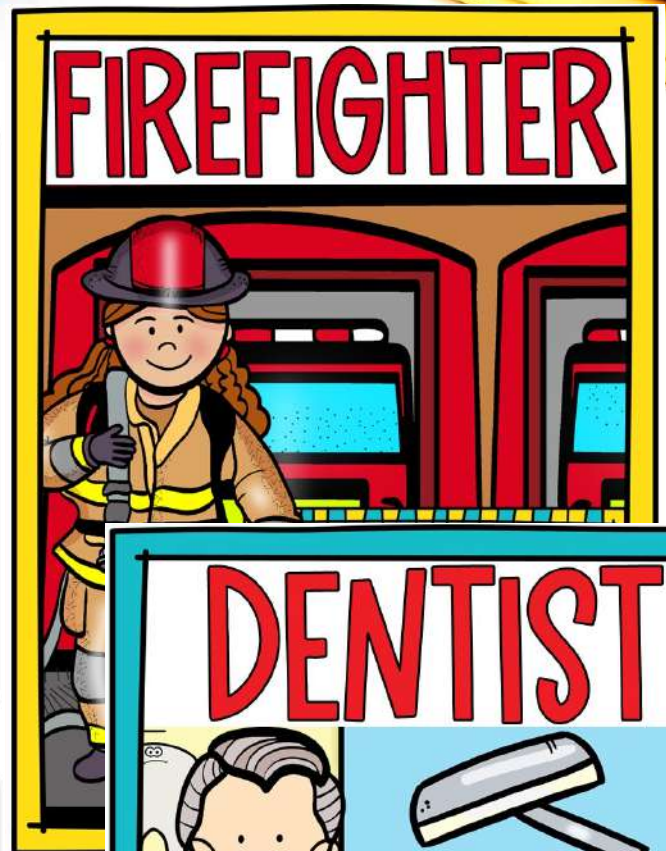
Participate in service projects.



Give without expecting anything in return.



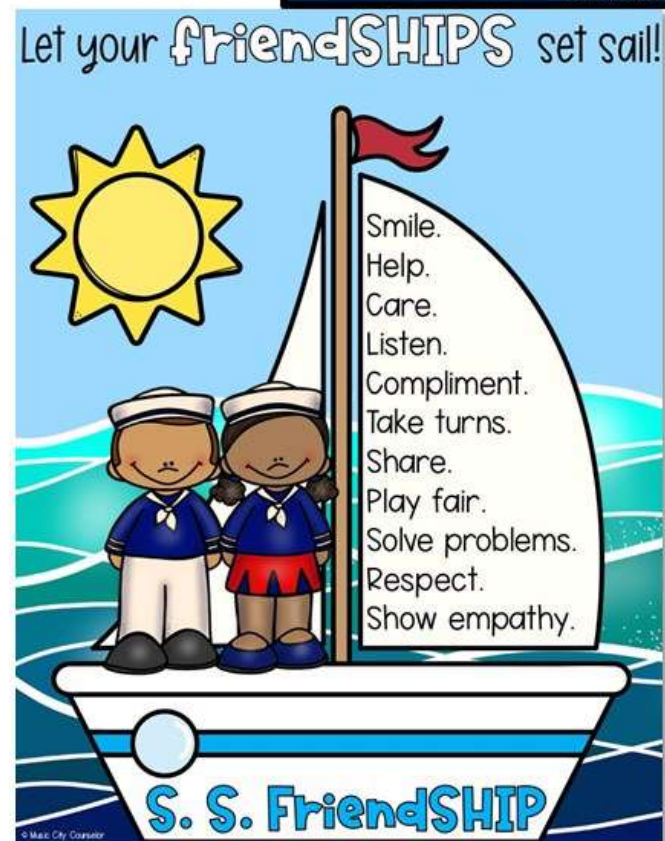
# Career City: Virtual Career Day





# FriendSHIPS

## Social Skills





# FriendSHIPS

## Social Skills



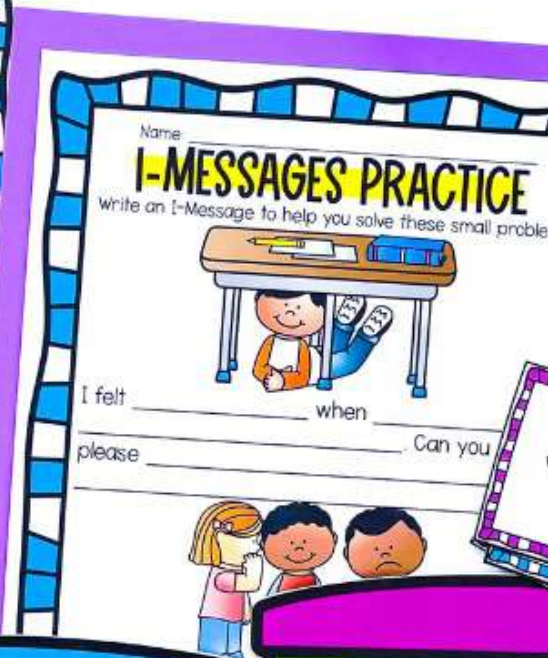
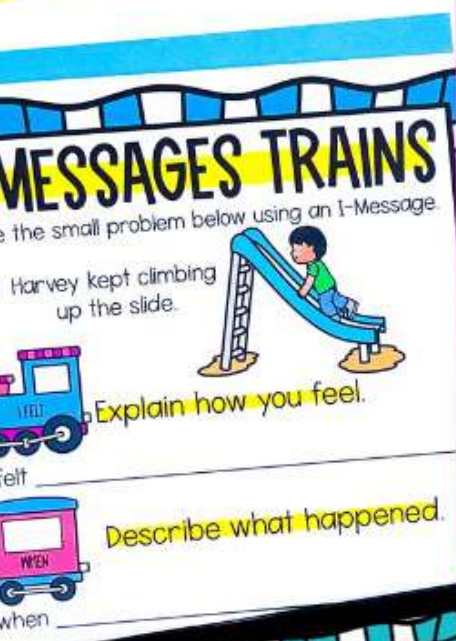


# Test-Taking Skills & Test Anxiety



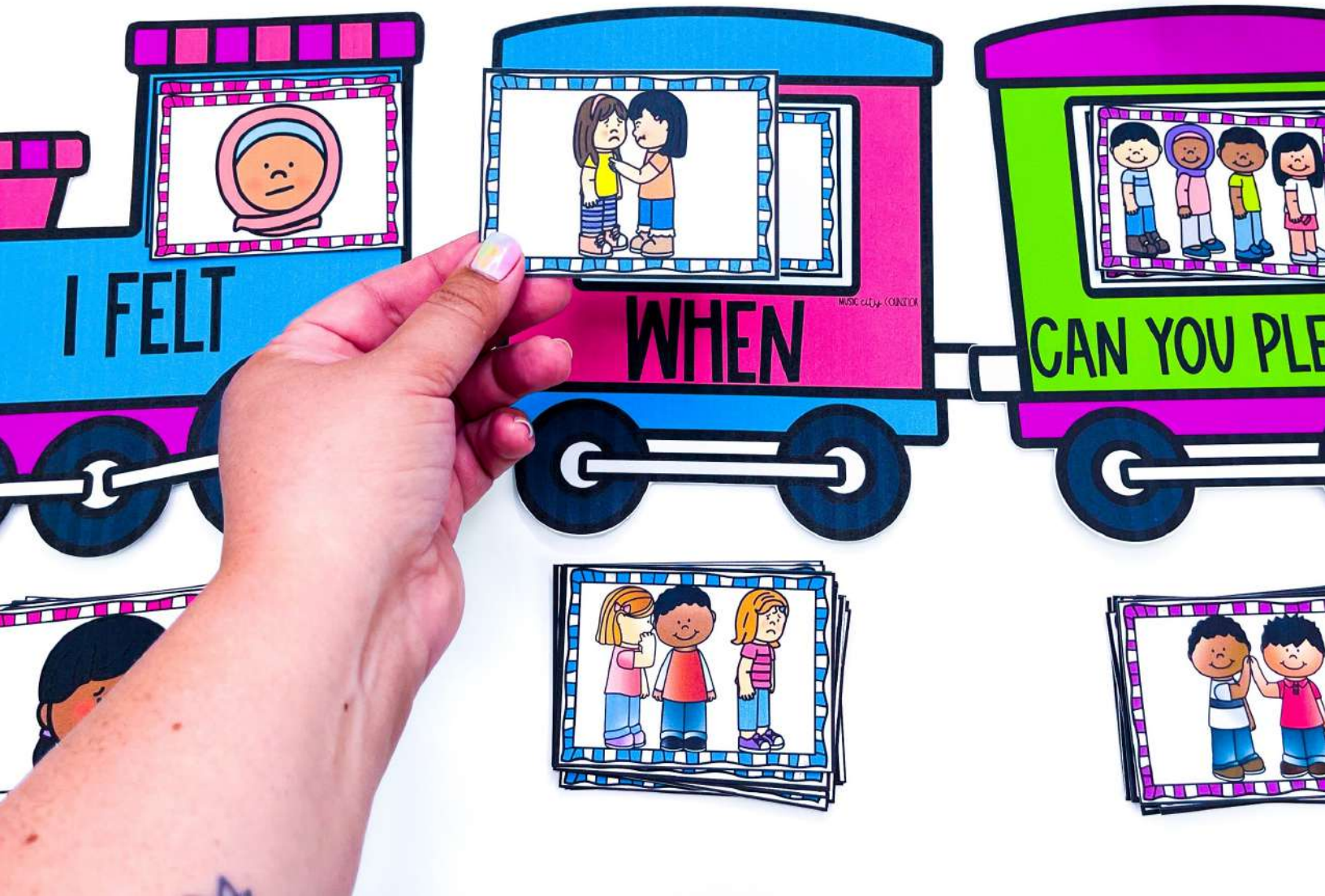


# I-Messages Trains Lesson





# I-Messages Trains Lesson





# "Worry Says What? Companion Lesson





# "Worry Says What? Companion Lesson





# "I Am Vape" Companion Lesson



## Tips for Handling **PEER PRESSURE**

Use humor, make a joke



Suggest something else



Blame the rules



## What is **PEER PRESSURE?**



When other kids try to get you to do something, even if you really don't want to.

## Why is Vaping **HARMFUL?**

Hurts your lungs



Super addictive



Full of toxic poisons



Harder to breathe



Takes control



Trouble focusing



Harder to learn



Let's  
Talk!

About Vaping

Has anyone ever asked you to try vaping?

## NO Vaping **PLEDGE**

I promise to take care of my body and make healthy choices every day. Vaping is harmful to my lungs, my health, and my future. I will stay strong and say, "no" because...

**VAPE-FREE IS THE WAY TO BE!**

Signature: \_\_\_\_\_  
Date: \_\_\_\_\_



# Problem-Solving Pirates Lesson



Name: \_\_\_\_\_

## Let's **PROBLEM-SOLVE!**

**Step 1: Identify the problem.**

\_\_\_\_\_

\_\_\_\_\_

**Step 2: Brainstorm solutions.**

\_\_\_\_\_

\_\_\_\_\_

**Step 3: Which solution is best?**

\_\_\_\_\_

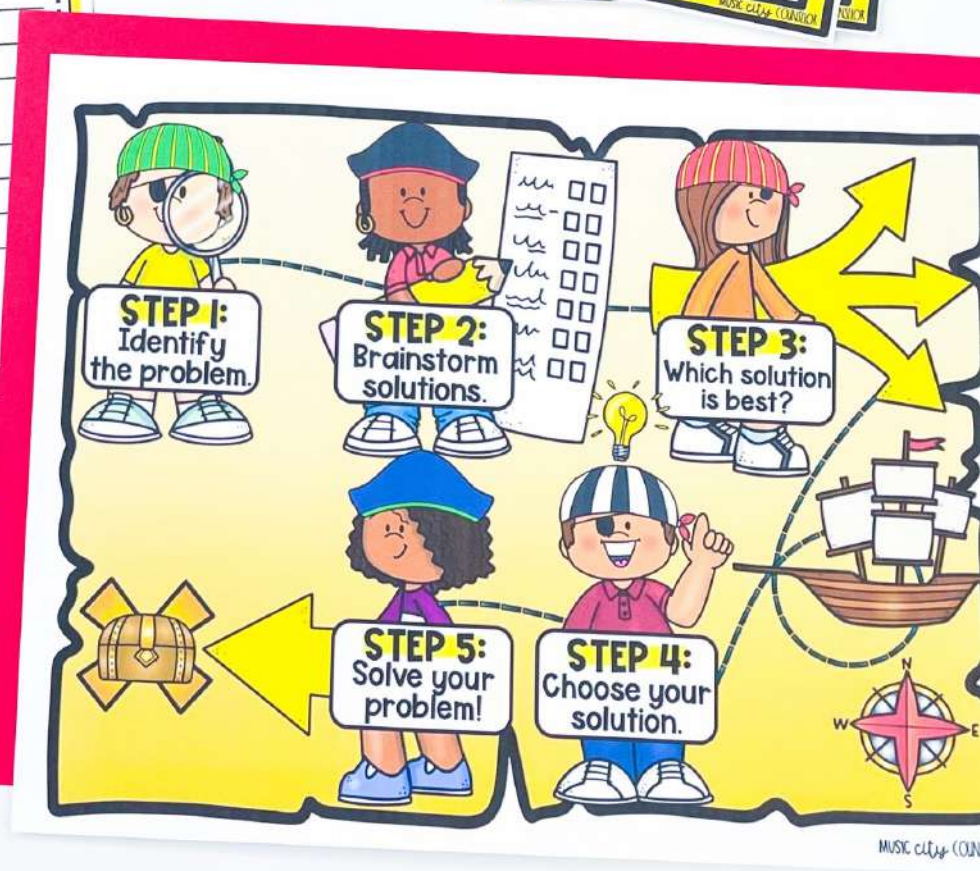
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**Step 4: Choose your solution.**

\_\_\_\_\_

**Step 5: Solve your problem!**

\_\_\_\_\_



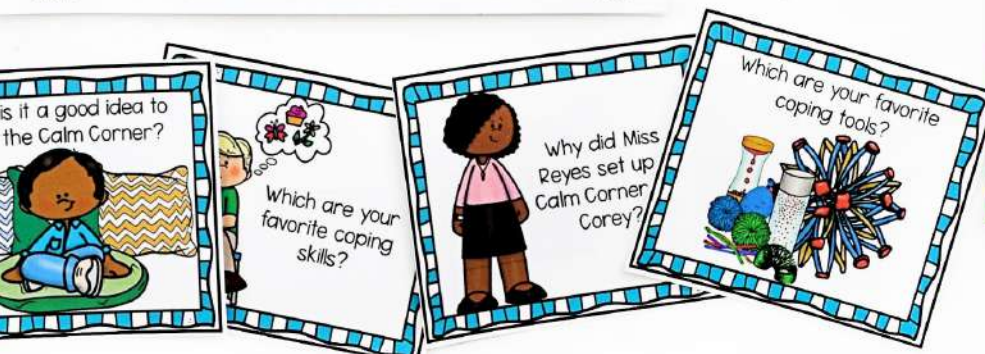
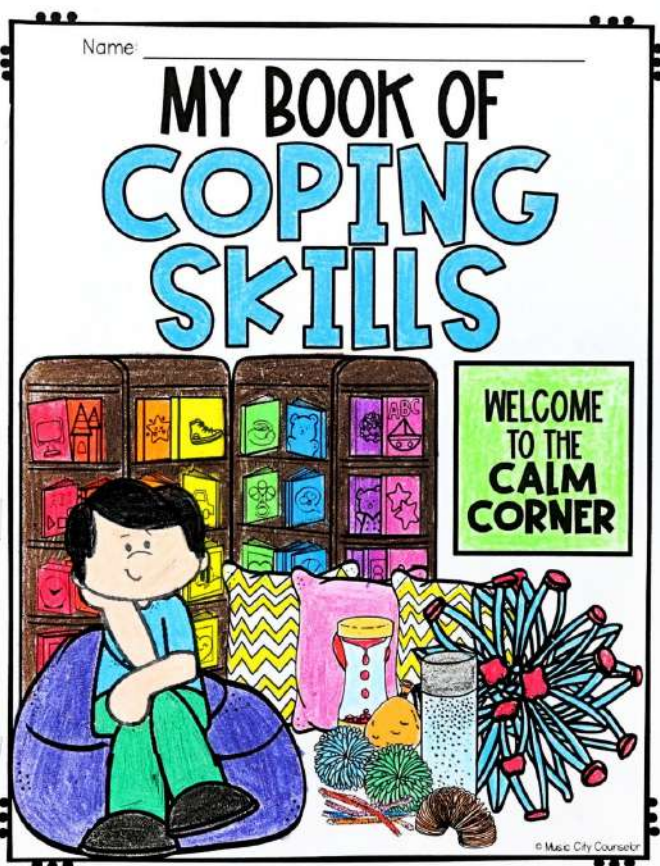


# How to Use a Calm Corner Lesson



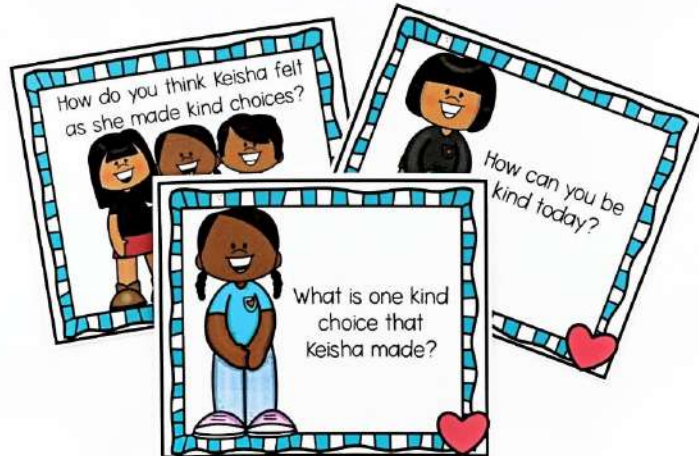
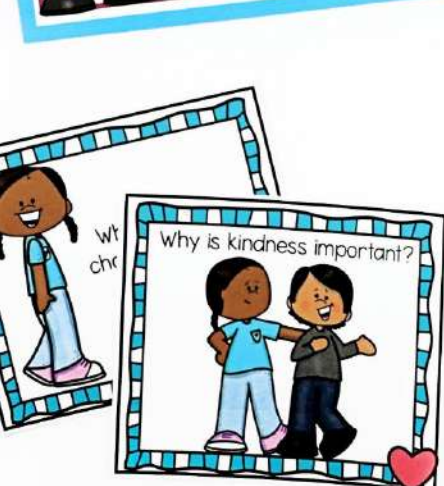
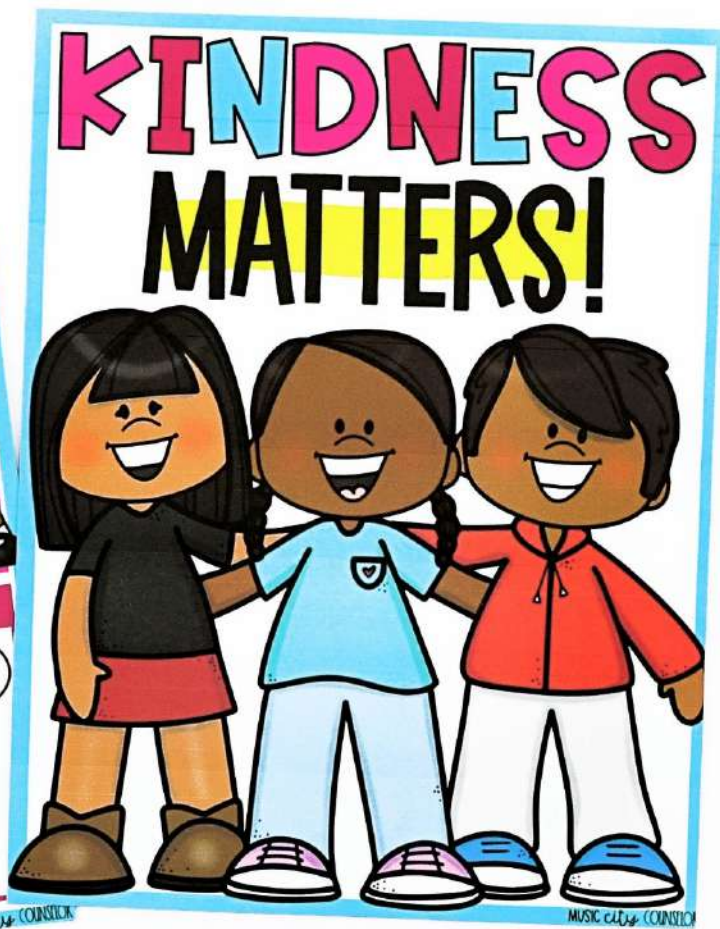
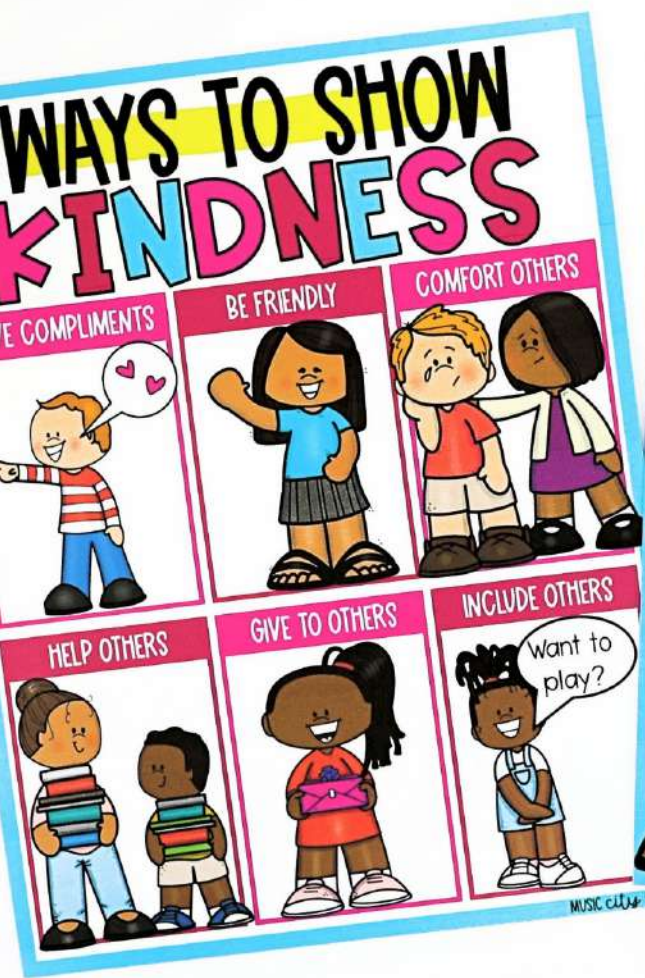


# How to Use a Calm Corner Lesson





# Kindness Lesson





# "The Worst Day of My Life Ever"

## Companion Lesson





# Sunny & Stormy Friends Lesson



**STORMY FRIENDS**

EX

ARE

Ricki gave one of his homemade cookies to Tyler.

Carson was honest with his friends when he told them he broke the window.

**SUNNY FRIENDS**

INCLUDE

LISTEN

ARE KIND

ARE HONEST

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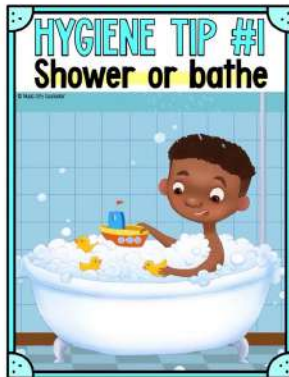
Elizabeth showed empathy for Kailee when she put herself in her shoes.

**SUNNY FRIEND or STORMY FRIEND**



# Personal Hygiene Lesson

Let's be **FRESH & CLEAN!**





# Personal Hygiene Lesson



HYGIENE TIP  
+ clean





# Positive Behavior Lesson: Baseball





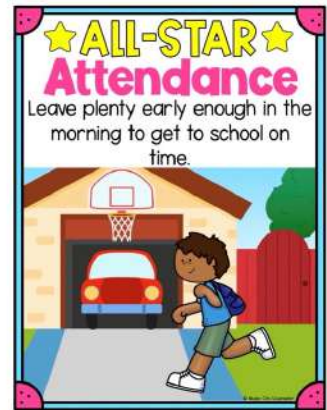
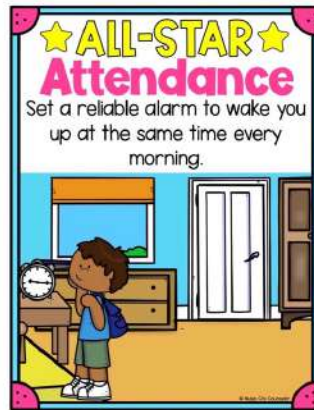
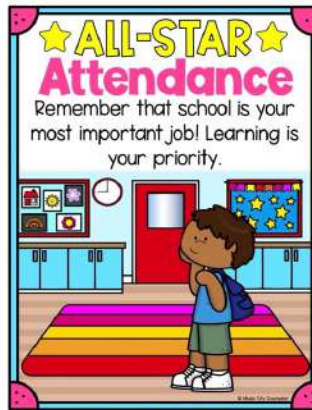
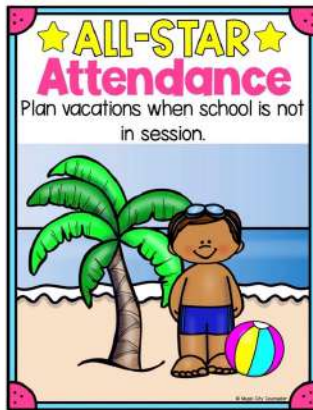
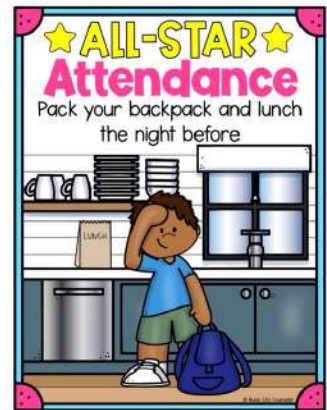
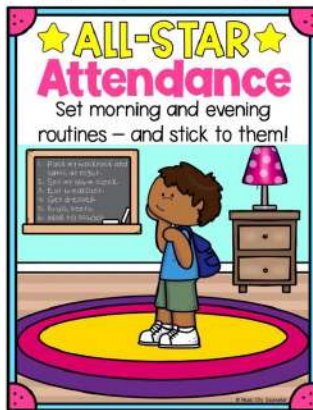
# Positive Behavior Lesson: Baseball





# Attendance Lesson

## ALL-STAR Attendance





# Attendance Lesson



I can have  
**ALL-STAR ATTENDANCE**  
I set morning and nighttime routines.  
I set my alarm clock. I lay out  
clothes and pack my lunch the night  
before.

## ★ ALL-STAR ★ Attendance

Pack your backpack and lunch  
the night before



## ★ ALL-STAR ★ Attendance

Remember that school is your  
most important job! Learning is  
priority.

# CONGRATS!

You have All-Star  
**Attendance!**

Signature

Date

