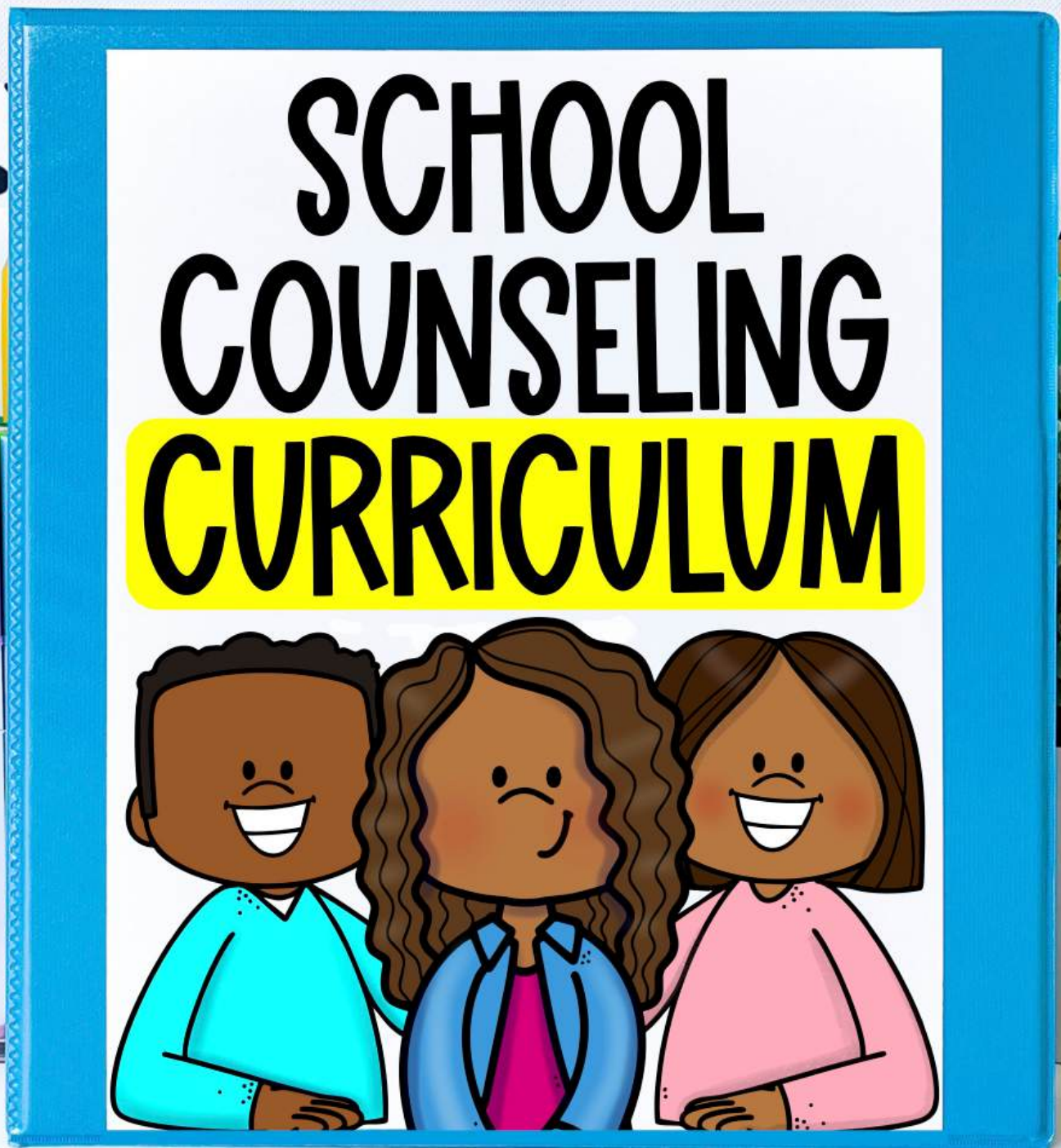


COUNSELING & SEL 10-LESSON BUNDLE

NUMBER SEVEN



THIS BUNDLE INCLUDES:

1. Sweet Friends
2. Career Day
3. Tame the Anger Flames
4. Snowman-Themed
3-Step Apology
5. Organizational Skills
6. Bullying Prevention
7. Personal Safety Rules
8. "Personal Space Camp"
9. "Bubble Gum Brain"
10. Paws Off Drugs

1) Sweet Friends



1) Sweet Friends



2) Career Day



2) 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 does it look like?



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?



A clear plastic box filled with various colored crayons, including orange, yellow, blue, green, red, and brown. One crayon is lying on a red surface next to the box.



3) Tame the Anger Flames



4) Snowman 3-Step Apology



Apology



5) 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?

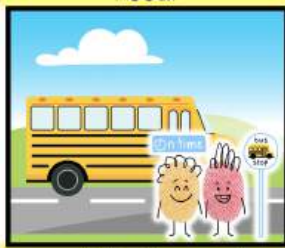
ORGANIZATION is important because



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!

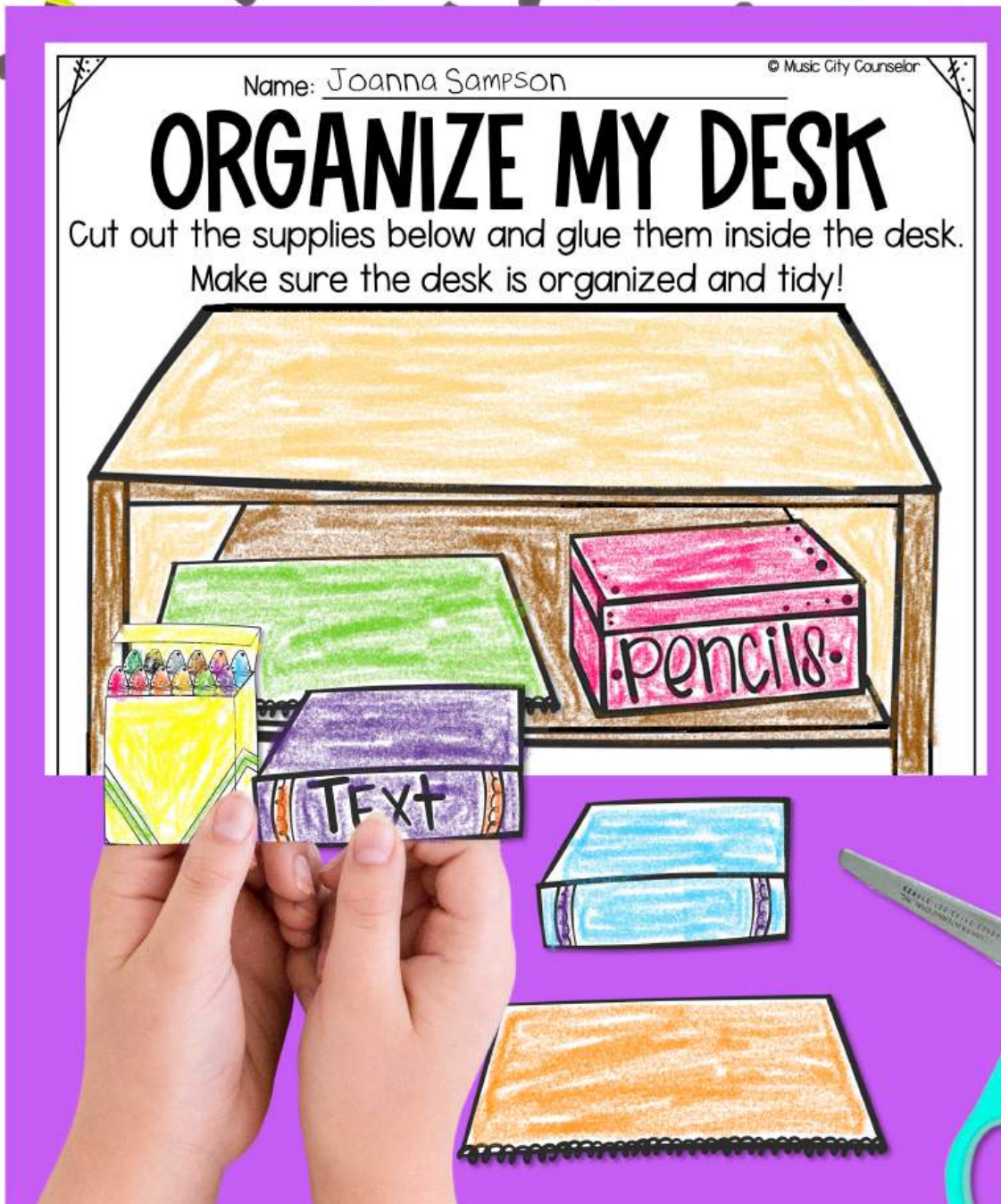


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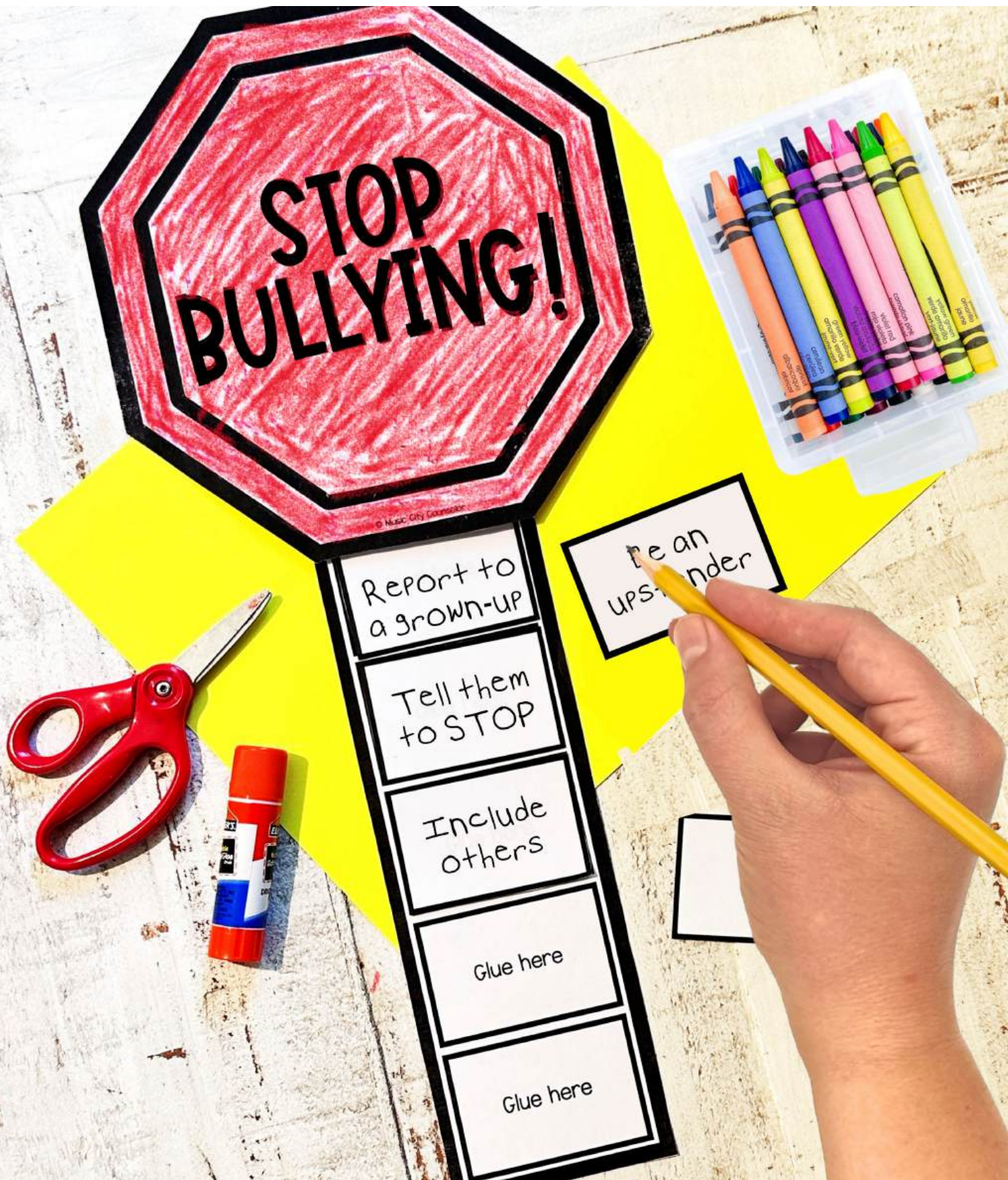
5) Organizational Skills



5) Organizational Skills



6) Bullying Prevention



6) Bullying Prevention



BULLYING:



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

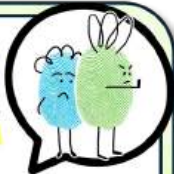
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Let's Talk!



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

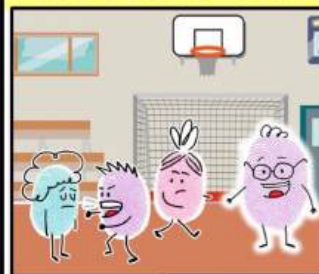
stand UP to bullying!



Tell them to STOP!



DON'T join in.



WALK AWAY to get HELP.



REPORT right away.

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7) Safety Rules



Unsafe
CHOICE

© Music City Counselor



Safe
CHOICE

© Music City Counselor



7) 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.

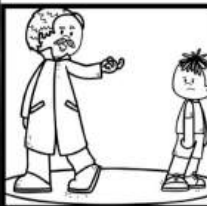


Your body belongs to you.

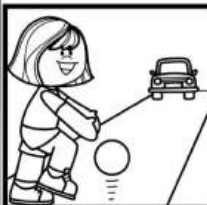
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PERSONAL SAFETY

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.

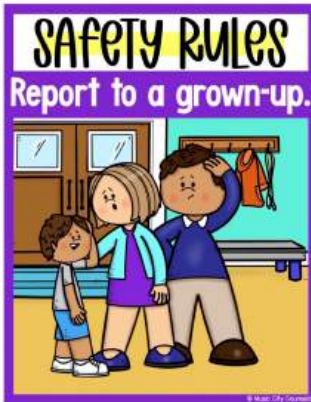
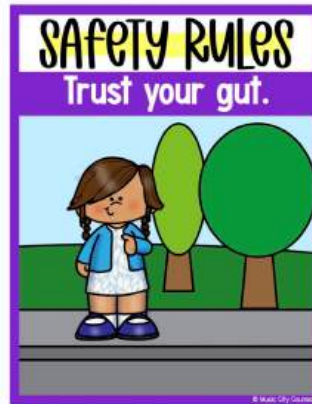
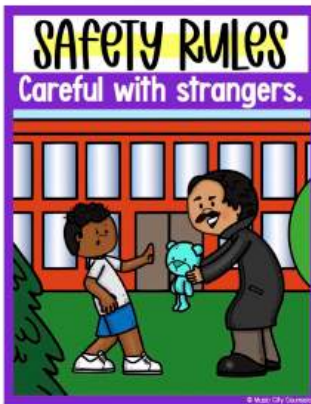
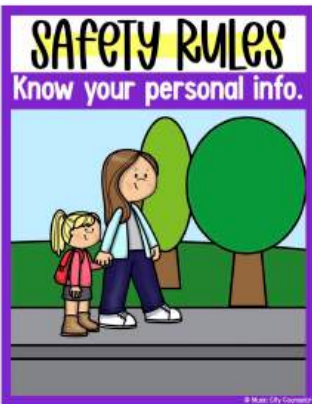


You went off on your own to the zoo field trip.

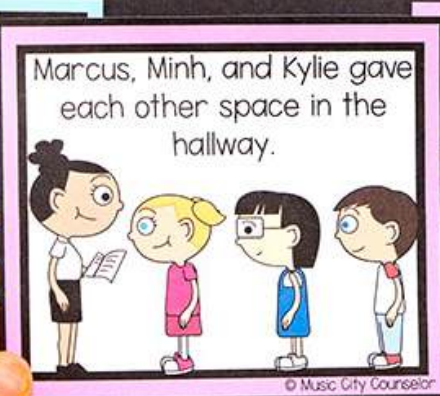


7) Safety Rules

PERSONAL SAFETY



8) "Personal Space Camp" Companion



8) "Personal Space Camp" Companion



PERSONAL SPACE FACTS

The size of our comfort bubble changes.

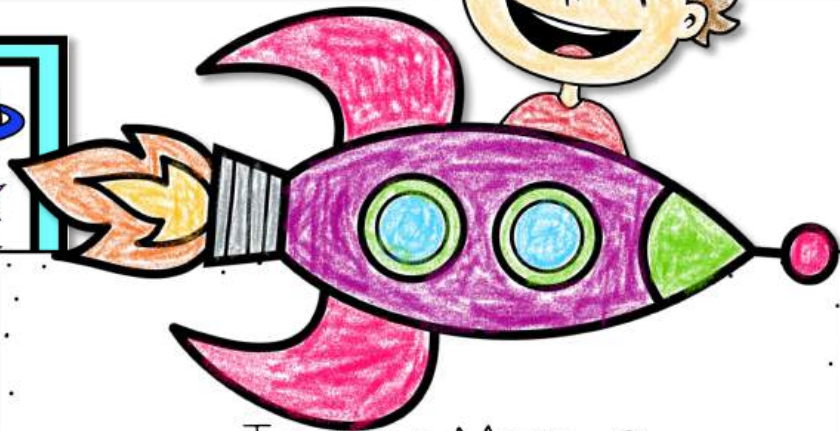
Sometimes our bubble is big, other times it is small.

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

What is personal space?

PERSONAL SPACE

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

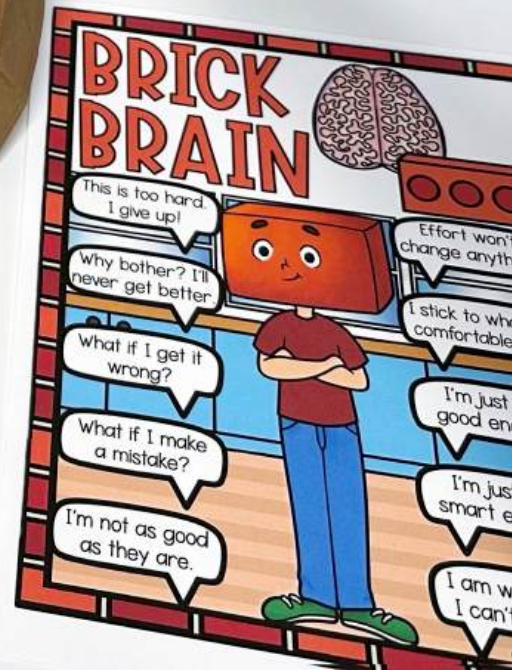
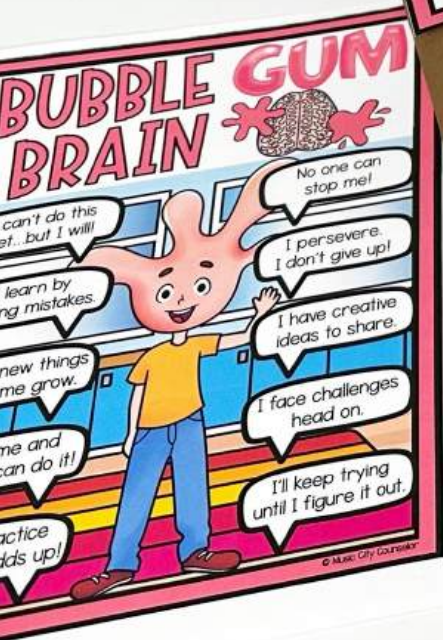
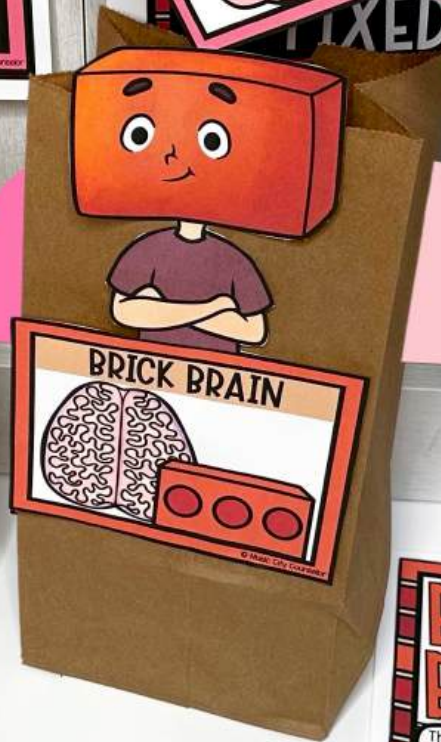
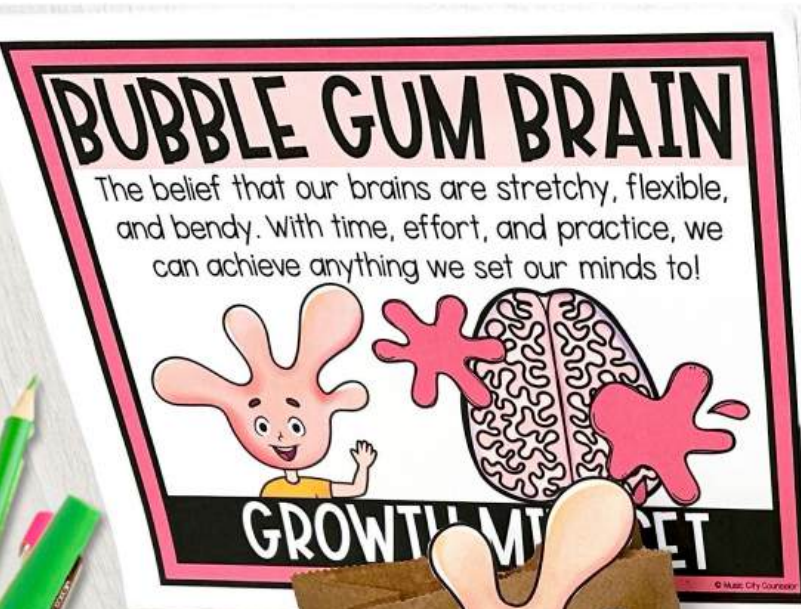


Name: Joanna Meyers

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.

9) "Bubble Gum Brain" Companion



9) "Bubble Gum Brain" Companion



10) "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 support your healthy choices.



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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10) "Paws Off Drugs" Lesson

PAWS OFF DRUGS!

