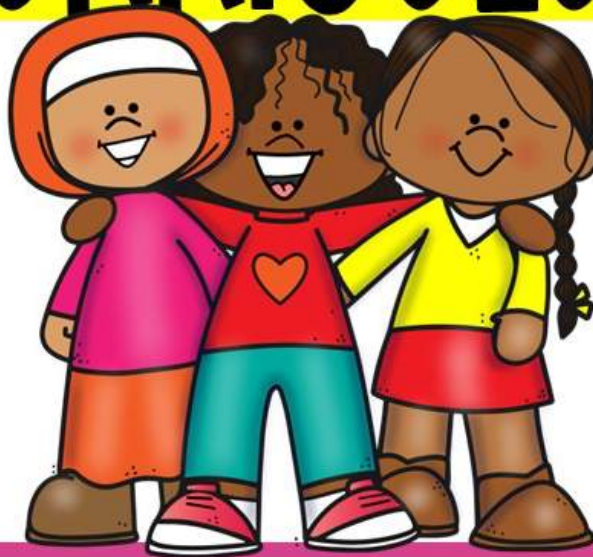


# COUNSELING & SEL 50-LESSON BUNDLE

MEGA BUNDLE

## SCHOOL COUNSELING CURRICULUM








- 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



# Bucket Filling & Bucket Dipping



## BUCKET FILLING

A kind, loving, and helpful choice that makes others feel special and important.

<p>Kind</p>	<p>Loving</p>	<p>Helpful</p>
-------------	---------------	----------------

## BUCKET DIPPING

An unkind, unhelpful, and selfish choice that hurts others' feelings and our friendships.

<p>Unkind</p>	<p>Unhelpful</p>	<p>Selfish</p>
---------------	------------------	----------------

Henry plays rough at recess.

Sasha ignores new student group project.

Katrina helps clean up the equipment.





# "The Anti-Test Anxiety Society" Companion Lesson



**TEST-TAKING TIPS**

 Believe in yourself	 Study each day	 Picture in brain	 Be active
 Get enough sleep	 Calm your nerves	 Read directions	 Take your time
 Write down notes	 Start with easy	 X out wrong	 Check your work

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**My Test Anxiety Coping**

**TALK OUT WORRIES**

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# "The Anti-Test Anxiety Society" Companion Lesson

**Anti-Test Anxiety Society TEST-TAKING TIPS**

- Read the directions.
- Take your time.
- Write down helpful notes.
- Answer the easy questions first.

**USE FIDGETS**

**THINK POSITIVE**

**TEST-TAKING TIPS**

- Believe in yourself
- Study each day
- Picture in brain
- Be active
- Get enough sleep
- Calm your nerves

**Anti-Test Anxiety Society TEST-TAKING TIPS**

- Read the directions.
- Take your time.
- Write down helpful notes.
- Answer the easy questions first.
- Cross out wrong answers.
- Check your work.

**DON'T GIVE UP**

**TAKE BREAKS**

**TEST ANXIETY**

- Sweaty body
- Furrowed eyebrows
- Quick, shallow breaths
- Hair standing up on the back of your neck
- Racing heart
- Tummy ache
- Shaky hands
- Jittery, fidgety feet

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# 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



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# I-Messages Pizzas Lesson






# Mental Health Lesson

## MENTAL HEALTH TIPS

**What is MENTAL HEALTH?**  
Mental health means taking care of how you think and feel on the inside. It means loving and protecting your brain!

A girl with curly hair is standing in a classroom, looking thoughtful. A thought bubble above her head shows a brain with a heart inside it.

**THINK POSITIVE**  
Expect good things.

A boy is standing in a classroom, looking thoughtful. A thought bubble above his head shows a sun and a smile.

**NAME FEELINGS**  
"I feel \_\_\_\_\_"

Two children are standing in a classroom, talking to each other. One is a girl and the other is a boy.

**USE COPING SKILLS**  
Let your feelings out!

A girl is standing in a classroom, looking thoughtful. She is standing in front of a whiteboard.

**EXPLORE & PLAY**  
Build, imagine, create.

Three children are sitting on the floor, playing with colorful blocks. They are smiling and looking at each other.

**ASK FOR HELP**  
Reach out for support.

A girl is standing in a classroom, looking thoughtful. She is talking to a teacher who is standing next to her.

**TRY MINDFULNESS**  
Be present.

A boy is sitting on the floor, meditating. He has his eyes closed and his hands are resting on his knees.

**CONNECT & LOVE**  
Spend quality time.

Two children are standing in a classroom, talking to each other. They are smiling and looking at each other.



# Mental Health Lesson



**What is MENTAL HEALTH?**  
Mental health means taking care of how you think and feel on the inside. It means loving and protecting your brain!

**CONNECT & LOVE**  
end quality time.

What does it mean to "think positive?"

How does play help your mental health?

What is mental health?

A colorful classroom illustration. A girl with curly hair holds a pink heart. A boy in the background has a thought bubble with smiley faces. Another boy is talking to a friend. Three clipboards with pink clips are overlaid with questions about mental health. A brain with a pink heart inside is shown in a thought bubble. A board in the background is titled 'ANIMALS' and shows various animal faces.

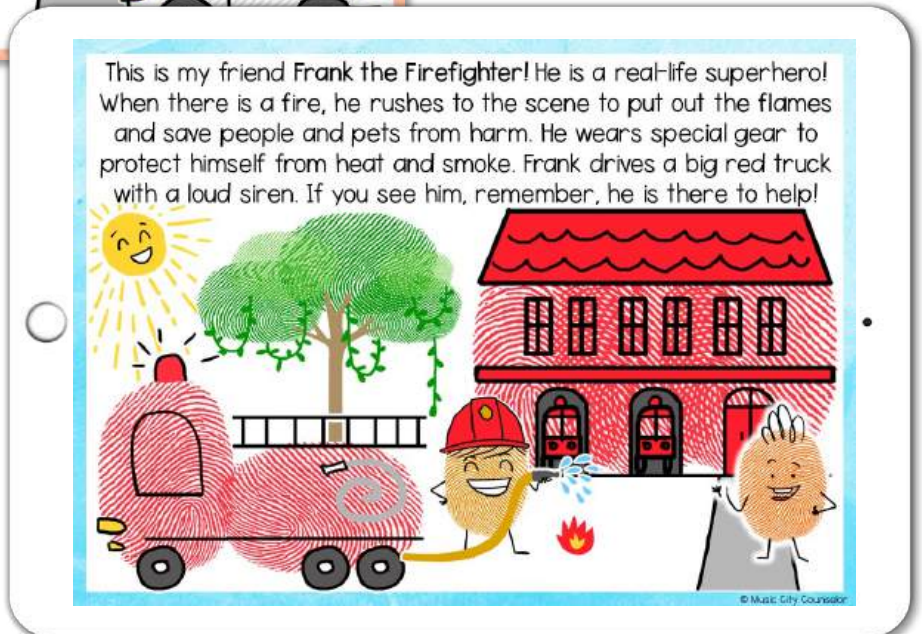
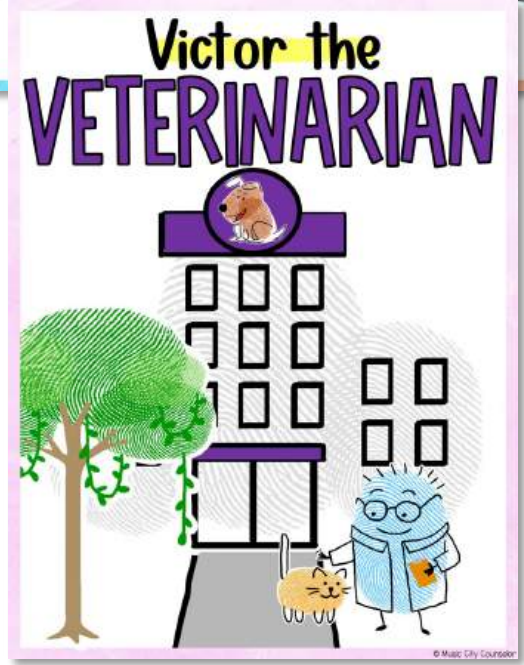
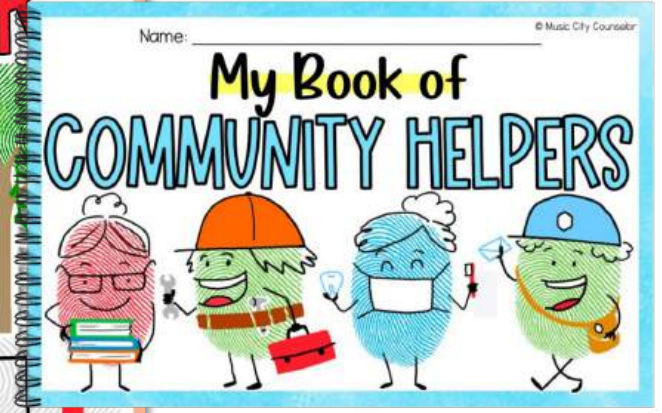
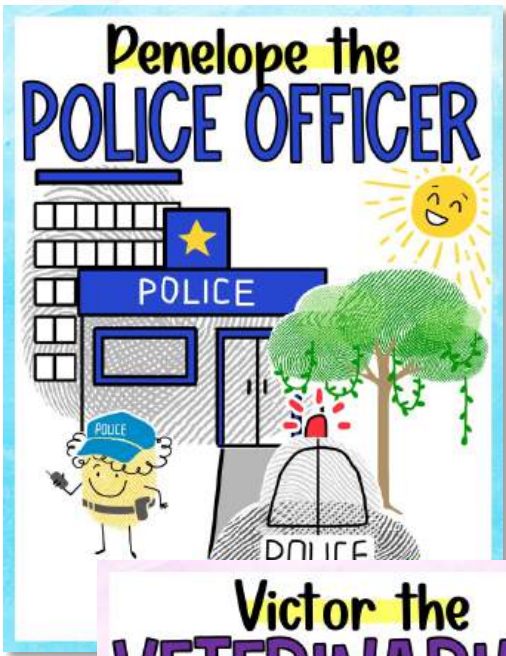


# Mindfulness Lesson





# Community Helpers Tour





# "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

- Say, "Stop!"
- Ignore it
- Tell a grown up
- Walk away

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**

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**CYBER  
UNSAFE**

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# "Soda Pop Head" Companion



## COPING SKILLS

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

### 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
- Steady heartbeat
- Relaxed muscles
- Loose hands
- Gentle feet

**SODA POP HEAD**

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

**SODA POP HEAD**

## SODA POP HEAD

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

**SODA POP HEAD**

### What is your favorite coping skill?

**SODA POP HEAD**



# 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.

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

### KINDNESS QUEST LOG

DAY	KIND CHOICES
Monday	
Tuesday	

### WAYS TO BE KIND

Comfort	Compliment	Volunteer	Help	Donate
Plant a tree	Take turns	Teach	Clean up	Do chores
Collaborate	Share	Hug	Stand up	Encourage
Respect	Trust	Listen	Care	Give
Support	Smile	Thank	Apologize	Self-love

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.



# 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



How my  
mom feels

MY  
WORRY  
HAT

My  
grandpa's  
cancer

How often  
my dad calls  
me

What my  
best friend  
does



# Positive Behavior & School Success Lesson



**CONGRATULATIONS!**  
Monique Harrison  
You were caught being a  
**STAR STUDENT!**

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**STAR STUDENTS**

- LISTEN TO THEIR TEACHER •
- DO THEIR BEST WORK •

**I AM A STAR STUDENT!**  
I will listen to my \_\_\_\_\_  
teacher and \_\_\_\_\_  
follow her \_\_\_\_\_  
directions.

**5. CLEAN UP & RESPECT BELONGINGS**  
Miss Carlton says that when we take care of our classroom, school, and community, we make them better places to be. When I clean up and respect mine and others' belongings, I am a STAR Student.

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# 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



## SMALL PROBLEMS

happen often, but they're no big deal.

## SMALL PROBLEMS

Can bug and frustrate us.

### Examples of SMALL PROBLEMS

Ricki dropped his ice cream.

Samantha's balloon popped.

Thomas lost his shoe.

Maria forgot her umbrella.

## 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

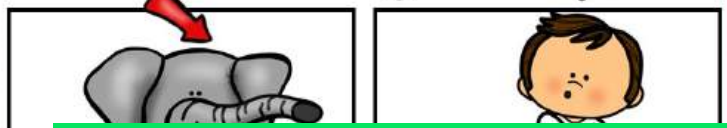




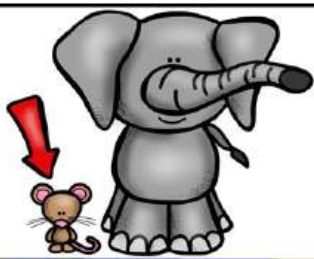
# Tattling vs. Reporting Lesson



**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



**TATTLING** or **REPORTING**



# Generosity & Giving Lesson



**GENEROSITY**  
**US BOTH FEEL:**

<b>PROUD</b>	<b>EXCITED</b>
<b>LOVED</b>	<b>VALUED</b>

**I CAN BE GENEROUS**

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

Name: Laura

**GENEROSITY MEANS TO ME**

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

**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.

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What does it mean to be generous?

What is generosity?



# Friendship "We Go Together" Lesson



**We go TOGETHER LIKE**

**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 go TOGETHER LIKE**

WE CHEER EACH OTHER UP

WE TAKE TURNS

WE LISTEN TO EACH OTHER

WE TAKE CARE OF EACH OTHER

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



## ZERO CHOICES

UN

## CONGRATULATIONS,

Ja'Quan Thompson

You were caught making a

## HERO CHOICE!

\_\_\_\_\_  
signature

2-6-23  
Date

MUSIC BY JANE'S COUNSELOR

## HERO CHOICES

SAFE

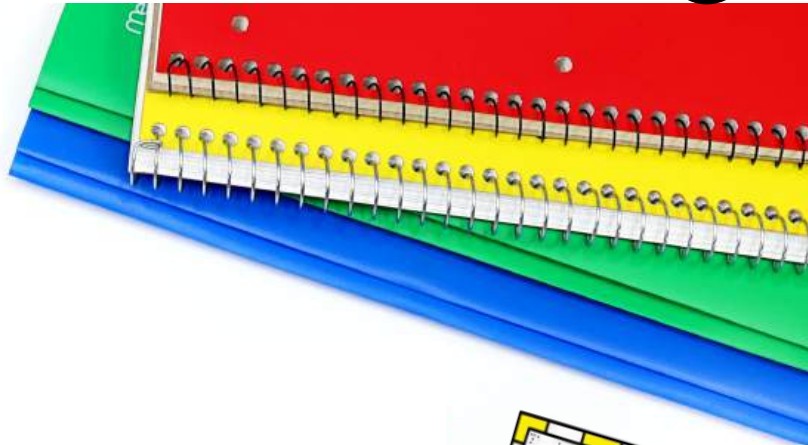
HELPFUL

KIND

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# Positive Behavior Activity

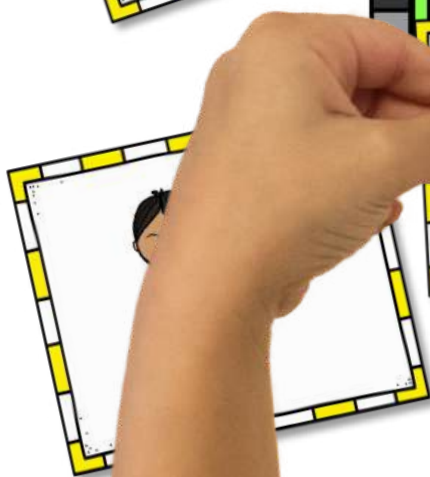
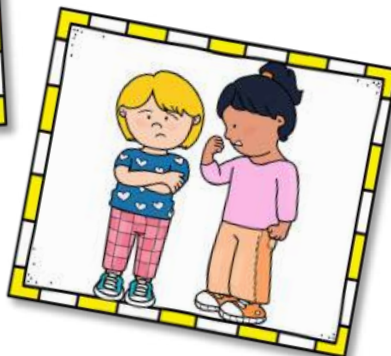
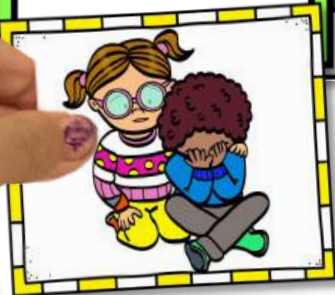


**GREEN LIGHT CHOICES**

OR

**RED LIGHT CHOICES**

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# Diversity "All Are Welcome" Lesson



DIVERSITY is beautiful!



SKIN COLOR



CULTURE



LANG

All are WELCOME in our school.



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

All are WELCOME

Draw who is welcome at your school.

All beliefs are WELCOME

We respect others by learning about their beliefs, values, and traditions. We can read books, ask questions, and attend celebrations to learn about ways of life that are different than our own.

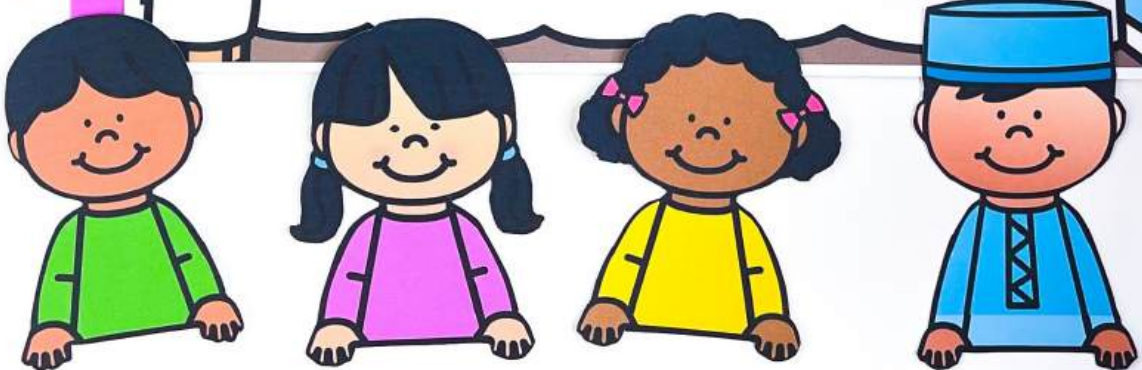
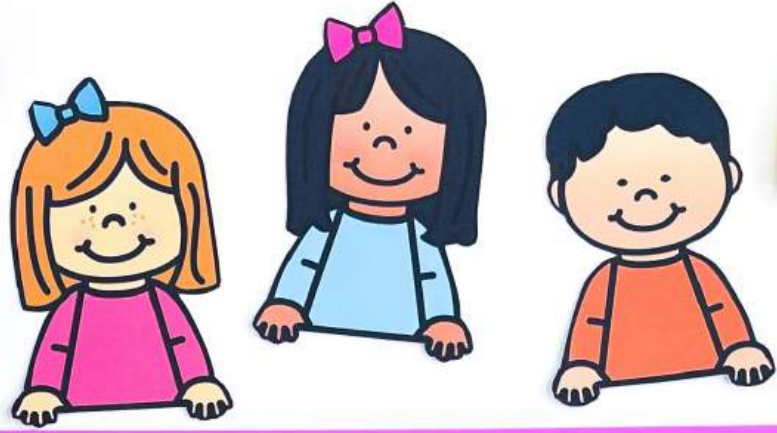


All are WELCOME





# Diversity "All Are Welcome" Lesson





# Bullying vs. Conflict Lesson



## How to resolve a CONFLICT

Brielle keeps leaving Jayda out at recess.

Krista tells Olivia she can't sit with her at lunch every day.

## BULLYING is a hurtful choice that



HAPPENS OVER AND OVER AGAIN



IS ONE-SIDED

Kyrie trips Tyler in the lunch line every day.

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**BULLYING** or **CONFLICT**



# "Clark the Shark" Self-Control Lesson



Let's practice how to **STAY COOL** and **IN CONTROL!**

Janiyah and Addison stayed in their seats on the bus.

We show **SELF-CONTROL** when we...

<p>Wait our turn.</p>	<p>Use our words.</p>
<p>Keep a safe body.</p>	<p>Wait, think, act.</p>

We show **SELF-CONTROL** when we keep our hands and feet to ourselves.

When I have **SELF-CONTROL**, I handle my...

Thoughts      Feelings

Choices

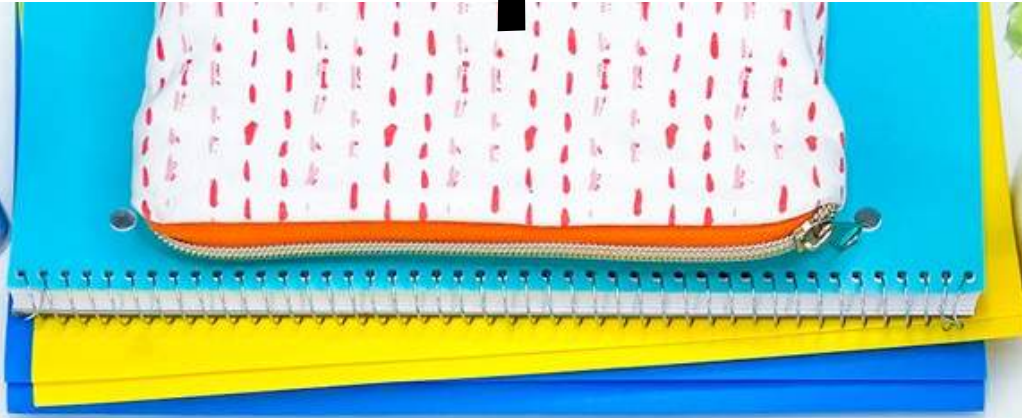
Clark ate his friends' food at lunch time.

Clark used his words and asked his friend to "please stop."

Clark's spelling test was too hard so he yelled in class, "I CANT DO THIS, MRS. INKYDINK!"



# "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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Harvey waited for his turn on the slide.










When it was time to go inside, Tara, Chris, and Gerry lined up quietly.



## 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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Jenny said that she's the boss and always gets to go first.



Holly and Kate started a new club and said that Cora couldn't join.





# "The Recess Queen" Friendship Lesson

**RECESS QUEENS**  
are...

 Exclusive	 Unkind	 Disrespectful
 Unkind	 Disrespectful	 Rule breakers

**RECESS FRIENDS**  
are...

 Inclusive	 Kind	 Respectful
 Inclusive	 Kind	 Rule followers



**RECESS QUEENS**

**RECESS FRIENDS**

Jackson played too rough at recess.

Sherrie waited her turn on the swings.

Luis always includes others.



WORLD



# Diversity & Identity



## The PIECES of Me

MUSIC CLASS COORDINATOR

<b>Family</b> 	<b>Culture</b> 	<b>Traditions</b> 
<b>Language</b> 		<b>Skin Color</b> 
<b>Abilities</b> 	<b>Beliefs</b> 	<b>Talents</b> 

## The PIECES of ME

Write your name on the line in the middle puzzle piece and color the face to look like you. Then, draw and write about each piece of you.

<b>Family</b> 	<b>Culture</b> 	<b>Traditions</b> 
<b>DeMario</b>		
<b>Language</b> English		<b>Skin Color</b> 
<b>Abilities</b> Reading, riding my bike, math	<b>Beliefs</b>  equality	<b>Talents</b> 

© Miss Ch. Condon





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



**GROWTH MINDSET  
OR  
FIXED MINDSET?**

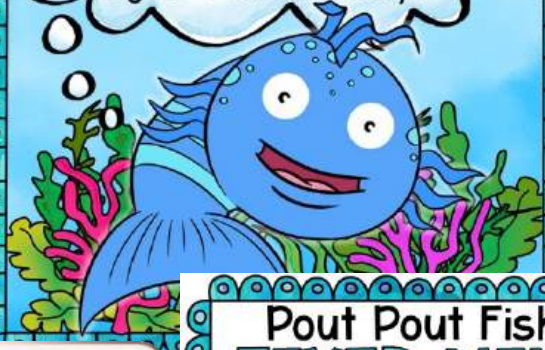


**Growth Mindset  
or Fixed Mindset?**

"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**

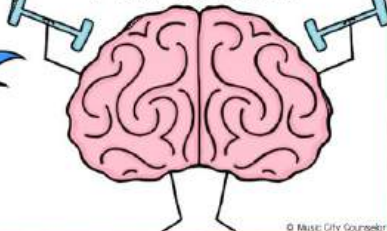
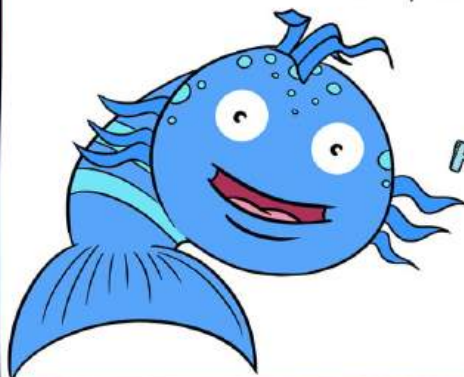
I'm not  
smart enough!  
I just can't do it!  
Why try?  
I give up!



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**



© Miss City Counselor



# "When Miles Got Mad" Coping with Anger



### How can you tell that Miles is MAD?

Quick, short, breaths

Red cheeks

Heart racing

Clenched fists

Furrowed eyebrows

Clenched teeth

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### When Miles Got MAD

### How can you tell that Miles is CALM?

Deep, even, breaths

Steady heartbeat

Loose hands

Smile

Relaxed, comfortable body

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## CALM DOWN SKILLS

<p>Read a book</p>	<p>Sit in a comfy spot</p>	<p>Squeeze stress ball</p>
<p>Write journal</p>	<p>Happy thoughts</p>	<p>Drink water</p>

© Music City Counselor



# "One" Bullying Prevention Lesson



I can be THE ONE to STOP BULLYING!

Tell a grown-up I trust!  
Mom, Dad, teacher, counselor  
Walk away!  
Make a joke!  
Haha!  
STOP  
Ignore it!  
Tell them to STOP!

A cartoon boy with a white head and a striped shirt is pointing upwards. To his left is a large number '1' containing a list of strategies for handling bullying.

All it takes is ONE. Be a hero, be an UPSTANDER!

Two cartoon children, a boy and a girl, are pointing upwards. The boy is wearing a striped shirt and blue pants, and the girl is wearing a grey jacket and a patterned skirt.

In the end, Blue was a hero, too. Blue was kind to Red, despite how mean he had been. He wanted Red to count, too!

1234567

A laptop screen displaying text and a sequence of numbers. The text reads: "In the end, Blue was a hero, too. Blue was kind to Red, despite how mean he had been. He wanted Red to count, too!". Below the text are the numbers 1 through 7, each in a different color: 1 (grey), 2 (yellow), 3 (green), 4 (purple), 5 (orange), 6 (blue), 7 (red).



# "The Buddy Bear" Conflict Resolution



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

I felt frustrated when you ignored me. Can you please listen to me next time?

I'm sorry, thanks for telling me. Can you please read your story again?

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.

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# 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!

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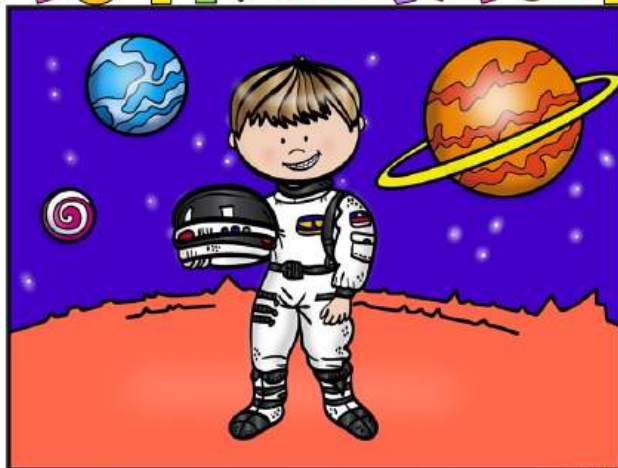
I wear my camo and am proud of the  
red, white, and blue,  
To my country I will always stay true!  
Sometimes I travel to countries far away,  
To protect our freedom so America is a  
safe place to stay.

Soldier



© Music City Counselor

**ASTRONAUT**



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!

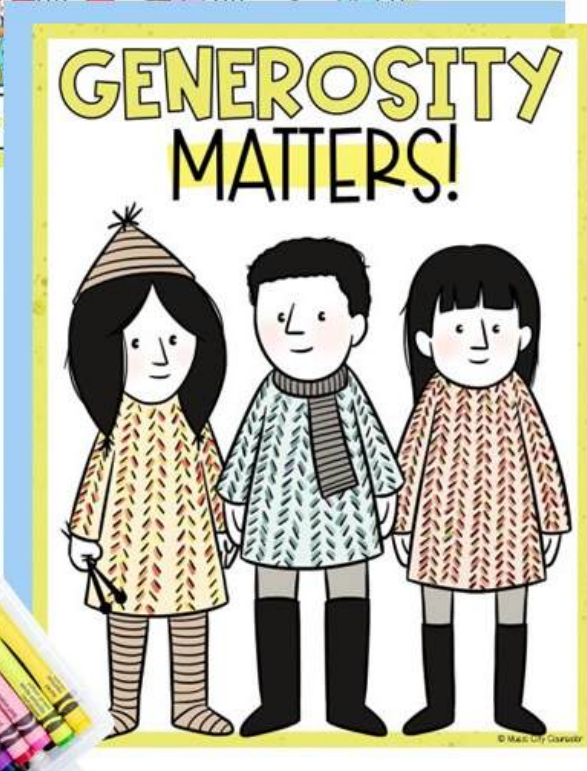
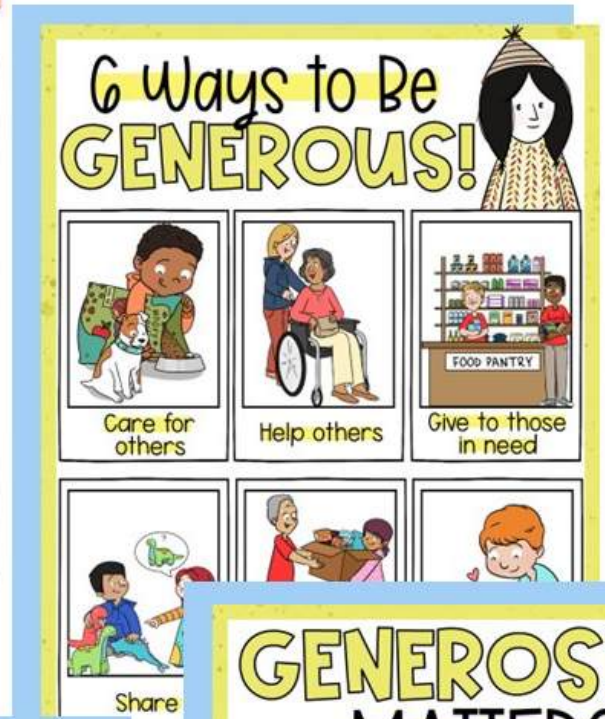
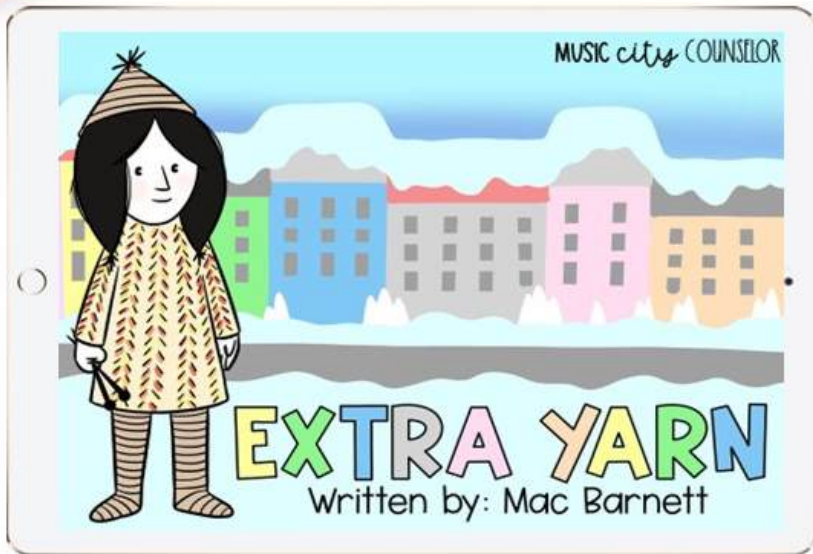


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# "Extra Yarn"

## Generosity & Kindness Companion Lesson





# Sportsmanship Lesson



GOOD  
SPORT

Kevin got 3<sup>rd</sup> place in the race and fist bumped the 1<sup>st</sup> place winner.



Jack threw the ball across the room when he missed the shot.



Juana tripped another player on purpose on the soccer field.



Good game!  
Tabitha said, "Good game!" to the other team's captain after her team lost.



When Kenny's coach asked him to sit on the bench, he called his coach a mean name and stormed off.



Even though Josie really wanted to be team captain, she congratulated Cole when he was chosen.



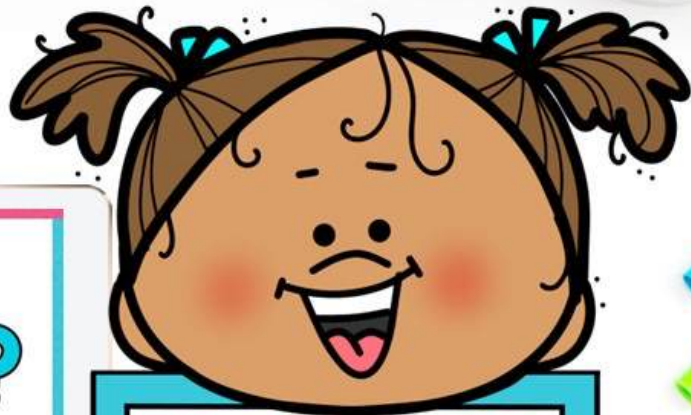


# Feelings Identification



How do you  
**FEEL TODAY?**

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**EXCITED**



**SAD**



**SCARED**

Zachary invited you on his family camping trip.

Ja'kya asked you to play in the sandbox with her.

Your teacher said you're the best reader in the class!

Sephora wouldn't listen to your story.



# 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.

I felt...

Mad Sad Frustrated Embarrassed

### STEP 2: Describe what happened.

when...

you wouldn't let me slide.

you wouldn't listen to me.

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

listen to me?

Can you please?

let me have a turn?

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?

SMALL Problems

Carlos played too rough at recess.

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...

<p>Loving</p>	<p>Helping</p>	<p>Sharing</p>
<p>Greeting</p>	<p>Learning</p>	

Jesse played too rough at recess.

Kayla and Hailey high-fived each other.

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


<p>ng</p>	<p>Pushing</p>	<p>Kicking</p>
<p>Throwing</p>	<p>Hurting</p>	<p>Taking</p>

Alex and Blake shook hands during morning meeting.

...had took care of Julia when she fell.





# "The Invisible Boy" Kindness & Inclusion




When Brian felt **INCLUDED**, he didn't feel invisible anymore. He felt like he was **noticed, cared for, and loved.**

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We **INCLUDE** others when we...



Ask them to




Ask them to eat



Ask them to sit


How can you **INCLUDE** Brian?



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# INCLUSION Matters!

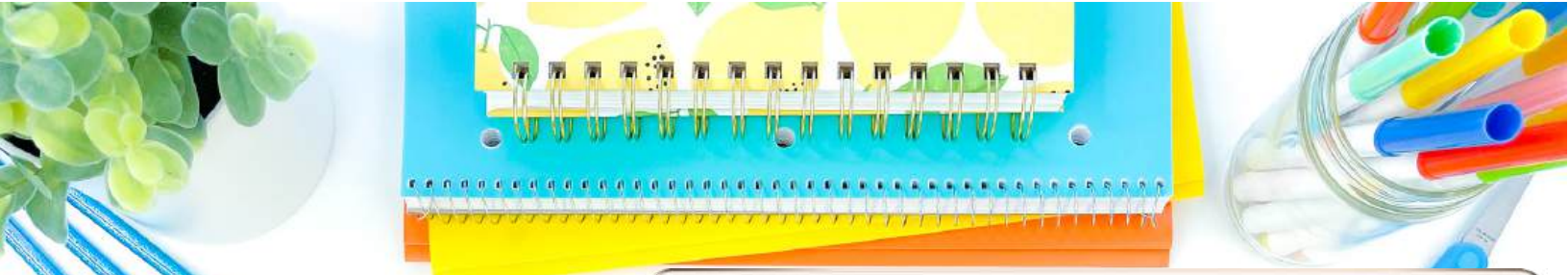


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# "Jabari Jumps" Growth Mindset



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



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?

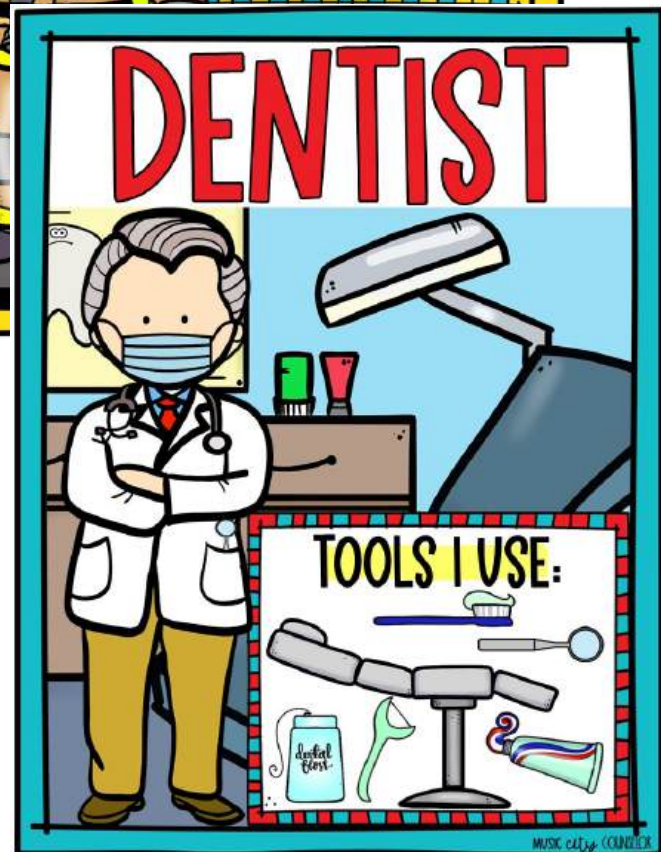
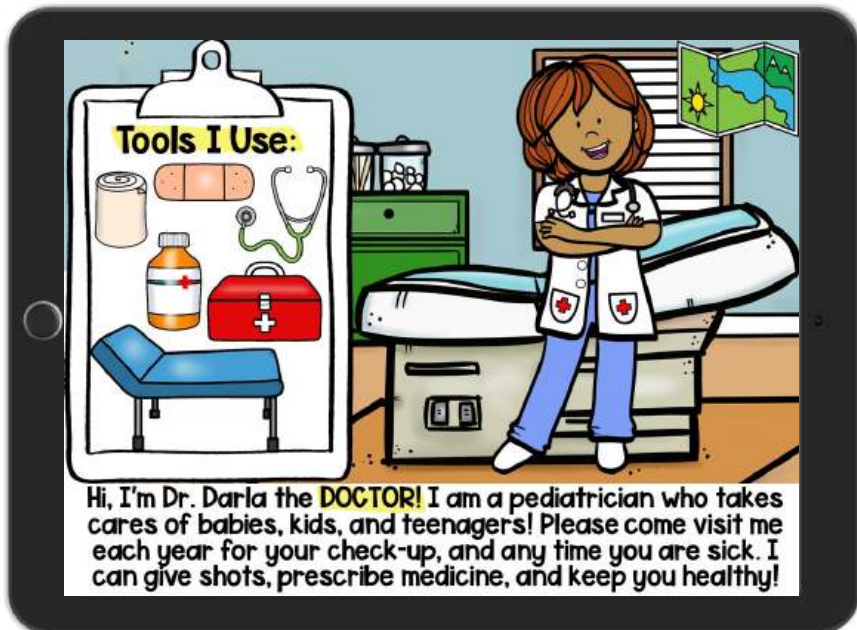
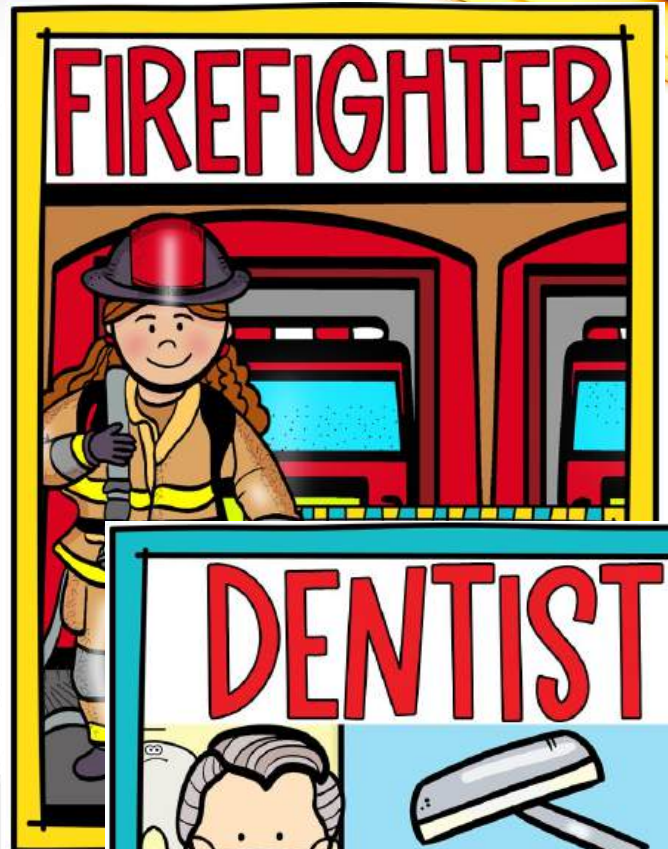
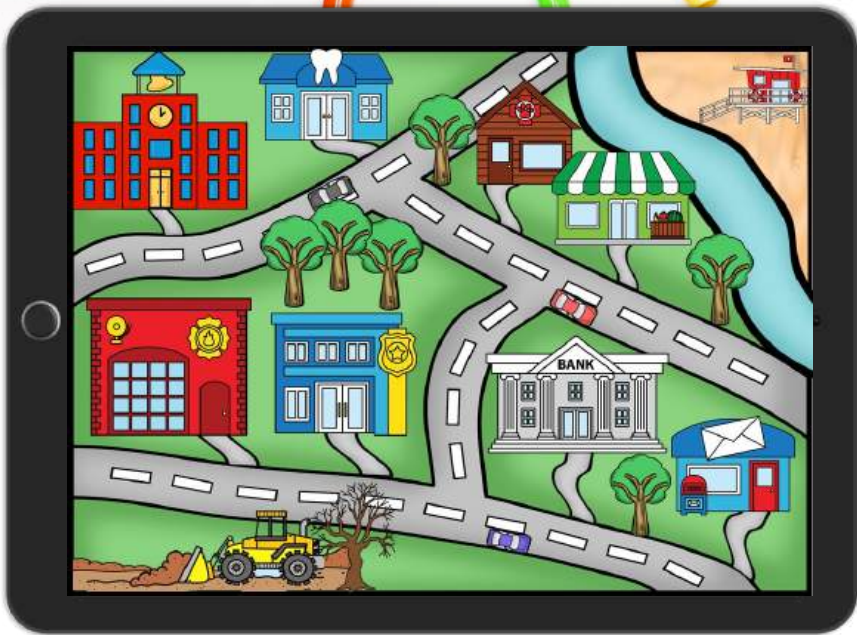
What does it mean to listen to your heart?

## 6 Ways to Show COMPASSION

<p>Focus on others' feelings and interests</p>	<p>Cheer up and comfort others.</p>	<p>Anticipate what others may need</p>
<p>Respect differences.</p>	<p>Participate in service projects.</p>	<p>Give without expecting anything in return.</p>



# Career City: Virtual Career Day





# FriendSHIPS

# Social Skills



Did you steer your friendSHIP towards...  
**SMOOTH SAILING OR A SHIPWRECK?**

You took care of Maria when she fell off the monkey bars.

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You ignored Keisha when she tried to read to you.

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You used kind and respectful words with Ana.

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You included the new student in your group.

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You helped Luke clean up the recess equipment.

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You apologized to Nancy when you made a mistake.

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Let your friendSHIPS set sail!

Smile.  
 Help.  
 Care.  
 Listen.  
 Compliment.  
 Take turns.  
 Share.  
 Play fair.  
 Solve problems.  
 Respect.  
 Show empathy.

**S. S. FriendSHIP**

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# Friendships Social Skills



You used kind and respectful words with Ana.

You apologized to Nancy when you made a mistake.

**SMOOTH SAILING**

**SHIP WRECK**

You pushed Corey in the lunch line.

You listened to Yamil and cared about what he had to say.

You asked Juliette to play at recess.



# Test-Taking Skills & Test Anxiety



## What is TEST ANXIETY?

Have you ever felt nervous or worried before a big test? Just about all of us have! You may feel pressured to get a certain score, fear failing, or be afraid to make a mistake. When we feel so nervous before a big test that it affects how our body feels, that is called test anxiety.

**How does test anxiety feel?**

## MY COPING SKILLS

Circle the coping skills that you would like to practice.

Count to 10. Take deep breaths. Talk it out. Squeeze a stress ball. Positive self-talk. Have a drink. Relax in a comfy spot. Take a relaxation script.

**What are your strengths as a test taker?**

**What will the night before test day look like for you?**

## MY FEELINGS:

Circle your feelings about the test below.

Angry Confident Confused Excited  
Scared Content Stressed Worried

**How can you calm your nerves before the test?**

**How can you think positive during the test?**




# I-Messages Trains Lesson



### MESSAGES TRAINS

Use the small problem below using an I-Message.

Harvey kept climbing up the slide.




**I FELT** \_\_\_\_\_

**WHEN** \_\_\_\_\_

**CAN YOU PLEASE?** \_\_\_\_\_

### All Aboard The I-MESSAGES TRAIN!


**Step 1: Explain how you feel!**



**Step 2: Describe what happened!**



**Step 3: Share what you need!**



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

### I-MESSAGES PRACTICE

Write an I-Message to help you solve these small problems.



I felt \_\_\_\_\_ when \_\_\_\_\_

please \_\_\_\_\_ Can you \_\_\_\_\_

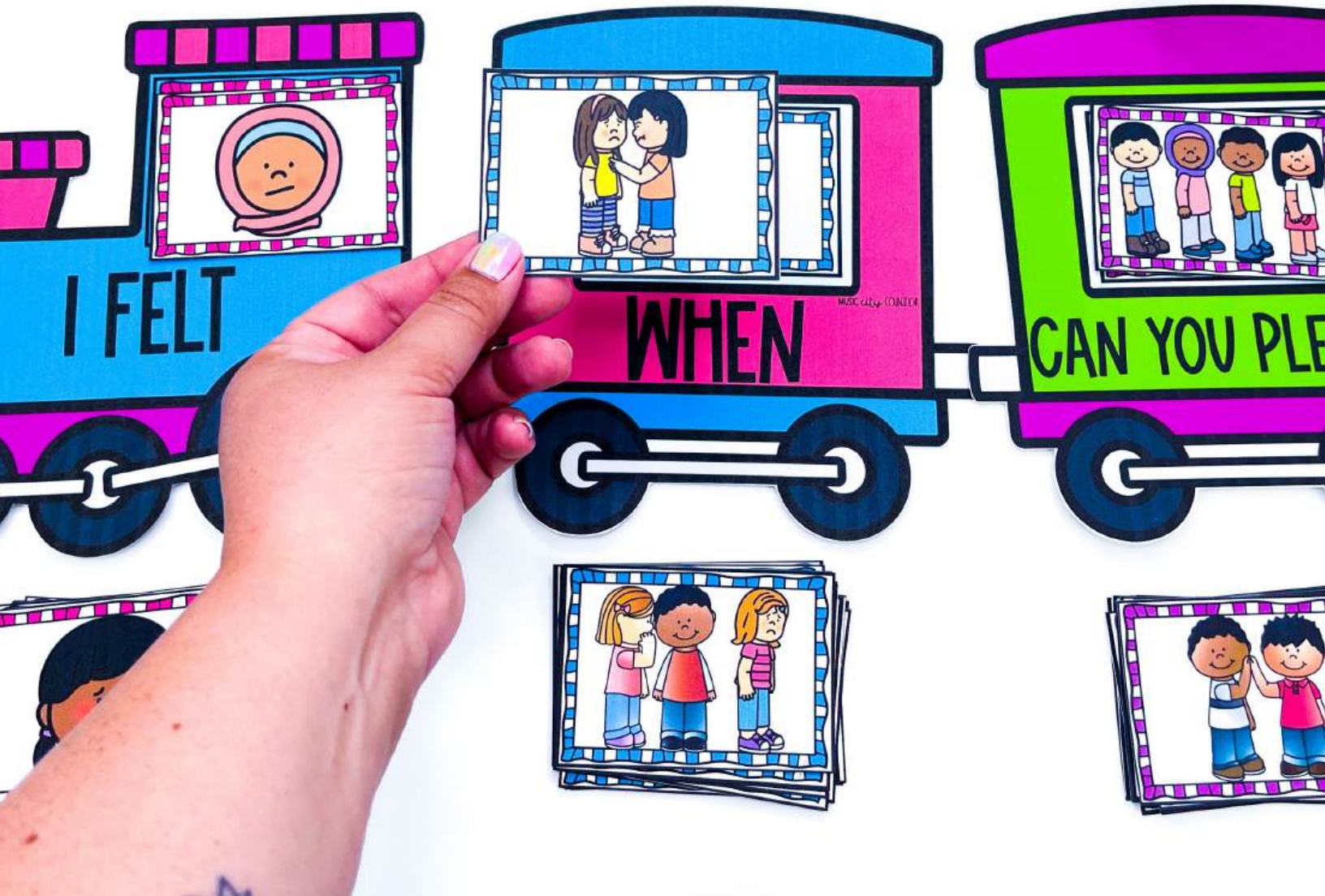


Practice using I-Messages, we can ride the I-Messages Train! It has 3 train cars that help us remember the 3 steps to using an I-Message.





# I-Messages Trains Lesson





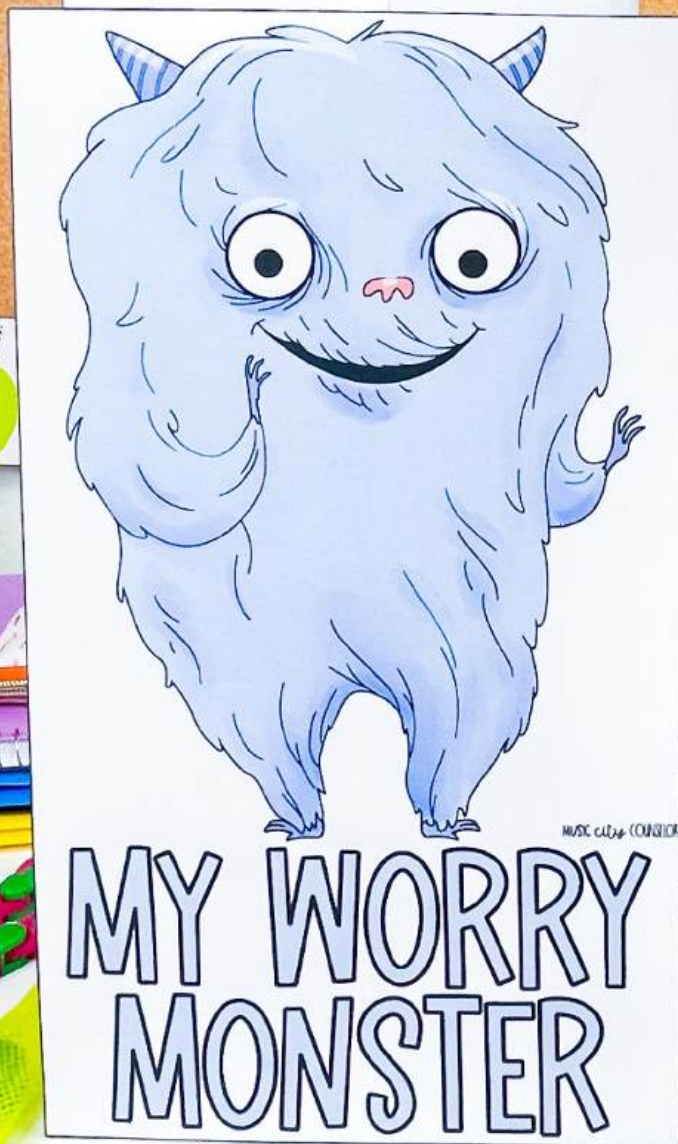
# "Worry Says What? Companion Lesson





# "Worry Says What? Companion Lesson

I'm going to fail this test.



What if

What if my



# Problem-Solving Pirates Lesson



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

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

**Step 1: Identify the problem.**

\_\_\_\_\_

\_\_\_\_\_

**Step 2: Brainstorm solutions.**

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

**Step 4: Choose your solution.**

\_\_\_\_\_

\_\_\_\_\_

**Step 5: Solve your problem!**

\_\_\_\_\_

\_\_\_\_\_

A vertical column of five small illustrations on the left side of the worksheet, each corresponding to a step: 1. A boy with a magnifying glass (Step 1). 2. A girl with a notepad and pencil (Step 2). 3. A girl with a lightbulb and arrows (Step 3). 4. A boy with a hand pointing up (Step 4). 5. A girl with a hand pointing left (Step 5).

Your dad's car broke down on the way to school.

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The trash can is overflowing.

MUSIC CITY CONNECTION

Your bicycle has a flat tire.

MUSIC CITY CONNECTION

A large, colorful diagram illustrating the five steps of the problem-solving process. The steps are arranged in a circular path around a central pirate ship. Each step is represented by a cartoon child holding a sign that says the step name. Step 1: A boy with a magnifying glass. Step 2: A girl with a notepad and pencil. Step 3: A girl with a lightbulb and arrows. Step 4: A boy with a hand pointing up. Step 5: A girl with a hand pointing left. The pirate ship is at the bottom right, with a compass rose below it. A treasure chest is at the bottom left. The background is yellow with a white border.

**STEP 1: Identify the problem.**

**STEP 2: Brainstorm solutions.**

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

**STEP 4: Choose your solution.**

**STEP 5: Solve your problem!**



MUSIC CITY CONNECTION








# How to Use a Calm Corner Lesson




## ALL OF MY FEELINGS

<b>HAPPY</b> 	<b>SAD</b> 
<b>NERVOUS</b> 	<b>SCARED</b> 

## I CAN USE MY COPING SKILLS

<b>TAKE DEEP BREATHS</b> 	<b>COUNT TO 10</b> 1, 2, 3, 4... 	<b>HAPPY THOUGHTS</b> 
<b>DRAW OR COLOR</b> 	<b>TALK IT OUT</b> 	<b>LISTEN TO MUSIC</b> 

MUSIC EDUCATION COUNCIL



What are two examples of big feelings?



Share about a time when you had big feelings.



Why did Miss Reyes set up a Calm Corner for Corey?



What are two examples of coping skills?

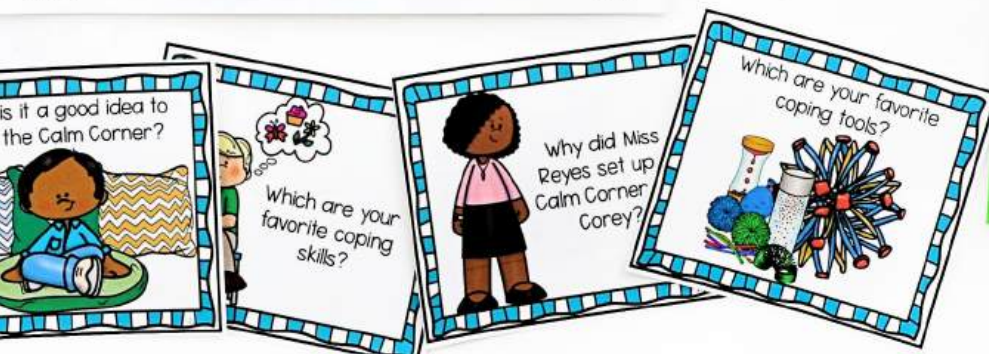
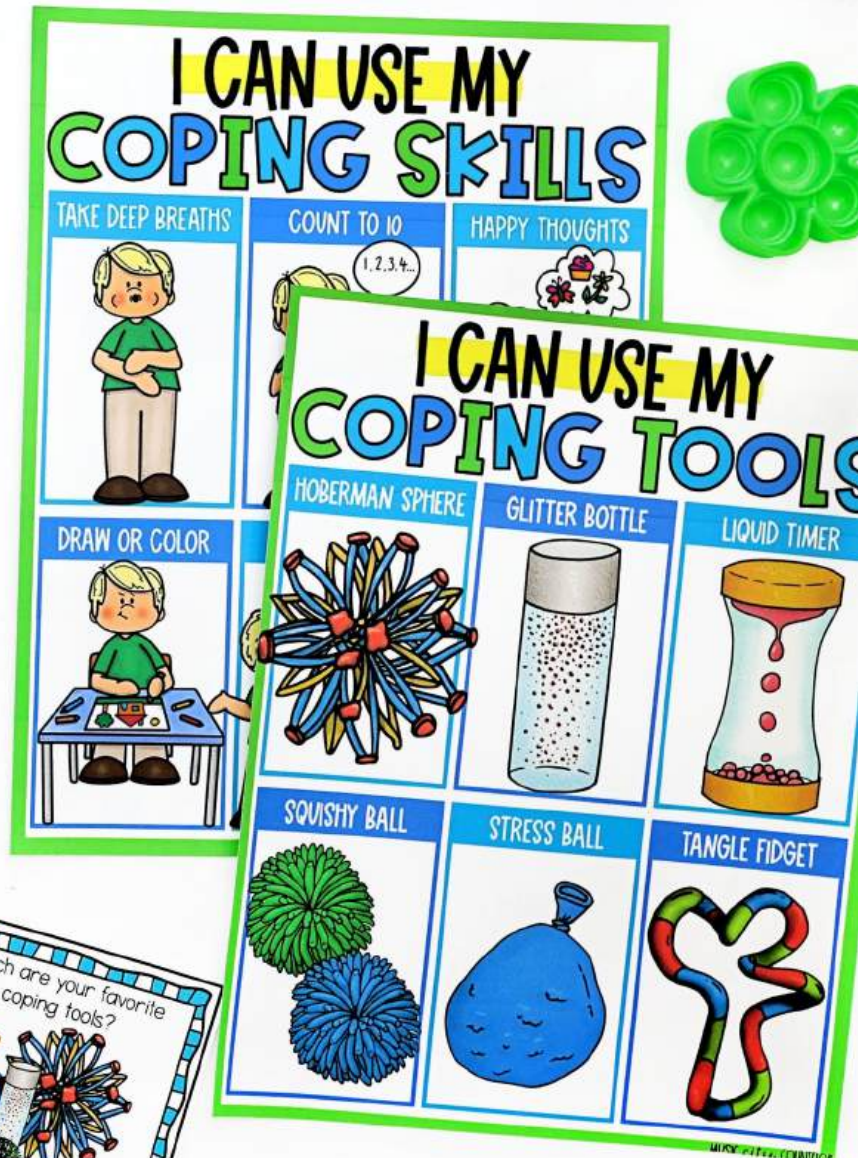
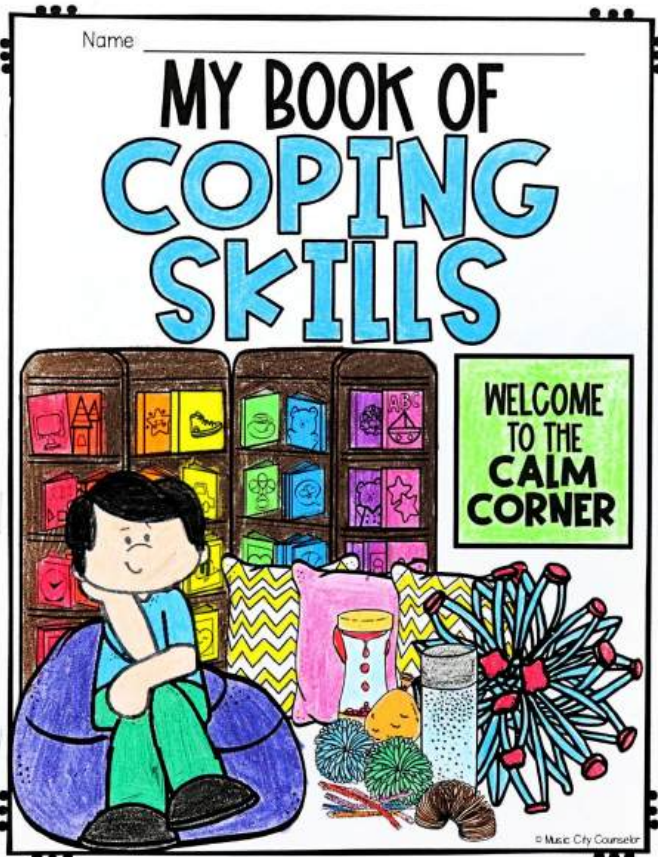


Which are your favorite coping tools?





# How to Use a Calm Corner Lesson





# Kindness Lesson



## WAYS TO SHOW KINDNESS

<b>GIVE COMPLIMENTS</b> 	<b>BE FRIENDLY</b> 	<b>COMFORT OTHERS</b> 
<b>HELP OTHERS</b> 	<b>GIVE TO OTHERS</b> 	<b>INCLUDE OTHERS</b> 

MUSIC BY CONSONIA

## KINDNESS MATTERS!

MUSIC BY CONSONIA

Share a time when you were...

How do you make others...

Why is kindness important?

How do you think Keisha felt as she made kind choices?

How can you be kind today?

What is one kind choice that Keisha made?

What is kindness?



# "The Worst Day of My Life Ever" Companion Lesson





# Sunny & Stormy Friends Lesson



**STORMY FRIENDS**

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**

 <b>INCLUDE</b>	 <b>LISTEN</b>
 <b>ARE KIND</b>	 <b>ARE HONEST</b>

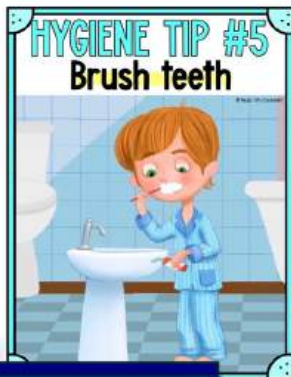
**SUNNY FRIEND or STORMY FRIEND**

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



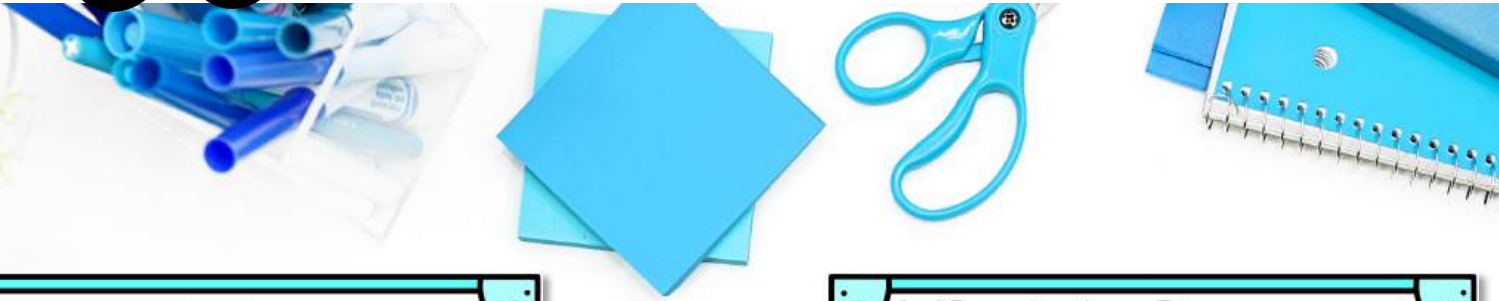
# Personal Hygiene Lesson

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





# Personal Hygiene Lesson



**Bathe daily**

**Deodorant**

**FRESH & CLEAN**  
is the way to be!

**HYGIENE TIP**  
+ **clean**



## What is Personal HYGIENE?

To take care of your body by keeping it fresh and clean. Care for your hair, teeth, ears, mouth, hands, feet, and nails.

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## FRESH & CLEAN

is the way to be!

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**Let's Talk!**

**About Hygiene**

What is one way to have good hygiene?

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**Let's Talk!**

**About Hygiene**

What is personal hygiene?



# Positive Behavior Lesson: Baseball





# Positive Behavior Lesson: Baseball



### HOME RUN CHOICES

<p><b>STOP</b></p> <p><b>SAFE</b></p>	<p><b>HELPFUL</b></p>
<p><b>KIND</b></p>	<p><small>© Music City Counselor</small></p>

### STRIKE OUT CHOICES

<p><b>UNSAFE</b></p>	<p><b>UNHELPFUL</b></p>
<p><b>UNKIND</b></p>	<p><small>© Music City Counselor</small></p>






# Attendance Lesson

## ALL-STAR Attendance

★ALL-STAR★  
**Attendance**  
Set morning and evening routines – and stick to them!



★ALL-STAR★  
**Attendance**

★ALL-STAR★  
**Attendance**

★ALL-STAR★  
**Attendance**



★ALL-STAR★  
**Attendance**



★ALL-STAR★  
**Attendance**



★ALL-STAR★  
**Attendance**



★ALL-STAR★  
**Attendance**

★ALL-STAR★  
**Attendance**



★ALL-STAR★  
**Attendance**



★ALL-STAR★  
**Attendance**




★ALL-STAR★  
**Attendance**




★ALL-STAR★  
**Attendance**

Pack your backpack and lunch the night before




★ALL-STAR★  
**Attendance**

Plan vacations when school is not in session.




★ALL-STAR★  
**Attendance**

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




★ALL-STAR★  
**Attendance**

Set a reliable alarm to wake you up at the same time every morning.



★ALL-STAR★  
**Attendance**

Leave plenty early enough in the morning to get to school on time.





# Attendance Lesson



★ ALL-STAR ★

Attendance

Pack your backpack and lunch the night before



★ ALL-STAR ★

Attendance

What school is your first job! Learning is priority.

CONGRATS!

You have All-Star Attendance!



Signature

Date

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.