

COUNSELING & SEL 10-LESSON BUNDLE

NUMBER FOUR

SCHOOL COUNSELING CURRICULUM



10 LESSONS



- 1) I-Messages Trains Lesson
- 2) "Worry Says What?"
Companion Lesson
- 3) Problem-Solving Pirates
Lesson
- 4) Coping Skills & How to Use a
Calm Corner Lesson
- 5) Kindness Lesson
- 6) "The Worst Day of My Life
Ever" Companion Lesson
- 7) Sunny & Stormy Friends
Lesson
- 8) Personal Hygiene Lesson
- 9) Positive Behavior Lesson
- 10) Attendance Lesson



1) I-Messages Trains Lesson



I-MESSAGES TRAINS

Solve the small problem below using an I-Message.

Harvey kept climbing up the slide.



I FELT Explain how you feel.

WHEN Describe what happened.

CAN YOU PLEASE? when _____

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 _____

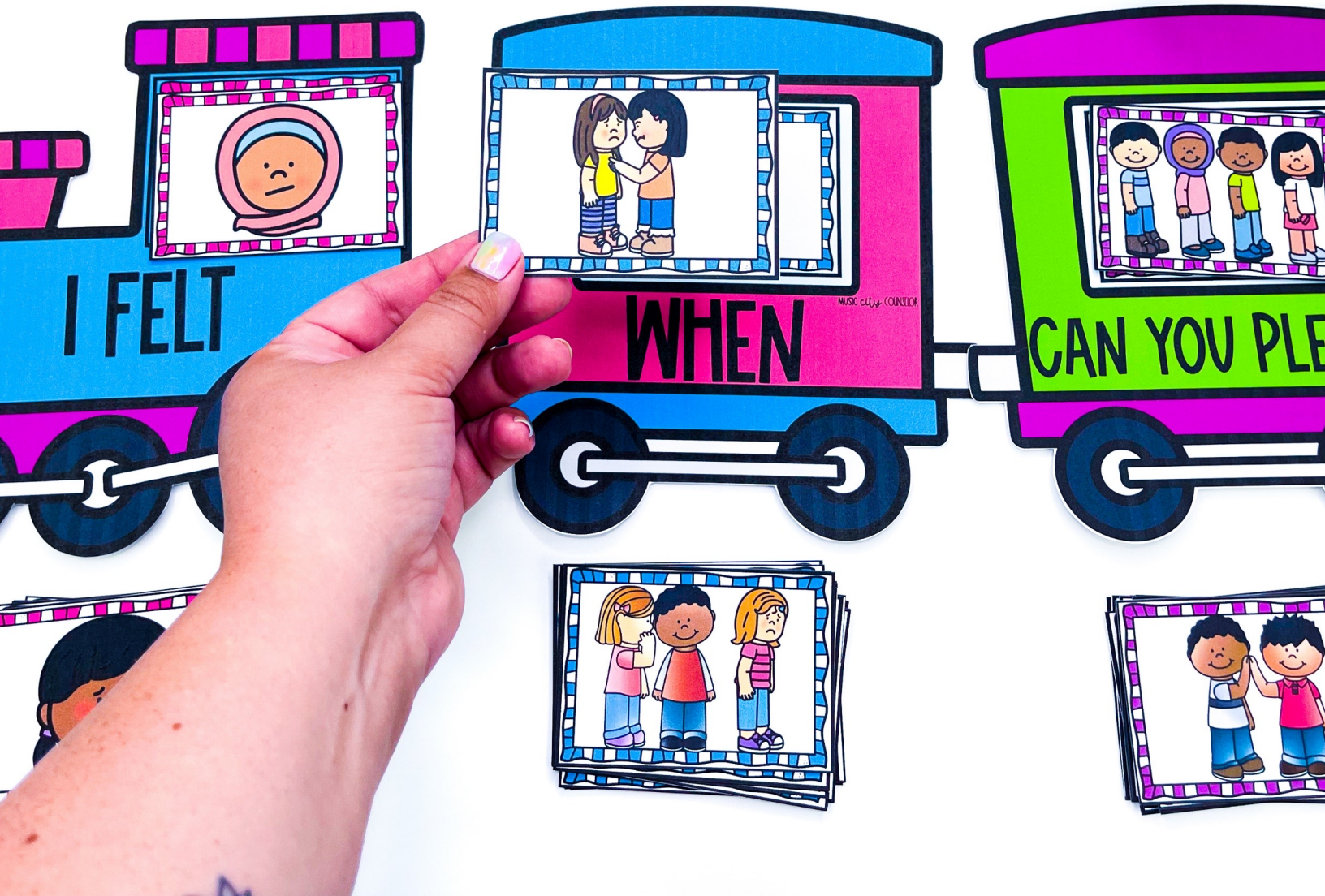
please _____ Can you _____



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



1) I-Messages Trains Lesson



2) "Worry Says What? Companion Lesson



2) "Worry Says What?" Companion Lesson



I'm going to fail this test.



What if

What if my

3) Problem-Solving Pirates Lesson



Name: _____

Let's **PROBLEM-SOLVE!**

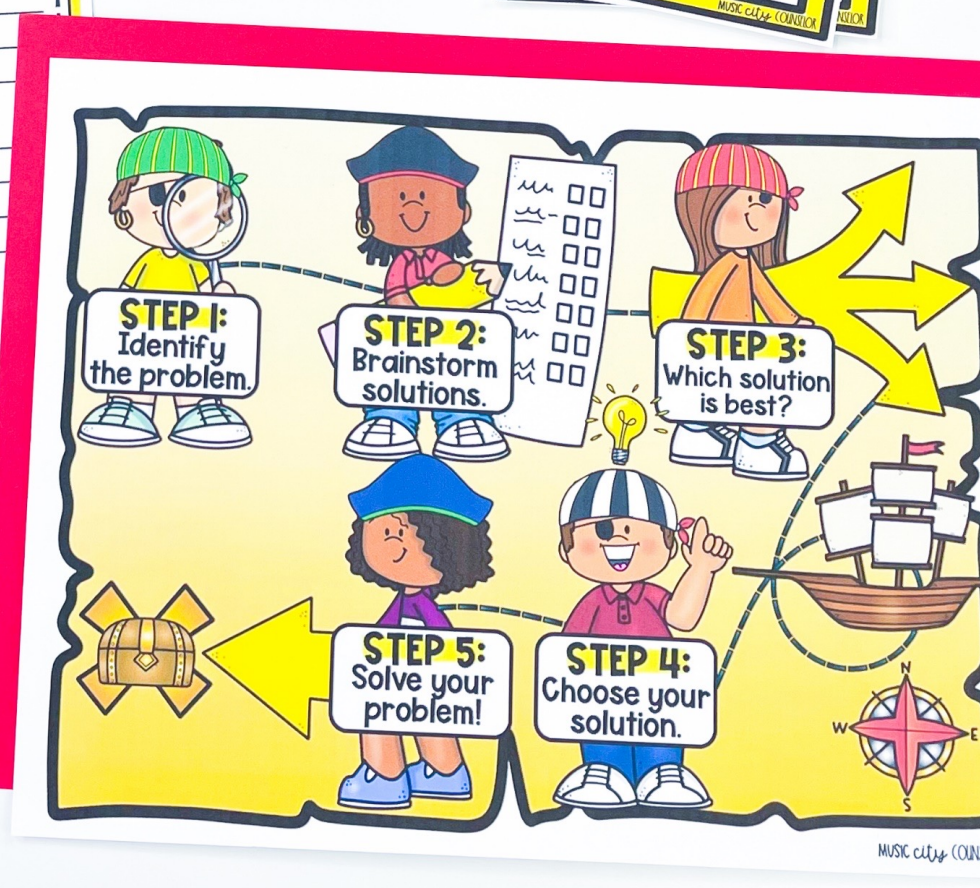
Step 1: Identify the problem.

Step 2: Brainstorm solutions.

Step 3: Which solution is best?

Step 4: Choose your solution.





Step 5: Solve your problem!



4) How to Use a Calm Corner Lesson




ALL OF MY FEELINGS

HAPPY 	SAD 
NERVOUS 	SCARED 

I CAN USE MY COPING SKILLS

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

MUSIC CURE COUNSELOR




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?



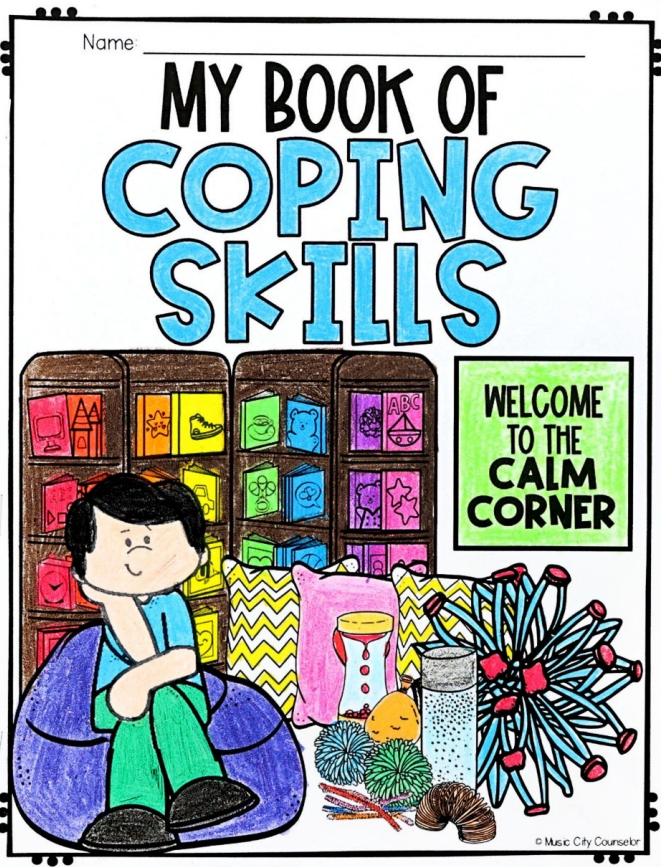
What are two examples of coping skills?



Which are your favorite coping tools?



4) How to Use a Calm Corner Lesson



5) Kindness Lesson



WAYS TO SHOW KINDNESS

COMPLIMENTS 	BE FRIENDLY 	COMFORT OTHERS
HELP OTHERS 	GIVE TO OTHERS 	INCLUDE OTHERS

MUSIC CITY COUNSELOR

KINDNESS MATTERS!

MUSIC CITY COUNSELOR

Share ab
time whe
were

How do I
make oth

Why is chr

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 kind

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



Follow
CTIONS

How To Be A GOOD LISTENER

- 1 Look at the person who is speaking.

 - 2 Wait your turn to speak.

 - 3 Nod your head and say, "okay."

- 

Name: _____

Like RJ, You Can Follow INSTRUCTIONS





Name: _____

3 Ways to be a GOOD LISTENER

Write on the lines the 3 ways to be a good li










at did
do
rently
ve his
day
r?



Share about a time when you were a good listener.



Why is it important to check back in with the person after you're done following instructions?



7) 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

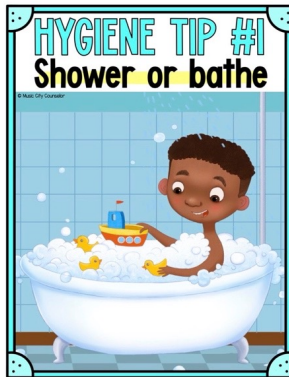
 INCLUDE	 LISTEN
 ARE KIND	 ARE HONEST

SUNNY FRIEND or STORMY FRIEND

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

8) Personal Hygiene Lesson

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



8) 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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Let's Talk!

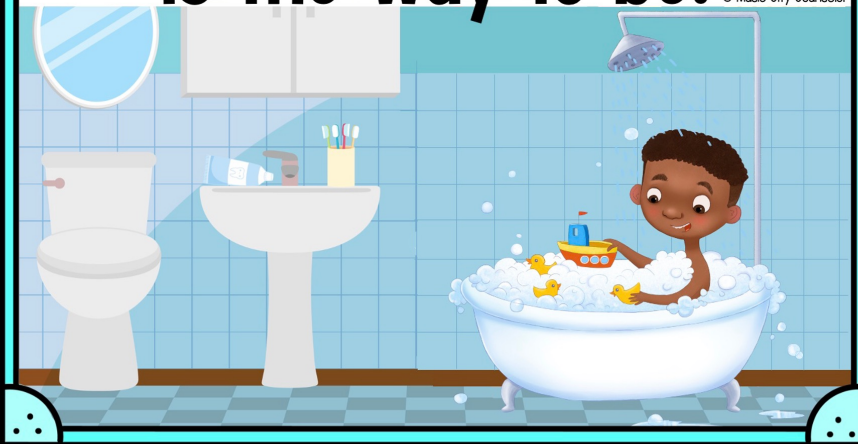


About Hygiene

What is one way to have good hygiene?

FRESH & CLEAN
is the way to be!

© Music City Counselor



Let's Talk!



About Hygiene

What is personal hygiene?

9) Positive Behavior Lesson: Baseball



9) Positive Behavior Lesson: Baseball



HOME RUN CHOICES

<p>SAFE</p>	<p>HELPFUL</p>
<p>KIND</p>	

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STRIKE OUT CHOICES

<p>UNSAFE</p>	<p>UNHELPFUL</p>
<p>UNKIND</p>	

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10) Attendance Lesson

ALL-STAR Attendance

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

1. Pack my backpack and lunch
2. Get my homework
3. Eat breakfast
4. Get dressed
5. Brush teeth
6. Walk to school

• SET PRIORITIES • • SET ROUTINES •

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★ ALL-STAR ★
Attendance

• SET AN ALARM • • PREP AT NIGHT •

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★ ALL-STAR ★
Attendance

• LEAVE EARLY • • ARE YOU SICK? •

★ ALL-STAR ★
Attendance

• APPOINTMENTS • • PLAN TRIPS •

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★ ALL-STAR ★
Attendance
Pack your backpack and lunch the night before

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★ ALL-STAR ★
Attendance
Plan vacations when school is not in session.

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★ ALL-STAR ★
Attendance
Remember that school is your most important job! Learning is your priority.

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★ ALL-STAR ★
Attendance
Set a reliable alarm to wake you up at the same time every morning.

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★ ALL-STAR ★
Attendance
Leave plenty early enough in the morning to get to school on time.

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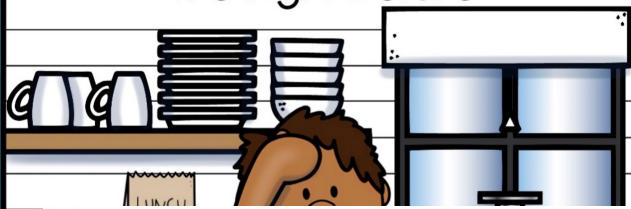
10) Attendance Lesson



★ ALL-STAR ★

Attendance

Pack your backpack and lunch the night before



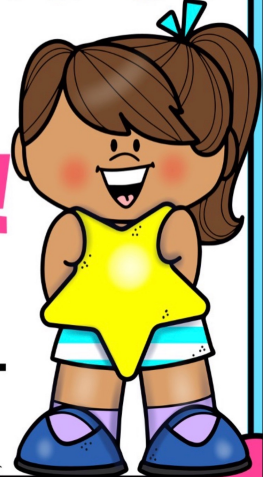
★ ALL-STAR ★

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.