

# 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 \_\_\_\_\_

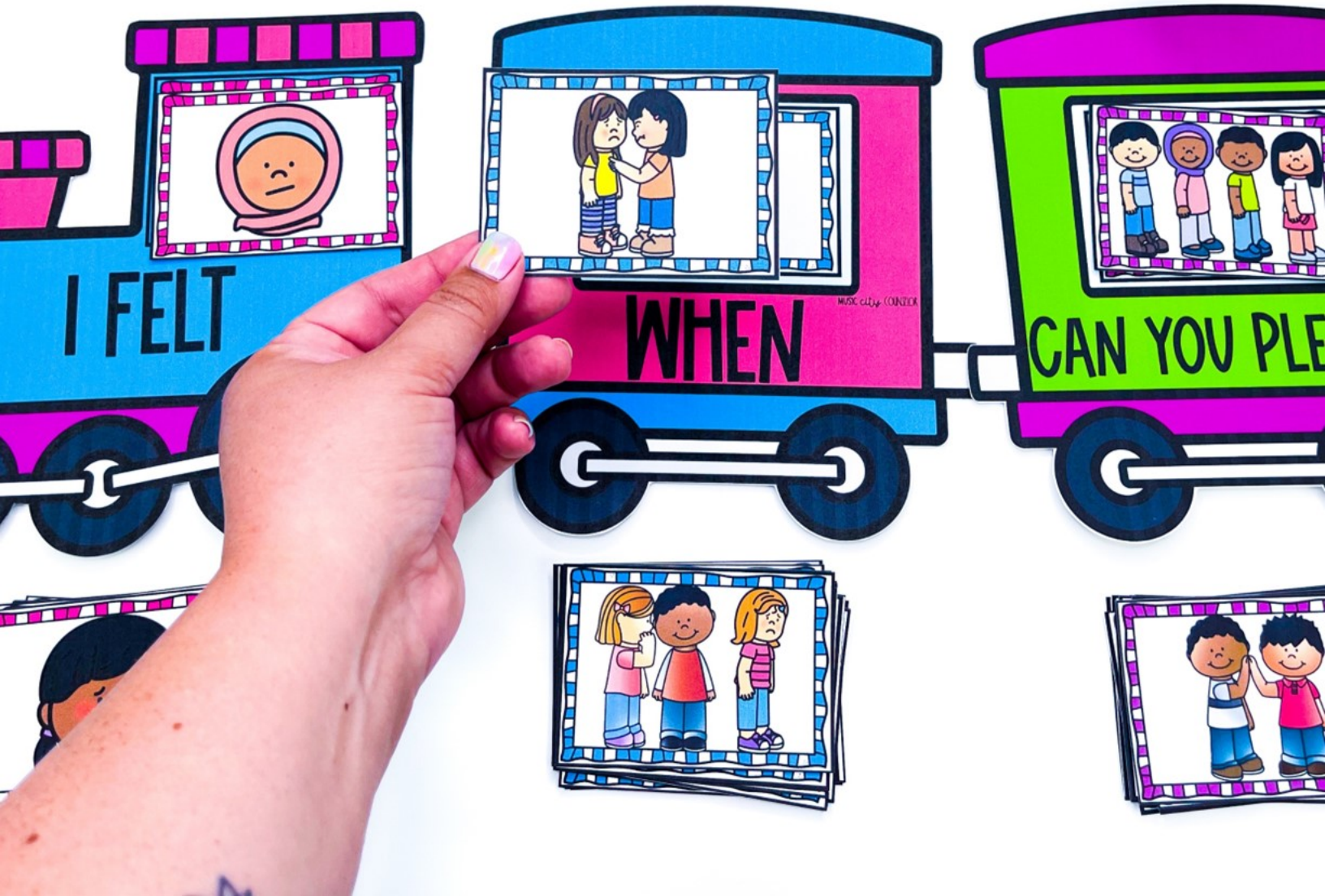


Practice using I-Messages, we can ride the I-Messages Train! It has 3 train cars that follow the 3 steps to using an I-Message.





# 1) I-Messages Trains Lesson





# 2) "Worry Says What? Companion Lesson





# 2) "Worry Says What?" Companion Lesson





# 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!**

\_\_\_\_\_

\_\_\_\_\_

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

MUSIC CITY CONNECTION

The trash can is overflowing.

MUSIC CITY CONNECTION

Your bicycle has a flat tire.

MUSIC CITY CONNECTION

**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



# 4) 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 BY: 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?

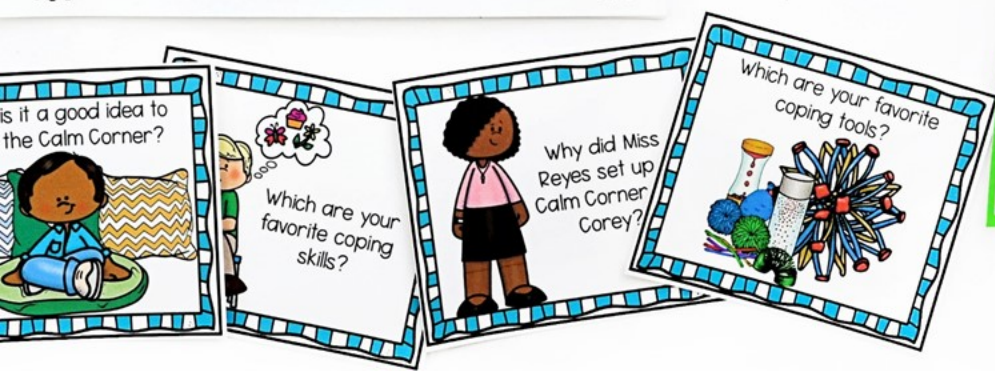
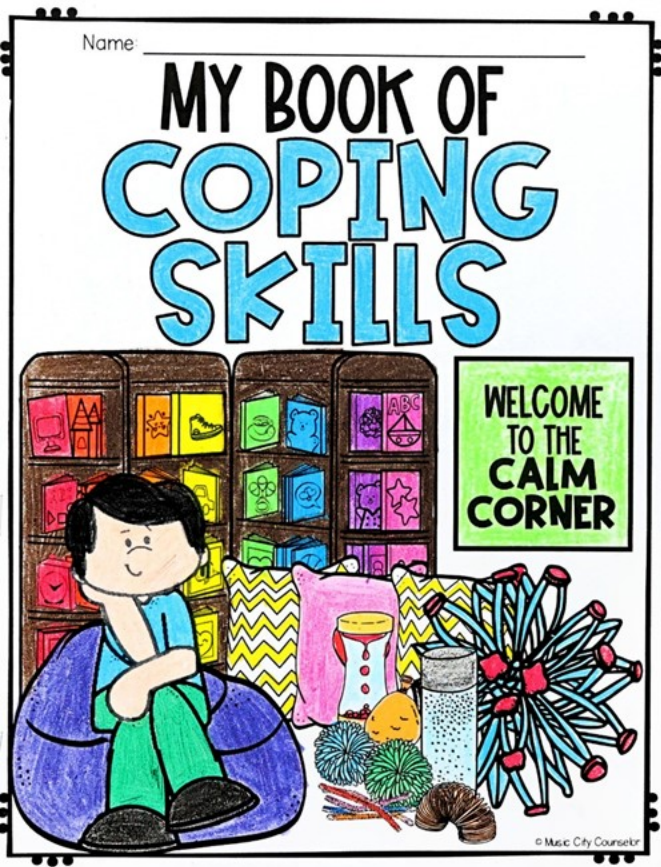


Which are your favorite coping tools?





# 4) How to Use a Calm Corner Lesson





# 5) Kindness Lesson



## WAYS TO SHOW KINDNESS

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

MUSIC CITY COUNCIL

## KINDNESS MATTERS!

MUSIC CITY COUNCIL

Share ab  
time whe  
were

How di  
make oth

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  
INSTRUCTIONS

## 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 listener.










What did you do recently to be a good listener?



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

Illustrations of diverse children's faces.

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

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

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


**SUNNY FRIEND or STORMY FRIEND**



# 8) Personal Hygiene Lesson

Let's be FRESH & CLEAN

What is PERSONAL HYGIENE?



To take care of our bodies by keeping them fresh and clean.

FRESH & CLEAN is the way to be!



SHOWER OR BATHE

FRESH & CLEAN is the way to be!



BRUSH YOUR HAIR

FRESH & CLEAN is the way to be!



WASH YOUR HANDS

FRESH & CLEAN is the way to be!



SHOWER OR BATHE USE DEODORANT BRUSH YOUR HAIR  
BRUSH YOUR TEETH WASH YOUR HANDS COVER YOUR COUGH & SNEEZE

FRESH & CLEAN is the way to be!



USE DEODORANT

FRESH & CLEAN is the way to be!



BRUSH YOUR TEETH

FRESH & CLEAN is the way to be!



COVER YOUR COUGH & SNEEZE





# 8) Personal Hygiene Lesson



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## What is PERSONAL HYGIENE?

A cartoon illustration of a young boy with blonde hair sitting in a white bathtub filled with blue bubbles.

## FRESH & CLEAN is the way to be!

A cartoon illustration of a girl with brown hair in pigtails brushing her teeth in a bathroom. There is a sink, a mirror, and a window.

## FRESH & CLEAN way to be!

A cartoon illustration of a boy with brown hair washing his hands at a sink. There is a paper towel dispenser and a toilet in the background.

OUR HANDS

## 1. Take a shower or bath

"That's why it's so important to take a shower or bath every day. You can choose to bathe in the morning or night!" Mom said.

A cartoon illustration of a girl with brown hair taking a shower in a shower stall. Next to it is a bathroom vanity with a mirror and a toilet with a yellow towel hanging on a rack.

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A cartoon illustration of a boy with orange hair and dirt on his face.

How could Kevin have better personal hygiene?

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A cartoon illustration of a boy with brown hair and clean skin, looking happy.

How can you have good personal hygiene?

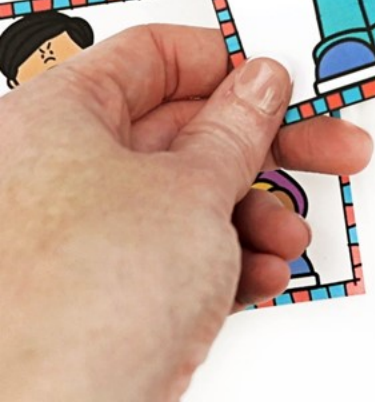
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# 9) Positive Behavior Lesson: Baseball



A central illustration of a baseball field. A batter in a red jersey and blue cap is swinging a bat. A pitcher in a white jersey and blue cap is on the mound. Below the field are two boxes with text: "HOME RUN CHOICE" and "STRIKE OUT CHOICE". The word "OR" is written between the two boxes.





# 9) Positive Behavior Lesson: Baseball



### HOME RUN CHOICES

<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>






# 10) Attendance Lesson

## ALL-STAR ATTENDANCE

★ ALL-STAR ★  
**ATTENDANCE**  
Pack your backpack and lunch at night.



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



- 1. Pack my backpack and lunch at night.
- 2. Set my alarm clock.
- 3. Eat breakfast.
- 4. Get dressed.
- 5. Brush teeth.
- 6. Walk to school.

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



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



★ ALL-STAR ★  
**ATTENDANCE**  
Only stay home if you are truly sick.



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



★ ALL-STAR ★  
**ATTENDANCE**  
Schedule appointments before or after school hours.



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

