

# COUNSELING & SEL 10-LESSON BUNDLE

NUMBER FIVE

## SCHOOL COUNSELING CURRICULUM



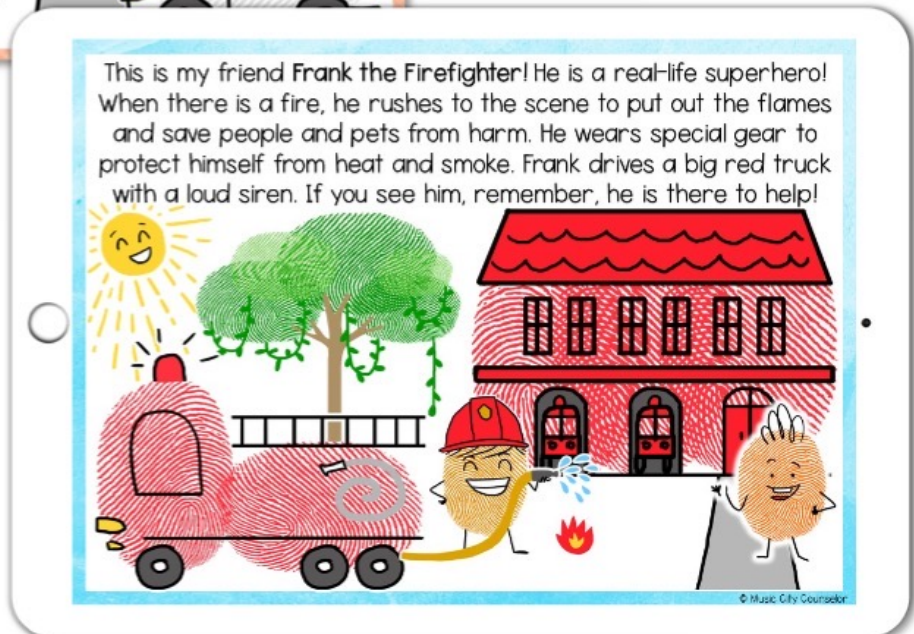
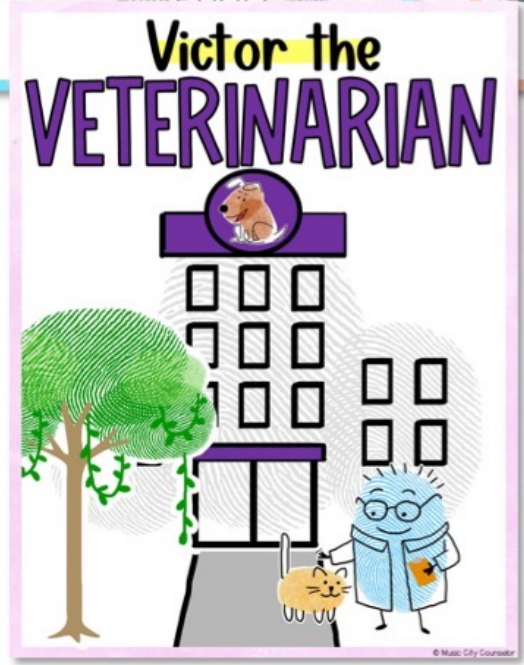
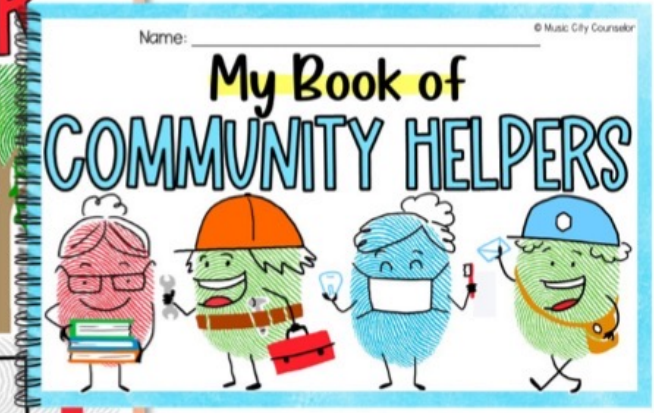
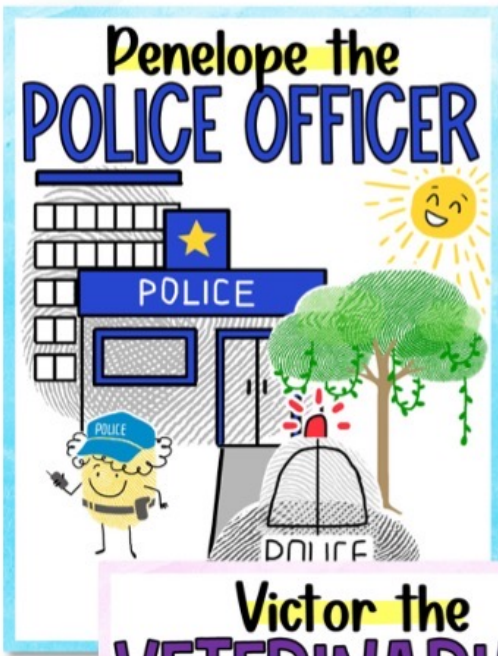
10 LESSONS



# **THIS BUNDLE INCLUDES:**

1. Community Helpers Lesson
2. "The Anti-Test Anxiety Society" Companion
3. Mental Health Lesson
4. Mindfulness Lesson
5. "Bully B.E.A.N.S." Companion
6. Positive Behavior Activity
7. Cyber Safety Lesson
8. "Soda Pop Head" Companion
9. Kindness Quest Lesson
10. Listening Skills Lesson

# 1) Community Helpers Tour



# 2) "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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# 2) "The Anti-Test Anxiety Society" Companion Lesson



# 3) 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!



**THINK POSITIVE**  
Expect good things.



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



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



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



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



**TRY MINDFULNESS**  
Be present.



**CONNECT & LOVE**  
Spend quality time.



# 3) 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**  
Spend quality time.

What does it mean to "think positive?"

How does play help your mental health?

What is mental health?

A colorful illustration of a classroom. On the left, a girl with curly hair is thinking, with a thought bubble showing a brain and a heart. In the center, a boy is playing with colorful blocks with two other children. On the right, two boys are talking. The background features a clock, a poster titled 'ANIMALS' with various animal drawings, and a globe.

# 4) Mindfulness Lesson



## WAYS TO PRACTICE MINDFULNESS

**GROUNDING**  
Illustration of a hand, a tongue sticking out, an eye, and an ear.

**VISUALIZATION**  
Illustration of a child sitting cross-legged with a thought bubble showing a tropical island.

**YOGA**  
Illustration of a child in a yoga pose.

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**What do you SEE?**  
Illustration of an eye.

**Cow pose**  
Illustration of a child in a cow pose.

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## GROUNDING FOCUS ON THE 5 SENSES

Illustration of a child's face with a large eye, hand, and ear.



**What do you HEAR?**  
Illustration of an ear.

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**Mountain pose**  
Illustration of a child in a mountain pose.

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## YOGA POSES STRETCH, EXERCISE, CALM

**Sun salutation pose**  
**Warrior pose**  
**Airplane pose**  
**Chair pose**

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# 5) "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

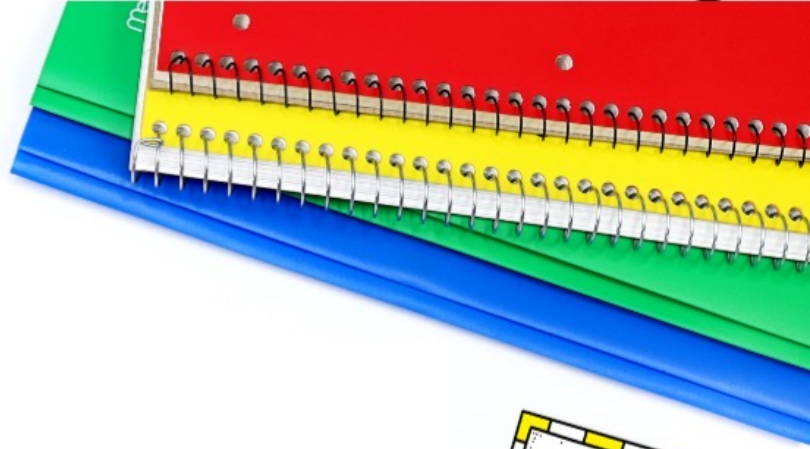


I won't give bullies the attention or power they want.

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

I am unique and valuable just the way I am.

# 6) Positive Behavior Activity

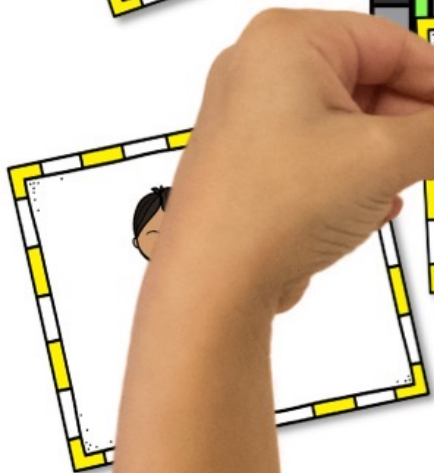
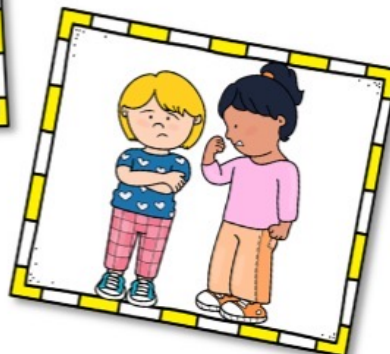
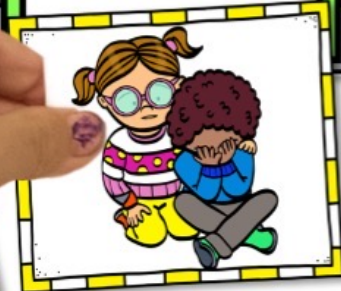


**GREEN LIGHT CHOICES**

OR

**RED LIGHT CHOICES**

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# 7) Cyber Safety Lesson



## What is Cyber BULLYING?

Using technology, social media, or apps to hurt or embarrass someone. It's done on purpose, over and over again.

## Tips to Stay SAFE ONLINE!

Ask for permission  
Talk to people you know  
Friend people you know

## CYBER SAFETY

Cyber Safety looks like:

3 ways to be cyber-safe:

## CYBER SAFETY PLEDGE

I will be smart, safe, careful, and kind online.



## CYBER SAFE

## CYBER UNSAFE



# 7) Cyber Safety Lesson

### Tips to Stay SAFE ONLINE!

- Be mindful of what you post
- Report to a grown-up!
- Think before you click
- Question what you read online
- Use strong passwords
- Limit screen time

### Examples of CYBER BULLYING

- Spreading rumors
- Sending mean messages
- Erin and Kendall posted an embarrassing story about Laura online.



**CYBER SAFE**

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**CYBER UNSAFE**

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Harriet felt too sad

# 8) "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

**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
- Tight fists
- Stomping feet

**SODA POP HEAD**

### What is your favorite coping skill?

**SODA POP HEAD**

# 9) 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 kindness?

Share about a time when someone was kind to you.

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

Would you like to do a Kindness Quest? Explain.

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

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

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

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# 10) Listening Skills Lesson



## 9 Ways To Be A GREAT LISTENER

Look at the person who is talking.



## 9 Ways To Be A GREAT LISTENER

