Elementary Counseling Guidance Kindergarten-2nd Themes

Classroom Guidance Lesson(s) taught Bi-Weekly 20- 30 minutes a session

Theme	***Skills Learned***	Examples Classroom Activities
How to Be a Student Zones of Regulation Social Thinking	• Following Expectations and Directions • Listening with focus and attention • Identifying and understanding nonverbal Communication • Working collaboratively and positively with classmates • Self-talk to stay on task • Asking for help	*The Group Plan book* *Banks and River* *Thinking with your Eyes book* *Body in the Group book* *Whole Body Listening book* *Little Spot Books*
Theme	**Skills Learned**	**Example Classroom Activities**
Bullying Awareness and Prevention	• Defining and understanding bullying • Recognizing bullying in various school situations • Reporting Bullying to a Trusted Adult • Positive assertiveness	*Bullying Detectives* *I need to report bullying activity* *Refusing Bullying Activity* *Howard B. Wiggle Bottoms Learns about Bullying Book*
Theme	**Skills Learned**	**Example Classroom Activities**
Building Connections: Identifying Personal Positives and Building our Strengths	• Identifying adults that can support and ask help • Identifying healthy activities, personal strengths, and positive successes • Making personal good choices • Strategies to Calm Big Feelings • Identifying generosity and giving compliments to myself and others	People Who Make Me Strong Things We Do To Be Healthy and Strong How We Stay Healthy Collage Regulation Railroad

Theme	Skills Learned:	Example Classroom Activities
Friendship and Problem-Solving Skills	• Inviting Others to Play • Playing Fair with Friends • Understanding and how we can hurt friends • How to give an apology • Parts and functions of the brain • Identifying how we react (big reaction or small) to the size of the problem (small problem or big problem) • Identifying and selecting problem-solving strategies • Identifying how reactions (words and actions) can hurt others • Learning from mistakes • Listening with intent (active listening)	Size of the Problem Book Brain Tree Listening through Conflict If, then activity
Theme	**Skills Addressed:**	**Example Classroom Activities**
How to Help Others: Making a Difference	• Identify ways we can help others • Showing care and concern to others • Identifying generosity and giving compliments to myself and others	Empathy Activities Same and Different Feelings