

Introduction to Counseling and Classroom Guidance Lesson

K-1

Objective:

- To familiarize the students with the role of the school counselor
- To allow the counselor to get to know the students

Time: 30 minutes

Materials:

- My Circle Map (examples can be found online for creating your own- get creative!)
- Ball
- Counselor "First Aid Kit"
- Parent letter

Procedures:

I. Warm-up Activity

- School Counselor shares about themselves- "My Circle Map"
- Tell students where my office is and when I will be coming to see them. Talk to them about different topics we will discuss when I come to visit (character edu., friendship, careers, teamwork, safety, etc.)
- Tell the students that when I am in the classroom there are three main rules:
 1. Respect self and others. Put ups only (thumbs up!)
 2. One person talks at a time and everyone else listens! Raise your hand!
 3. Try your best!
- Ball Name Game (Have all students sit in a circle on the carpet. Tell students that they may only talk when they have the ball in their hands. Roll the ball from student to student. Each time a new student gets the ball, they share their name and one thing they liked about summer. Roll the ball until each student has had a turn.)

II. What is a Counselor? Bring in "School Counselor First Aid Kit"- purchase or create box or "first aid" bag with attached printouts in it to represent the following:

- Ear: This ear means that I listen to you and help you solve problems
- Heart: This heart means that I love helping students
- Mouth: This zipped up mouth means that what we talk about is confidential except for 3 times
- Brain: This brain means that I think of possible solutions and we brainstorm together
- Hands: These hands mean that I will help you and work with you through classroom character lessons, small groups, and individual sessions

III. Wrap-Up

- Share Counselor Potato Head coloring sheet if time allows
- Pass out parent handout and introduce the next lesson's topic

ISCA Standards:

A:A3.5 Share knowledge

PS:A1.9 Demonstrate cooperative behavior in groups

PS:A2.6 Use effective communication skills