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!)
- Bal
- Counselor "First Aid Kit"
- Parent letter

Procedures:

- I. Warm-up Activity
 - School Counselor shares about themself- "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