

Introduction to Counseling and Classroom Guidance Lesson

Grades 4-5

Objective:

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

Time: 40-45 minutes

Materials:

- My Circle Map (examples can be found online for creating your own- get creative!)
- Paper for their own circle maps
- Crayons, markers, magazines, etc.
- Parent letter
- "Meet the Counselor" Game Cards (TPT resource)

Procedures:

- I. Warm-up Activity
 - Counselor shares about themselves- "My Circle Map"- exclude outer roles, PSC roles
 - 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!
 3. Try your best!
 - Students introduce themselves- Each student is to say their name and their favorite summer memory (or a food name...)
- I. What is a Counselor? (Have "My Circle Map")
 - Share the rest of "My Circle Map"- ask students what they think certain pictures mean about my role (the "?", zippered mouth, heart, ear, other "counselor related" images)
 - Explain 3 reasons for breaking confidentiality
- II. Student "My Circle Maps"
 - Give students each a piece of paper. Tell them they are to create their own "My Circle Map" about themselves (you can find many resources online for the format and details of what they can include). They may use any markers, crayons, magazines, etc. Give them about 10-15 minutes. 5 minutes for anyone to share that would like to.
- III. "Meet the Counselor" Game (TPT resource)
 - Ask students questions on the game cards- whoever raises their hand first and gives the correct answer gets a pencil or eraser.
- IV. Wrap-Up
 - If extra time, play a stand-up/sit-down question game. Pass out parent handout and introduce the next lesson's topic

ISCA Standards:

A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students

A:A3.5 Share knowledge

PS:A1.9 Demonstrate cooperative behavior in groups

PS:A2.6 Use effective communication skills