

Kindergarten

Planned Counseling Lessons

- Bullying Prevention - 2 (Second Step)
- APS created bullying lessons (2) - delivered by counselor, social worker or school psychologist
- Child Protection Unit (Second Step, you will receive a letter about this in advance)
- A Little Spot of Sadness - coping skills

Lessons from Harmony:

<u>Unit 1: Being My Best Self</u>		
1.1	<u>Feelings Charades</u>	Students role-play different emotions by acting out internal and external cues of those emotions and identify how they and others might feel.
<u>Unit 2: Valuing Each Other</u>		
2.1	<u>Differences Make Life Interesting</u>	Students learn about the benefits of diversity and how each of them have something special to offer.
<u>Unit 3: Communicating With Each Other</u>		
3.2	<u>Talking Back and Forth</u>	Students practice taking turns, listening attentively, and waiting to speak in a conversation using verbal and nonverbal communication.
<u>Unit 4: Learning From Each Other</u>		
4.1	<u>Recognizing Problems</u>	Students view a scenario of two characters having a problem and practice identifying a problem and the characters' different emotions and perspectives on it.

Additional lessons may be added if there is a need

1st Grade

Planned Counseling Lessons

- Bullying Prevention - 2 (Second Step)
- APS created bullying lessons (2) - delivered by counselor, social worker or school psychologist
- Child Protection Unit (Second Step, you will receive a letter about this in advance)
- When Sadness is at Your Door - coping skills
- Career lesson

Lessons from Harmony:

<u>Unit 1: Being My Best Self</u>		
1.1	<u>All About Emotions</u>	Students play an emotion guessing game by expressing how emotions feel on the inside and look and sound on the outside.

<u>Unit 2: Valuing Each Other</u>		
2.1	<u>Differences Add Value</u>	Students illustrate what makes them special and their classmates get to guess whose illustration is whose.

<u>Unit 3: Communicating With Each Other</u>		
3.2	<u>Engaging in Conversation</u>	Students practice responding with comments and questions using listening and speaking skills during a group-conversation game.

<u>Unit 4: Learning From Each Other</u>		
4.2	<u>Communicating to Problem Solve</u>	Students use “I messages” to express their feelings and needs or wants during a problem and practice these skills by role-playing in scenarios.

Additional lessons may be added if there is a need.

2nd Grade

Planned Counseling Lessons

- Bullying Prevention - 2 (Second Step)
- APS created bullying lessons (2) - delivered by counselor, social worker or school psychologist
- Child Protection Unit (Second Step, you will receive a letter about this in advance)
- Career lesson
- Sometimes When I'm Sad - coping skills

Lessons from Harmony:

<u>Unit 1: Being My Best Self</u>		
1.2	<u>Feelings Connections</u>	Students find clues in a situation and use them to think about why someone feels the way they do.
<u>Unit 2: Valuing Each Other</u>		
2.2	<u>Being Inclusive</u>	Students discuss scenarios in which someone is being excluded to consider how that person could be included.
<u>Unit 3: Communicating With Each Other</u>		
3.4	<u>Speak Up, Speak Kindly</u>	Students practice speaking up kindly and clearly for themselves and for others by responding to different scenarios with a buddy.
<u>Unit 4: Learning From Each Other</u>		
4.2	<u>Communicate About Problems</u>	Students use "I messages" to express their feelings and needs or wants and practice these skills by role-playing problems with others.

Additional lessons may be added if there is a need.

3rd Grade

Planned Counseling Lessons

- Bullying Prevention - 2 (Second Step)
- APS created bullying lessons (2) - delivered by counselor, social worker or school psychologist
- Child Protection Unit (Second Step, you will receive a letter about this in advance)
- Substance Abuse Lesson (you will receive a letter about this in advance)
- Career lessons
- You Are Here For A Reason- connectedness and self-awareness

Lessons from Harmony:

<u>Unit 1: Being My Best Self</u>		
1.1	<u>How Are You Feeling?</u>	Students become a “feelings detective” by acting out clues that express emotions that could occur in different situations.

<u>Unit 2: Valuing Each Other</u>		
2.2	<u>What Makes a Friend?</u>	Students determine what they look for in a friend and how they can include everyone, including peers they have similarities and differences with.

<u>Unit 3: Communicating with Each Other</u>		
3.4	<u>Speak Up, Speak Out</u>	Students present their own ideas assertively and advocate for others to be heard as they discuss different scenarios.

<u>Unit 4: Learning from Each Other</u>		
4.3	<u>Talk it Out</u>	Students learn to avoid using blaming language which could escalate conflict and think about how to switch “Put Down Statements” to “Clear-it-Up Statements,” while also beginning to think about potential solutions to resolve conflict.

Additional lessons may be added if there is a need.

4th Grade

Planned Counseling Lessons

- Bullying Prevention - 2 (Second Step)
 - APS created bullying lessons (2) - delivered by counselor, social worker or school psychologist
 - Child Protection Unit (Second Step, you will receive a letter about this in advance)
 - Career lessons
 - You Matter - we are all connected and matter to one another
 - Lesson from the substance abuse counselor (you will receive a letter in advance)
- Lessons from Harmony:

<u>Unit 1: Being My Best Self</u>		
1.1	<u>I Just Have this Feeling</u>	Students become a “feelings detective” by acting out clues that express emotions that could occur in different situations.

<u>Unit 2: Valuing Each Other</u>		
2.3	<u>Breaking Stereotypes</u>	Students illustrate connections among their thoughts, feelings, and actions when they identify stereotypes and replace them with fresh thoughts

<u>Unit 3: Communicating with Each Other</u>		
3.4	<u>Speak Up and Speak For</u>	Students present their own ideas assertively and advocate for others to be heard as they discuss grade-level, specific scenarios.

<u>Unit 4: Learning from Each Other</u>		
4.3	<u>Talk It Out and Clear It Up</u>	Students think about how to switch “Put Down Statements” to “Clear-It-Up Statements,” while also beginning to think about potential solutions to resolve conflict.

Additional lessons may be added if there is a need.

5th Grade

Planned Counseling Lessons

- Bullying Prevention - 2 (Second Step)
- APS created bullying lessons (2) - delivered by counselor, social worker or school psychologist
- Child Protection Unit (Second Step, you will receive a letter about this in advance)
- Career lessons
- Problem Solving - Dealing with Gossip
- Asking for Help and supporting others (mental health awareness)
- Lesson from the substance abuse counselor (you will receive a letter about this in advance)
- Middle School Transition**

Lessons from Harmony:

<u>Unit 1: Being My Best Self</u>		
1.1	<u>I've Got a Feeling</u>	Students play a group game where they act out and share with each other how they may respond emotionally to different situations.
<u>Unit 2: Valuing Each Other</u>		
2.3	<u>Stereotype Detectives</u>	Students work in groups to try and match people with descriptions and think of problems associated with stereotyping.
<u>Unit 3: Communicating with Each Other</u>		
3.4	<u>Speaking Up for Yourself and Others</u>	Students present their own ideas assertively and advocate for others to be heard as they discuss grade-level, specific scenarios.

Additional lessons may be added if there is a need.