

# Kindergarten

## Planned Counseling Lessons

- Bullying Prevention - 2 (Second Step)
- 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	<a href="#">Feelings Charades</a>	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	<a href="#">Differences Make Life Interesting</a>	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	<a href="#">Talking Back and Forth</a>	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	<a href="#">Recognizing Problems</a>	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)
- Career lesson - What will you be when you grow up
- Child Protection Unit (Second Step, you will receive a letter about this in advance)
- When Sadness is at Your Door - coping skills

Lessons from Harmony:

<u>Unit 1: Being My Best Self</u>		
1.1	<a href="#">All About Emotions</a>	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	<a href="#">Differences Add Value</a>	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	<a href="#">Engaging in Conversation</a>	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	<a href="#">Communicating to Problem Solve</a>	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)
- 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	<a href="#">Feelings Connections</a>	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	<a href="#">Being Inclusive</a>	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	<a href="#">Speak Up, Speak Kindly</a>	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	<a href="#">Communicate About Problems</a>	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)
- 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 Cluster lessons- 2
- You Are Here For A Reason- connectedness and self-awareness

Lessons from Harmony:

<u>Unit 1: Being My Best Self</u>		
1.1	<a href="#">How Are You Feeling?</a>	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	<a href="#">What Makes a Friend?</a>	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	<a href="#">Speak Up, Speak Out</a>	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	<a href="#">Talk it Out</a>	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)
- Child Protection Unit (Second Step, you will receive a letter about this in advance)
- Career lessons - Discover my personal values and skills+
- 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	<a href="#">I Just Have this Feeling</a>	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	<a href="#">Breaking Stereotypes</a>	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	<a href="#">Speak Up and Speak For</a>	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	<a href="#">Talk It Out and Clear It Up</a>	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)
- Child Protection Unit (Second Step, you will receive a letter about this in advance)
- Career lessons - Match your skills, match your values, SMART goal
- 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	<a href="#">I've Got a Feeling</a>	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	<a href="#">Stereotype Detectives</a>	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	<a href="#">Speaking Up for Yourself and Others</a>	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>		
4.2	<a href="#">Name That Conflict Style</a>	Students complete a questionnaire to determine their own conflict style and then play a game identifying the conflict style used in scenarios, determining if the goal from the conflict was reached.

Additional lessons may be added if there is a need.