

**Classroom Guidance Lessons (2014-2015)**

**Pre-K**

October- Using Kind Words (1 class period)

**KINDERGARTEN**

March- Interrupting Chickens (1 class period)

**GRADE 1**

September- You Are All Unique (1 class period)

October- Friendship Series (1 class period/3 days in a row)

November- It’s OK to Make Mistakes (1 class period)

* Lunch Bunches (October) lists/times will be provided

**Grade 2**

November- Whole Body Listening (1 class period)

April- Keep Empathy Alive

* Lunch Bunches (Nov- Dec) lists/times will be provided

**Grade 3**

September- Getting to Know You (1 class period)

November- What is Good About Me? (1 class period)

March- The 3 C’s Choices, Chances, Changes (1 class period)

**Grade 4**

October- Girl Power (2 class periods) girls

 Friendships & Good Choices (1 class period) boys

January-February- Keeping Kids Safe (3 class lessons- 3 periods)

**Grade 5**

November- Career Explorer (1 class period) \*\* New for 2014-2015

January- Keeping Kids Safe (3 class lessons- 3 periods)

* Lunch Bunch-(Jan-Feb) lists/times will be provided

**Grade 6**

September- Anti Bullying Program (1 class lesson)

November- Empowerment & Self Esteem (boys/girls- 1 class period each)

February- Keeping Kids Safe (1 class lesson- 2 periods)

* Lunch Bunch-(March-April) lists/times will be provided

**Grade 7**

January- Bullying/Empowerment (1 class lesson)

May- Keeping Kids Safe (1 class lesson- 2 periods)

**Grade 8**

October- Where Am I Headed? High School Preparation (1 class lesson)

November- Career Options (1 class lesson) \*\* New for 2014-2015

May- Keeping Kids Safe (1 class lesson- 2 periods)

Depending on the needs of the class/issues that arise, I am available to develop lessons throughout the year.

Goals for 2014-2015

* Gossip Lesson for the older grades
* Career curriculum for 5th & 8th
* Peer Mentor Program
* Parenting Series
* UMatter/Project FEET (Friends Educating Empathy Together) Assembly
* Anti Bullying Presentation, “The Power of One” (Thursday Nov. 6th) Two 40 min performances
* Friday Coffee with the Counselor (after First Friday Mass)
* Friday parent meetings 9:30-11, available 11-12:30 for students
* In September, no lunch bunches. I will be in the cafeteria for grades 4-8 lunch

**What do you see?**

**Realize:** everyone has a different perspective. Try to stand in another’s shoes and see/feel what they are experiencing. EMPATHY

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Empathy is…

Seeing with the eyes of another

Listening with the ears of another

Feeling with the heart of another

EMPATHY



E- Everybody needs somebody

M- Model and mirror

P- Put yourself in their shoes

A- Ask if you can help

T- Treat others the way you want to be treated

H- Hurtful or helpful?

Y- You feel better and they feel better!



Project FEET (Friends Educating Empathy Together)