[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&uact=8&ved=0CAQQjRw&url=http://www.am.dodea.edu/jackson/fjcp/classpages/Classwebsites/SupportTeam/Counselor%203-6/index.html&ei=oR-bU9LMBcqHyATumIDoAQ&bvm=bv.68911936,d.aWw&psig=AFQjCNGG07fQy0tZD4p_KqZkoLXc1yQ_wA&ust=1402761505141315)

**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

**[](http://theinspiredcounselor.blogspot.com/search?updated-max=2013-01-20T18:23:00-08:00&max-results=7)[](http://badtzmarucy831.wordpress.com/2010/08/23/suju-explorers-of-the-human-body-in-the-blink-of-an-eye-part-1/)**

Empathy is…

Seeing with the eyes of another

Listening with the ears of another

Feeling with the heart of another

EMPATHY

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&uact=8&docid=G2twjHUNnx6A9M&tbnid=PF0Lgn0yafwiEM:&ved=0CAUQjRw&url=http://www.iconarchive.com/show/ios7v2-icons-by-visualpharm/Baby-Feet-icon.html&ei=6sTsU7mUHpCdygS1u4L4BQ&bvm=bv.72938740,d.aWw&psig=AFQjCNF8FowSlGn9j80mKLQ0KB3rF6zhdQ&ust=1408112226646834)

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!

[](https://www.google.com/imgres?imgurl=http://e08595.medialib.glogster.com/media/09/0934bf6c47cfa4f60dca0a7ba661e4436dd1e919828e528b6c68bce5a3714697/stock-vector-heart-made-of-cartoon-shoes-in-vector-49353229-jpg.jpg&imgrefurl=http://www.glogster.com/jojojean/shoes/g-6mbmli944ikpkf3hquc2oa0&docid=MyTfCdUDh6K_jM&tbnid=RuTww5yOmyywhM:&w=450&h=470&ei=fsXsU6WyKI2PyATzz4DICg&ved=0CAIQxiAwAA&iact=c)

Project FEET (Friends Educating Empathy Together)