



COUNSELING LITTLES

Dr. Erin Nation
Elementary School Counselor

DR. NATION

- ❖ Elementary School Counselor
- ❖ Bachelor's in Human Development and Family Science, Master's in Guidance and Counseling, and Doctorate in School Administration
- ❖ Former Kindergarten teacher
- ❖ Former Director of Early Childhood Education at Oklahoma State Department of Education
- ❖ Full-time Mom of 3 Littles (5 months, 2 ½ years, and 4 ½ years)



WHAT'S A QUESTION YOU HAVE ABOUT...

LESSONS

❖ Kindergarten through 4th Grade:
once a month for 45-minutes

❖ This year:

- ❖ Mindfulness
- ❖ Sportsmanship
- ❖ Compassion
- ❖ Honesty
- ❖ Optimism



Respect

to the tune of the "ABCs"

R-E-S-P-E-C-T,
When I respect you, you respect me

It's a way to show you care
Listen, show eye contact, or even share

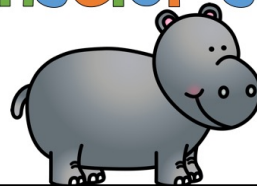
R-E-S-P-E-C-T,
When I respect you, you respect me



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WHO is my
**School
Counselor?**

Hip-Hippo-Hooray!
That's the
Counselor's Job



That's
**Monkey
Business!**

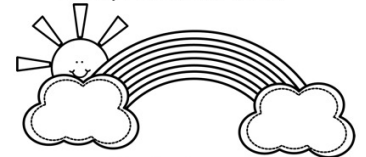
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I can show Gratitude

Color the pictures of things you are thankful for.



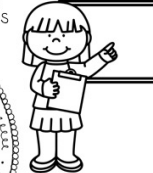
Holidays and Celebrations



The Environment



Family and Friends



Your Teacher



Community Helpers

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Responsibility

The only one I'm responsible for is me.
I can control who I want to be friends with.

The words I say, the things I do,
I'm in charge of me, you be in charge of you.



The School Counselor will teach me how to read underwater.



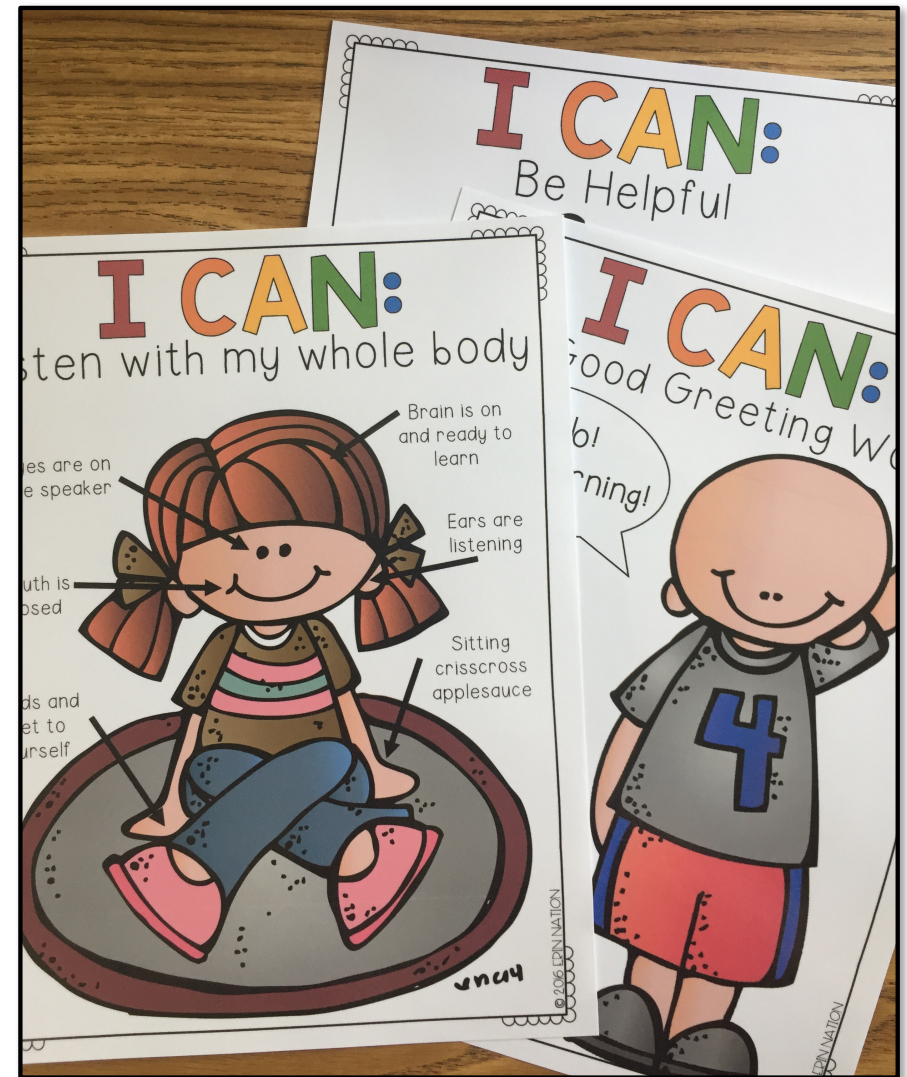
What does a School Counselor do?

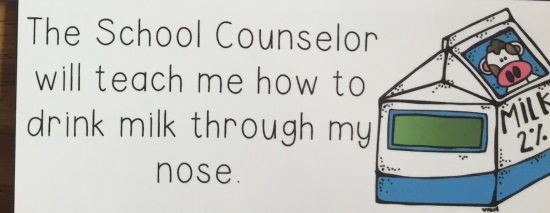
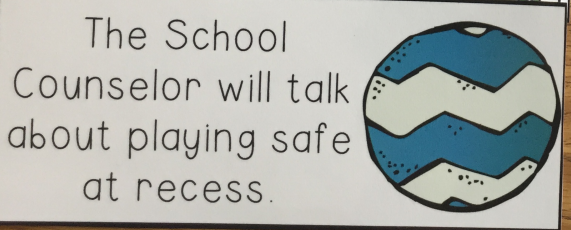
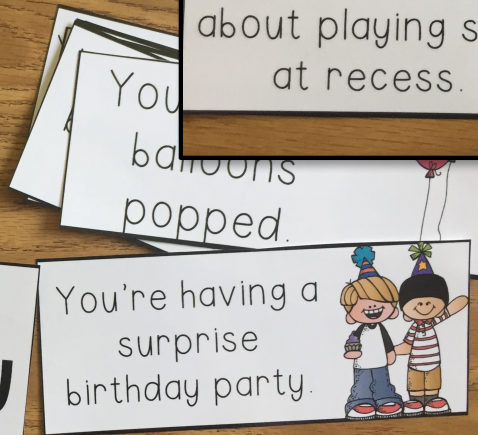
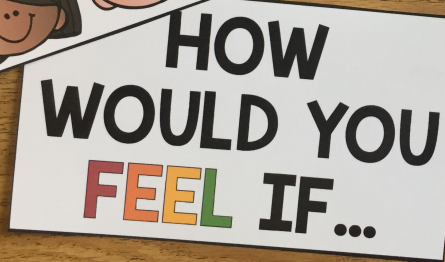
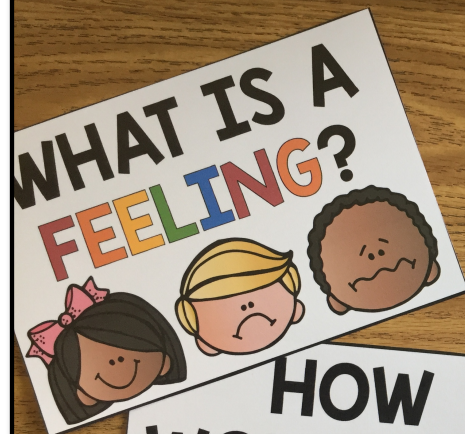


LESSONS

❖ PreK: every other week for 20 minutes

- 1) Welcome to Pre-K/Meet Your Counselor
- 2) Whole Body Listening/School Success
- 3) Good Greetings/Being Helpful
- 4) Taking Turns/Teamwork
- 5) Kindness/Bullying
- 6) Responsibility/Manners
- 7) My Feelings
- 8) Empathy
- 9) Diversity/Friendship
- 10) Anger/Apologies
- 11) Safety/Fear
- 12) Self-Esteem
- 13) Careers
- 14) Wrap-Up/Goal Setting



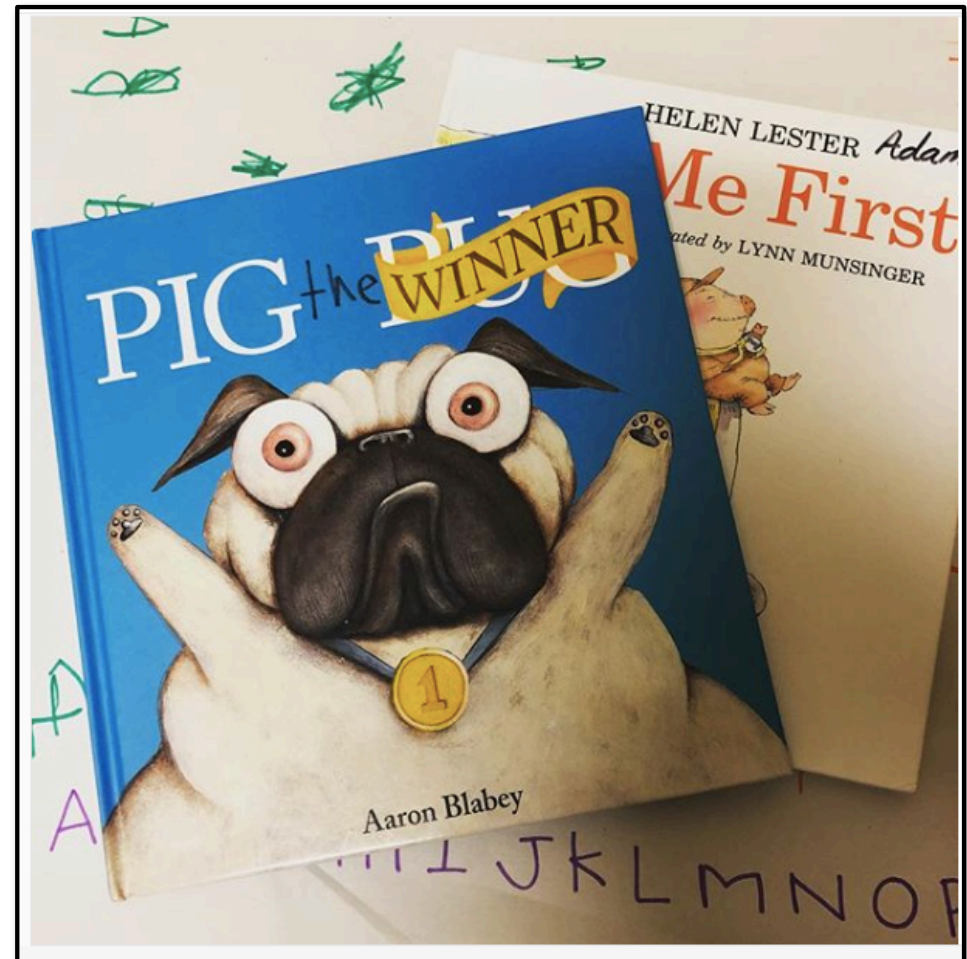


LESSONS

1. Read a book
(Intro of Topic)

1. Activity

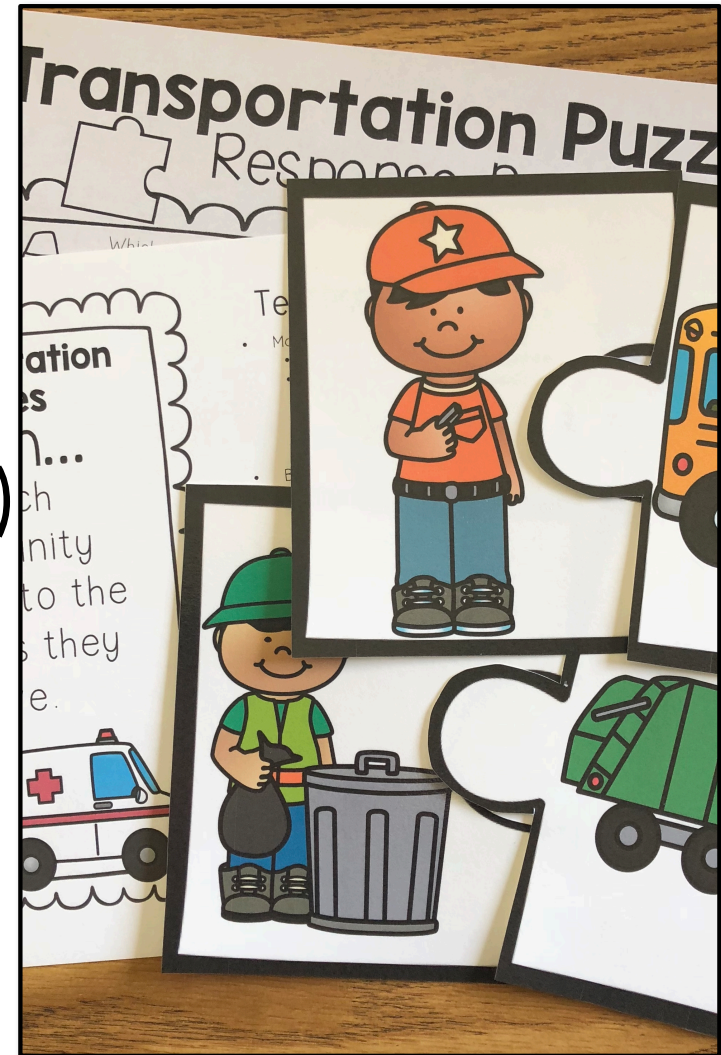
2. Share




CENTERS/ROTATIONS

❖ Once a month for 45-minutes
(Kindergarten through 2nd Grade)

- ❖ Careers
- ❖ Character Education
- ❖ Feelings
- ❖ Self-Management
- ❖ Friendship Skills

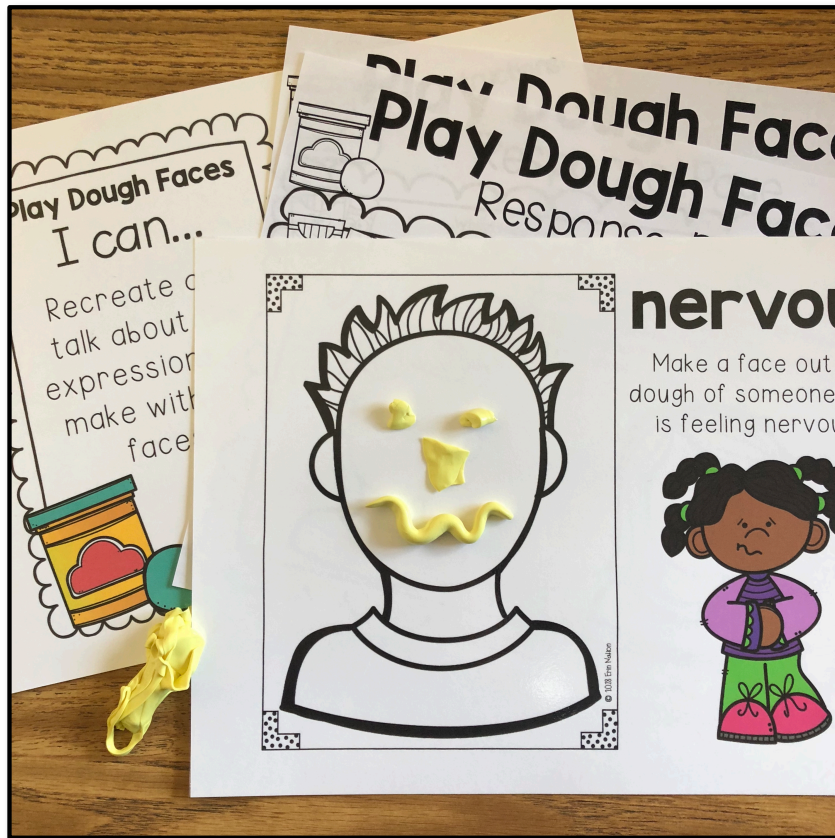


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- ❖ Introduce Topic
 - ❖ Group Discussion/Activity
 - ❖ Explain and Demonstrate Rotations
 - ❖ Rotate
 - ❖ Time to Debrief/Closure

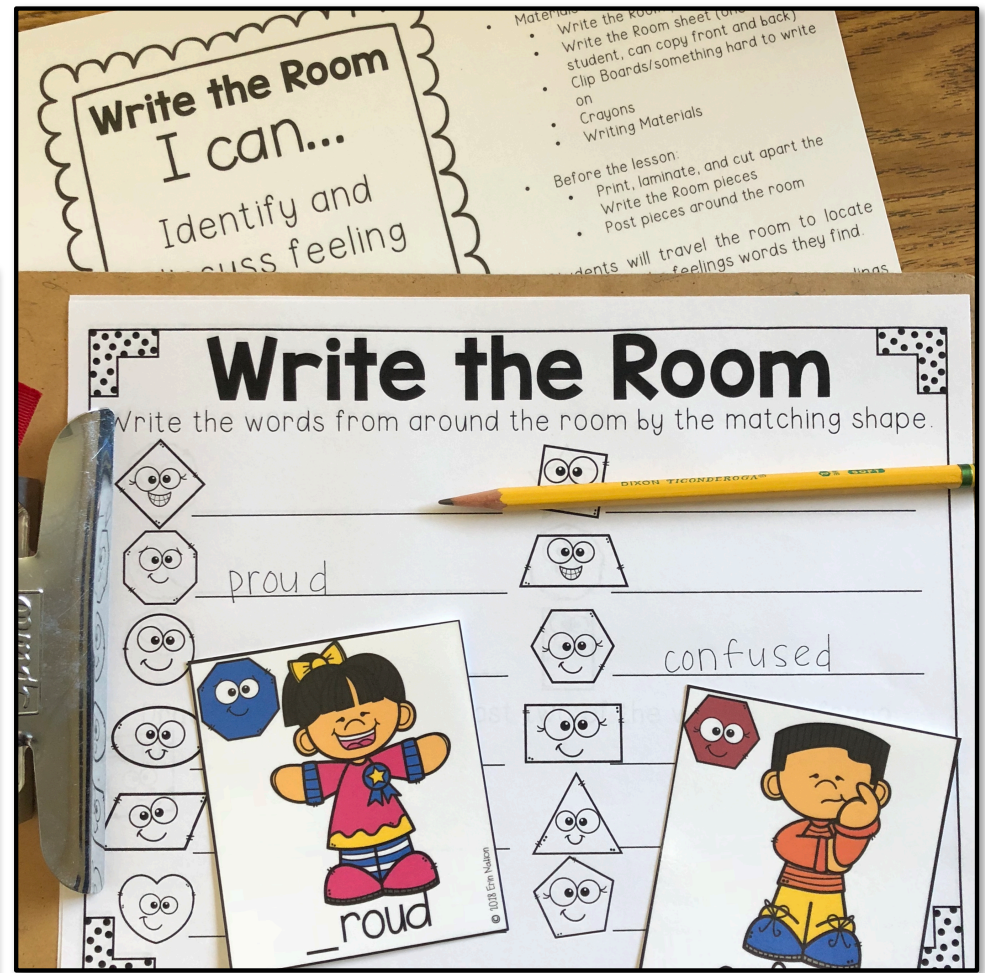
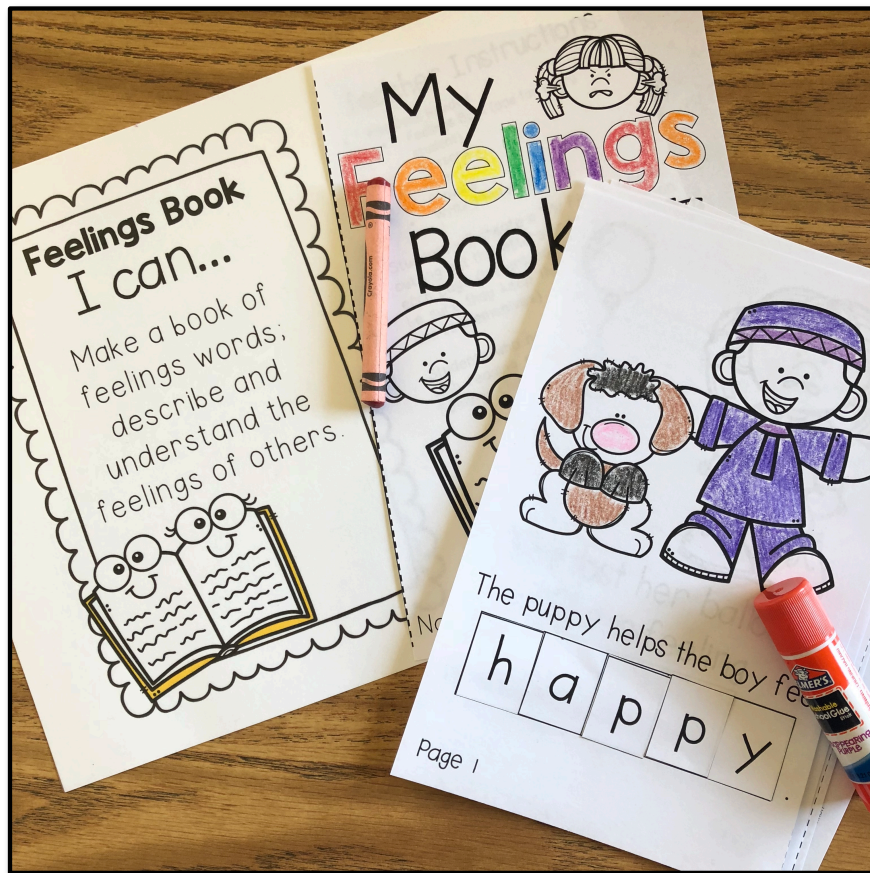
FEELINGS CENTERS



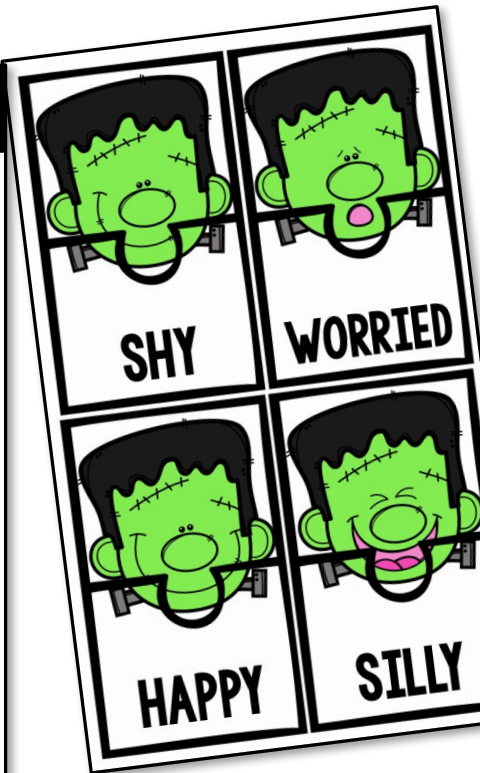
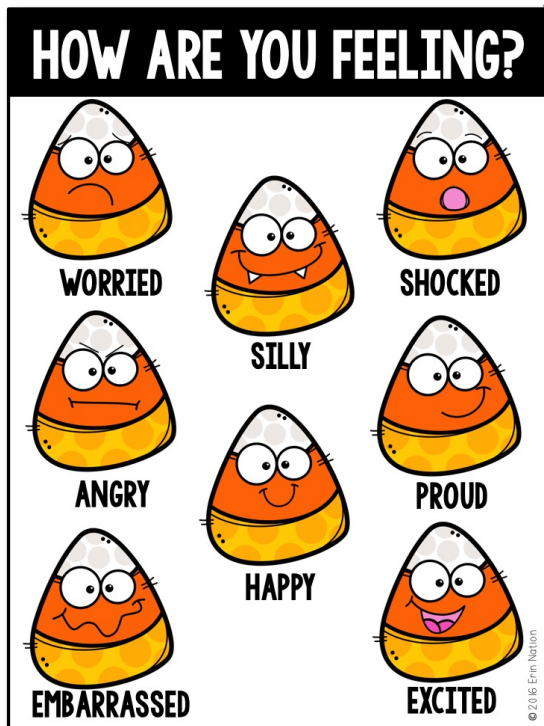
FEELINGS CENTERS



FEELINGS CENTERS



AND MORE FEELINGS...



I feel _____

because _____

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6 Independent, Interactive Centers

to help students identify and better understand community helpers and careers

The image displays six educational activity cards for independent centers, each featuring a different theme related to community helpers and careers. The cards are arranged in a 2x3 grid. The top row includes 'Roll-a-Vehicle', 'Transportation Puzzles', and 'My Careers Book'. The bottom row includes 'Play Dough Tools', 'Write the Room', and 'Career Sorts'. Each card has a title, a brief description of the activity, and a response page. The cards are decorated with colorful illustrations of various community helpers and their vehicles. The 'Roll-a-Vehicle' card features a grid of dice faces with different vehicle icons. The 'Transportation Puzzles' card shows a puzzle piece with a firefighter. The 'My Careers Book' card has a book cover with a vet and a crossword puzzle. The 'Play Dough Tools' card includes a chef card and red play dough. The 'Write the Room' card features a firefighter card and a green play dough. The 'Career Sorts' card shows a puzzle piece with a vet.

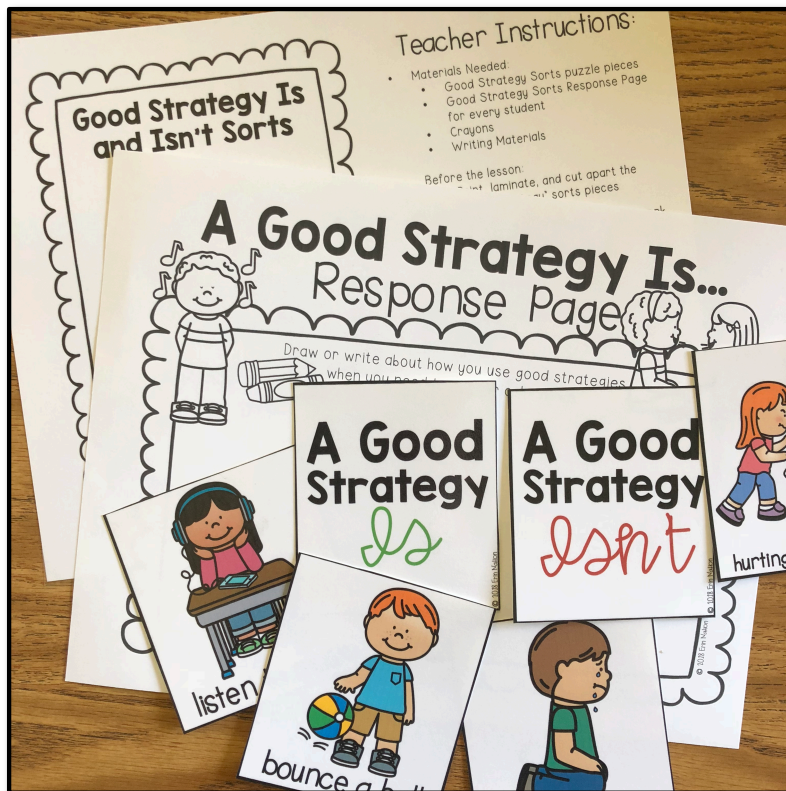
to help students identify and better understand
community helpers and careers



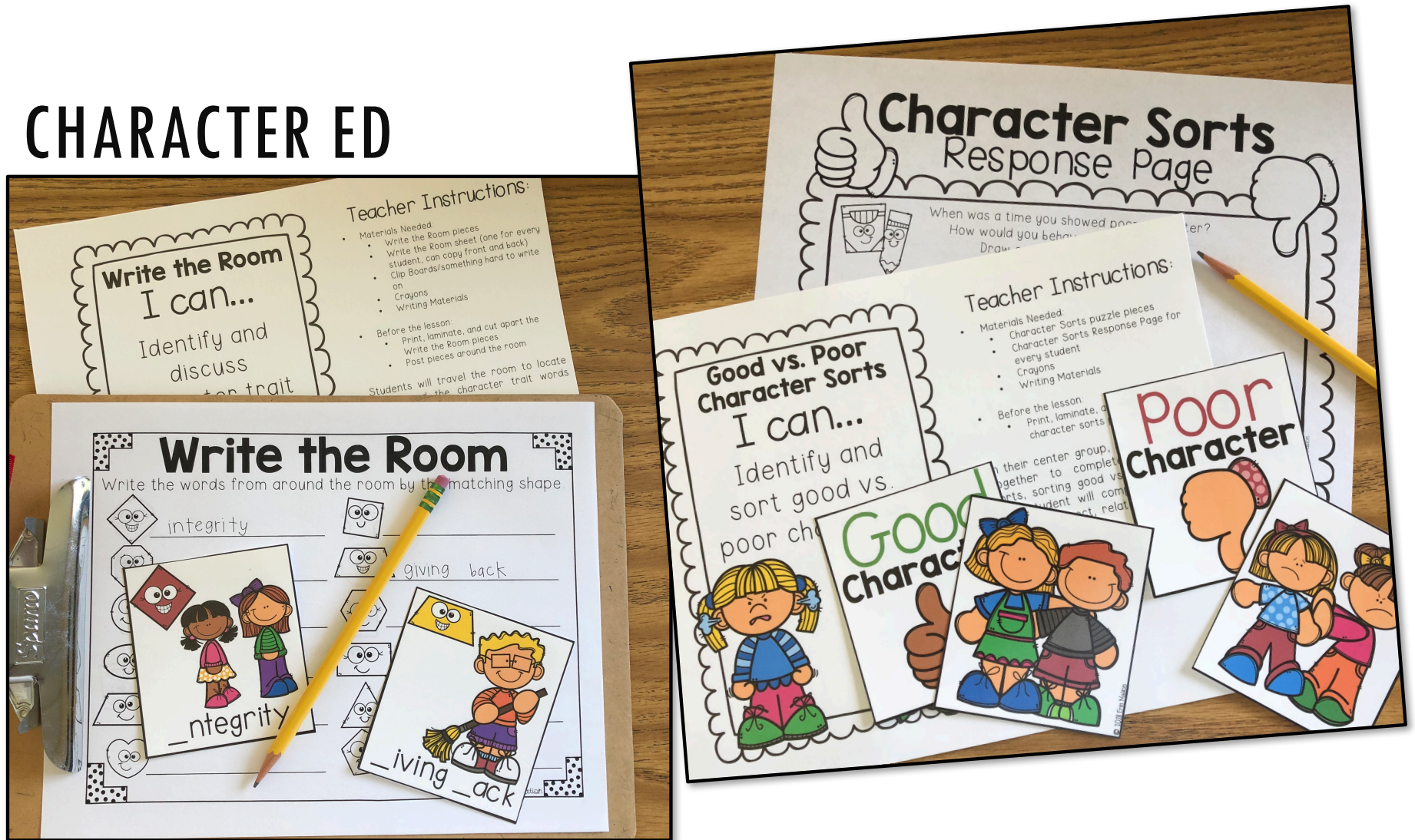
SELF-MANAGEMENT

6 Independent, Interactive Centers

to help students identify and name cool down/calm down strategies

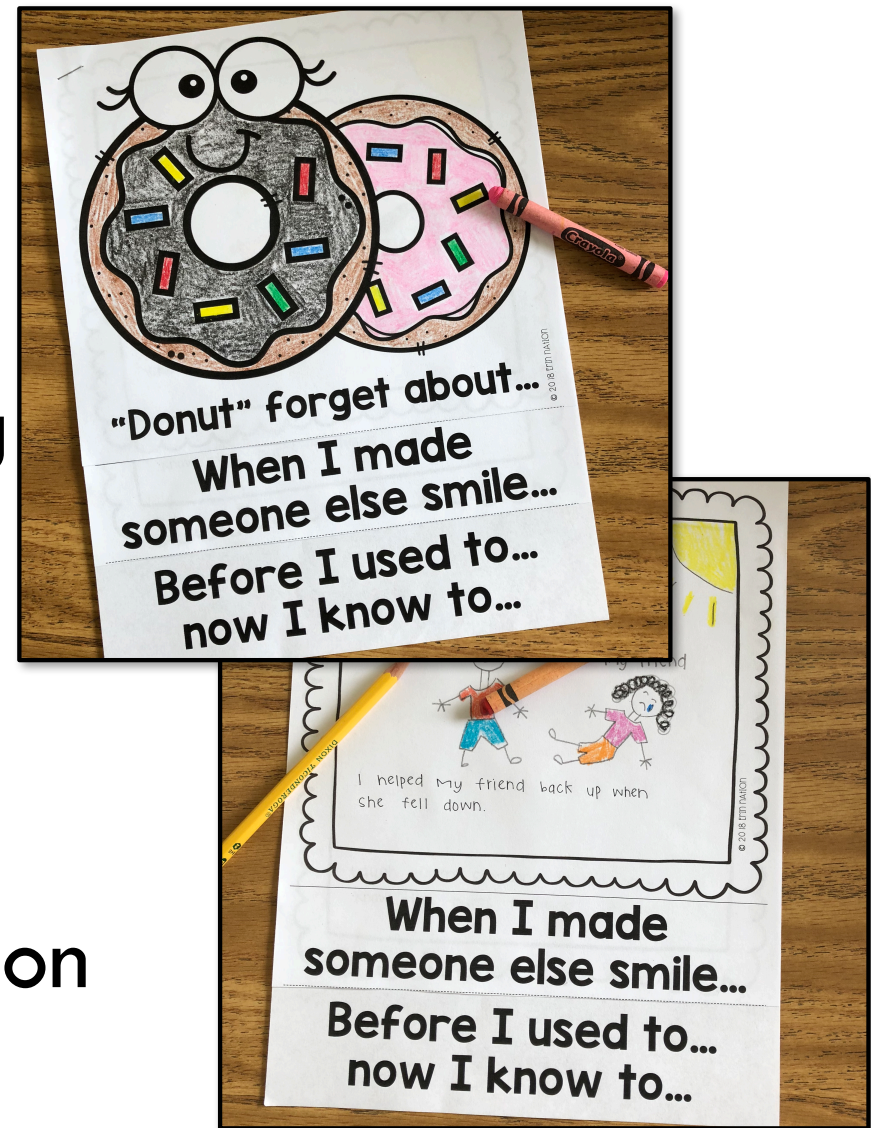


CHARACTER ED



MINI LESSONS

- ❖ Hygiene/Hand Washing
- ❖ Golden Rule
- ❖ Meet the Counselor
- ❖ Goal-Setting
- ❖ End of the Year/Reflection




SEASONAL MINI LESSONS

What is one thing you love about you?









WHAT I love ABOUT me!

Two things I love about myself are:

1. 

2.

roll and respond

	Name something you love about yourself.		I love that I can...
	I love that I am...		Name one thing you are proud of.
	Name one word to describe you.		I love that I do...

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IRISH

I had a friend that...




 **NOT** my kind of clover

ROLL AND RESPOND

	Name a way you've been a good friend.		Name something you and I have in common.
	Name a quality you look for in friends.		Name a way you could be a better friend.
	Name one word a friend would use to describe you.		What's a good idea to making new friends?

Why would someone be lucky to have you as a friend?



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KINDERGARTEN SMALL GROUP

❖ Social Skills

❖ “Doing” School



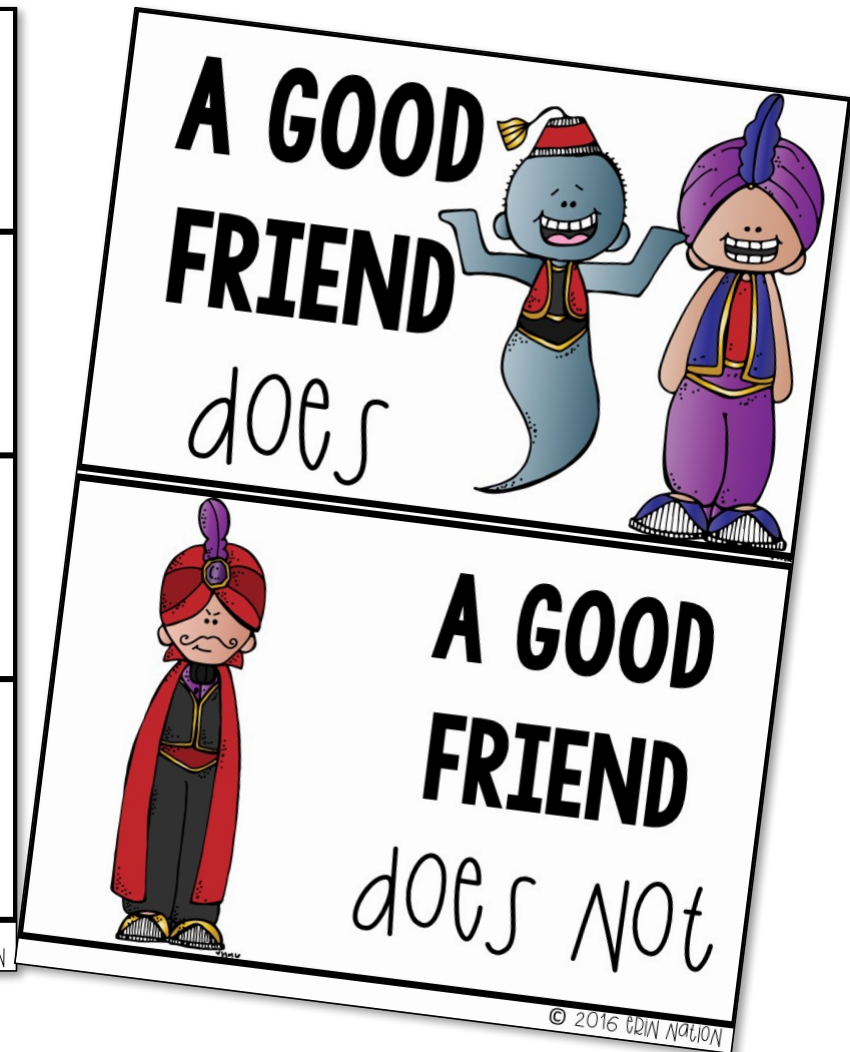
SMALL GROUPS

- ❖ Anger Management
- ❖ Friendship Skills
- ❖ Calm Waters
- ❖ Worries and Anxiety



Leaves people out	Talks behind your back
Laughs when you mess up	Spreads rumors
Gets you into trouble	Does things you don't like
Does things even when you've asked them to stop	Calls you names

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Someone tripped in the hallway	Your teacher got a new haircut that you don't like
You like your friend's new shoes	Your classmate shared a story you think is neat
Your teacher's new lipstick is too shiny	Someone tooted in class and it smells
The shirt your principal is wearing is a nice color	Your friend scored a goal in P.E.

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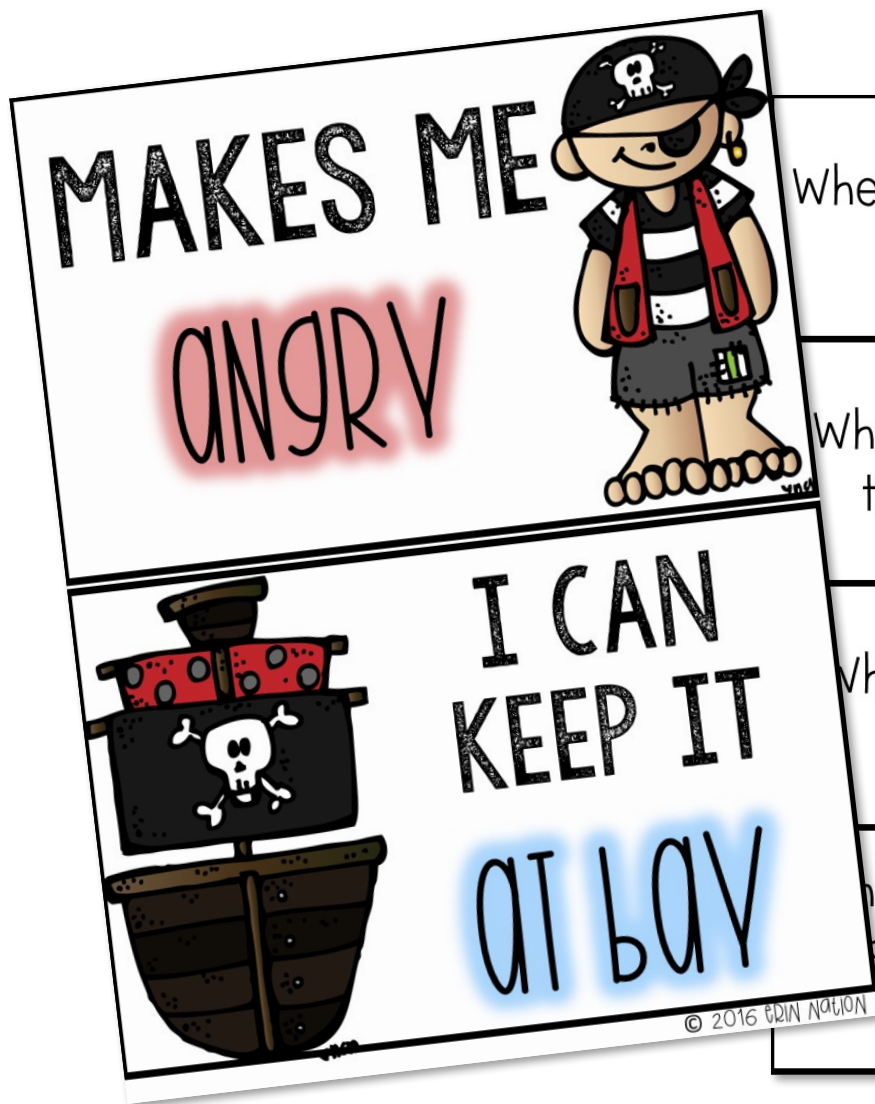
WHEN TO
SHINE
a LIGHT



WHEN TO
KEEP IT TO
yourself



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When I don't get my way.	When I lose a game.
When someone teases me.	When someone takes my things.
When I'm told "no."	When someone gets in my space.
When someone messes with my things.	When there's a change in the schedule.

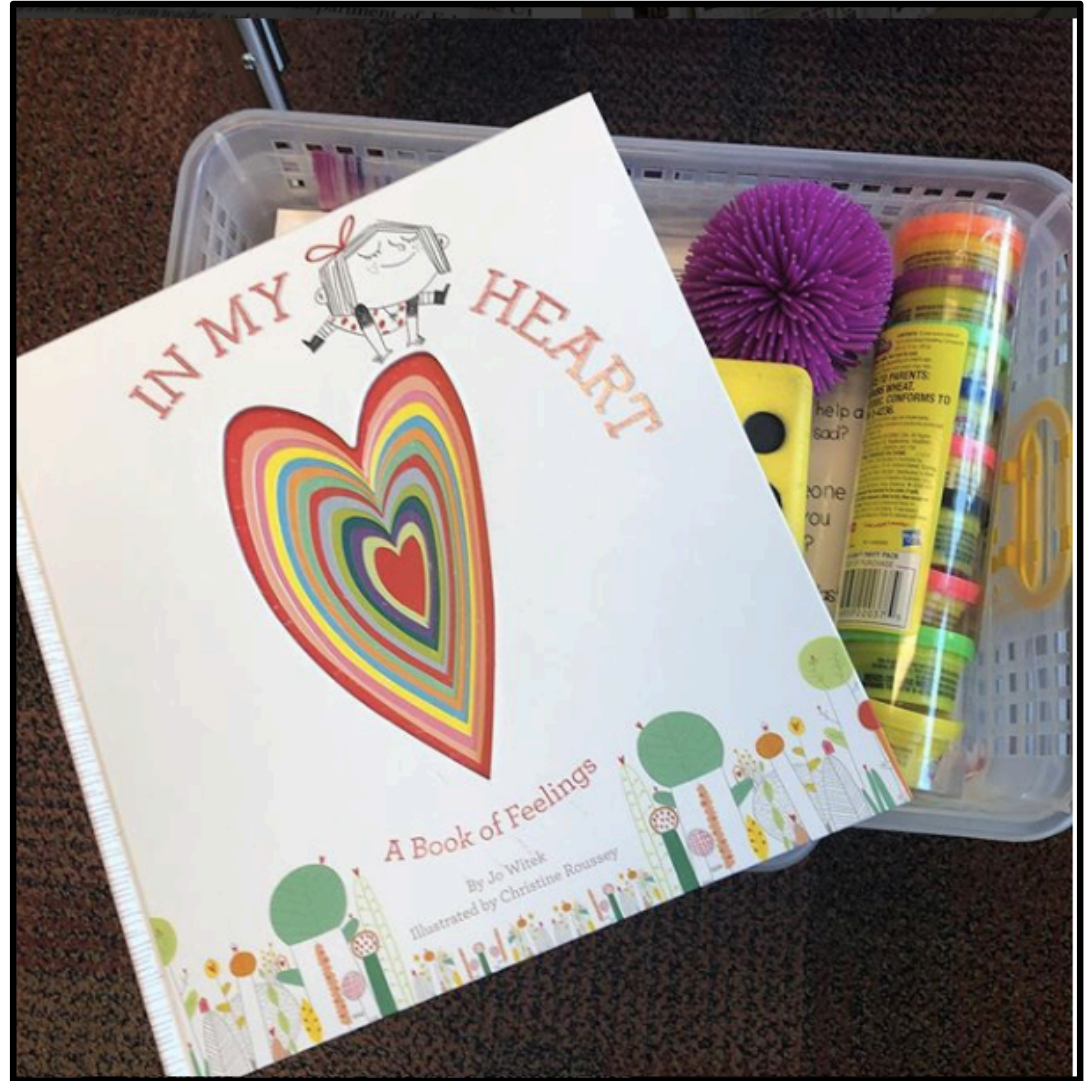
LUNCH BUNCH

- ❖ Friendships
- ❖ Friendship Skills
- ❖ Social Skills
- ❖ Appropriate Behavior



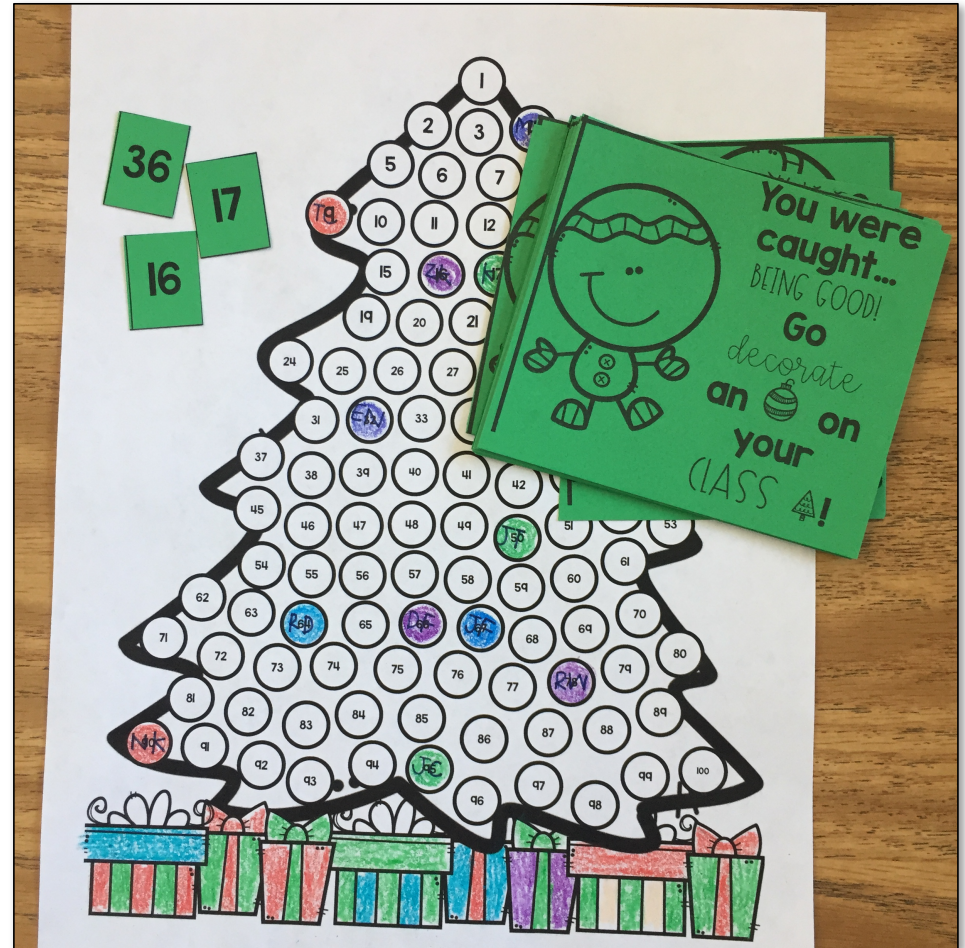
HANDS ON/NOVELTY

- ❖ Puppets
- ❖ Balls
- ❖ Play Doh
- ❖ Dice
- ❖ Music/Movement
- ❖ Sesame Street clips



CLASSROOM MANAGEMENT

- ❖ “I love the way...”
- ❖ WOW Tickets
- ❖ Knocking My Socks Off
- ❖ Mystery Student
- ❖ 100s Chart
- ❖ Mystery Message
- ❖ Remove from Group



EXPECTATIONS

- ❖ Set at Beginning
- ❖ Point out kids doing the RIGHT thing and others will follow



BATHROOM BREAKS

CONNECTING FAMILIES

take GOOD CHARACTER HOME

Challenge yourself to do all 3 to show gratitude away from home.

Write a note or draw a picture to someone you care about, telling or showing your favorite thing to do with them.

Thank your parents in a way that shows you care about the house! (Like clean up around the house! - that you told them you love them.)

Think of 3 things you are thankful for. Tell one of your family members about it. Tell him/her to do the same.

What's another way you can show GRATITUDE this month?

take GOOD CHARACTER HOME

Empathy is more than being kind, it's putting yourself in someone else's shoes and understanding/responding to their feelings. Talk with a family member about showing empathy away from school.

When is a time you had a really hard time? Did someone show you empathy? How did that feel?

How have YOU shown empathy to a family member?

How could you show empathy at home in the future?

What's a way you've shown EMPATHY this month?

take GOOD CHARACTER HOME

As a family, try to complete these roles - come up with your own in the future.

Take a walk and clean up your neighborhood.

Do someone else's chore.

Call a long-distance relative.

take GOOD CHARACTER HOME

Growth Mindset is the belief that a person's intelligence and abilities can grow and change. There's the 'power of YET' in 'training your brain.' As a family, try to rewrite these fixed mindset statements into statements with a growth mindset.

This is too hard.

This may take some more time and effort.

I quit.

I'll never be good at this.

What's another way to show a GROWTH MINDSET?

What's a way someone has shown YOU KINDNESS this month?

COUNSELOR'S CORNER

Type Your School Name Here

Type Your Contact Information Here

Type Header Here

Type Body of Text Here
Text boxes can be resized,
added, or deleted

Type Header Here

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December Guidance Lesson

Type Lesson Names Here

COUNSELOR'S CORNER

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Type Your Contact Information Here

Type Header Here

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February Guidance Lessons:

Type Lesson Names Here



COUNSELOR'S CORNER

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Type Your Contact Information Here

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Guidance Lessons:

Type Lesson Names Here



 JULY	Monday	Tuesday	Wednesday	Thursday	Friday
	Read a book where the main character learns responsibility.	How do you cool down when you are frustrated?			
	What do you want to be when you grow up?	What is your favorite quality about yourself?			
	How are you a team player and a good sport?	How are you feeling today? Tell someone why.			
	When is the last time you laughed out loud?	Read a book that a character has worries or fears.			

 AUGUST	Monday	Tuesday	Wednesday	Thursday	Friday
	Read a book where the main character tells how she/he feels.	What is one thing a good friend does NOT do?	Give someone an apology.	Read a book about teamwork.	How have you shown your family you love them today?
	When is the last time you had to show patience?	What is one thing you could do today to prepare for tomorrow?	Read a book where the main character feels a way you've felt before.	Why is eye contact important when talking to someone?	How do you react when things don't go your way?
	Read a book about empathy.	How have you been a good friend this week?	When is a time you've shown perseverance?	Do research on a career you're interested in.	Read a book about giving back.
	What's the best gift you've ever given someone else?	Read a book where the main character has to apologize.	Forgive someone today.	When is the last time you resolved a conflict?	What is one thing you can do today to prepare for school?



QUESTIONS

CONTACT ME

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