

# BISD Elementary Counselor Lesson/SEL Themes 2023-2024 with Quaver SEL integration

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Principal's Name/D		N. Camargo 8/21/2023		Principal's Signature/ Date		
Month Content Area	Themes	QuaverSEL	Resources	Lesson/Objective	Lesson Goals	Character/SEL Competency
<b>August</b>	School Rules	Pre-K Lesson 1K-3 Lesson 2	Safe and Caring Schools	Identify rules that are used at home/and or school	What rules are and why they are	Responsibility
<i>Personal Health and Safety</i>	Student Expectations	Pre-K Lessons 5, 15, 16K-5 Lesson 27	Safe and Caring Schools	Learn three strategies to help prepare for success in school setting	Learn strategies to help them prepare for academic success in the future.	Self-disciplined
	Personal Boundaries	K-5 Lesson 29	Play it Safe Curriculum	Define safe touch vs. unsafe touch. Practice saying "no" and other phrases, and tell a	Educate students about all types of abuse using child-	Respect
	School Safety - Safe & Trusted Adult		TX School Safety Center & Sandy Hook Promise & Trusted Adult Lessons	3 Goals: Recognize warning signs/threats of someone who may be at-risk of hurting themselves or others. Say something to a Trusted Adult to get help. Grow a community of Unstanders who look out	Live in a world where children are free from shootings and acts of violence in their schools, community, and homes. Build a culture that prevents	Responsibility, Citizenship
<b>September</b>	Self-Confidence	Pre-K Lesson 4K-5 Lesson 6, 21	Hamony SEL/ Book: Giraffes can't dance	Learn a chant about confidence, memorize at least 2 confidence-boosting phrases.	Learn about confidence and how to build it in themselves	Respect
<i>Intrapersonal</i>	Mindfulness	Resources in Teacher Toolbox	Harmony SEL/ Character Counts	Identify what is mindfulness, practice this technique to develop self-awareness, self-regulation, and emotional regulation.	Help students be aware of the present moment and develop attentional control.	Responsibility
<i>Effectiveness</i>	Coping with Anger/Frustration Emotions & Self-Care	Grades 2-5 Lesson 1K-5 Lesson 32	Harmony SEL/ Book: When Sophie get angry	Identify feelings that can be felt strongly as opposed to feelings that aren't strong. Explore methods to calm down.	Identify strong feelings that can be felt in a strong way.	Responsibility

<b>October</b>	Bus Safety	Song "Our School"	District presentation	Identify bus rules and importance of following them, practice evacuation procedures to safety	Learn to be safe in the school bus by following the rules	Citizenship
<i>Personal Health and Safety</i>	Fire Prevention	Grade 3 Lesson 29	Fire Safety Activity Book	Define emergency, list what to do in an emergency in specific environments	Identify what an emergency is and what to do at home, school, or in the community	Citizenship
	Red Ribbon Week	Grade 2 Lesson 24 Grade 4 Lesson 24	<a href="https://www.redribbon.org/resources/">https://www.redribbon.org/resources/</a> <a href="https://www.DEA.gov">https://www.DEA.gov</a>	Evaluate past decisions and learned from them, identify criteria used for evaluation decisions.	Develop an evaluation criteria for good decision making	Respect
<i>Intrapersonal</i>	Anti-Bullying	K-5 Lesson 28	StopBullying.gov/ NoBully.org/ Don't Laugh at me	Differentiate the different roles that a bully, bystander, and victim have in a bully situation.	Define bullying, understand the different roles that are involved in a bullying situation, and steps to report it.	Respect
<i>Effectiveness</i>	DUKE TIP		Current Recommended Criteria	Gifted Education Program for GT students	Opportunity to participate in program	Responsibility
<i>Post Secondary Ed.</i>						

<b>November</b>	Develop Healthy Friendship	Pre-K Lessons 7, 8 K-5 Lesson 4	Harmony SEL/ Book: How to lose lall of your friends	Name the traits of a good friend	Learn how to be a good friend	Trustworthiness
<i>Interpersonal</i>	Respect others/Empathy	Pre-K Lessons 11, 13, 14, 18K-5 Lessons 18, 23	Harmony SEL/ Book:Because Brian hugged his mother, Hey little ant	Appreciate other people's choices even though they are different from their own.	Recognize different characteristics such as physical traits, strengths and cultures.	Caring
<i>Effectiveness</i>	Giving/Peace	Pre-K Lessons 17, 18K-5 Lesson 9	Harmony SEL/ Character Counts	Identify different roles that make a strong team.	Understand the steps an	Trustwoithness
	Grief/Hope	K-5 Lesson 35	Harmony SEL/ Book: Not the end of the Chavez family	Identify three ways to express feelings when grieving.	Explore wayd to explore feelings when	Respect

<b>December</b>	College 101	K-5 Lessons 21, 25, 27	District powerpoint/ TEA Graduation Toolkit	Discuss strategies to use in a new situation/	Explore how using a positive mindset can help them be successful in a new	Responsibility
<i>Post Secondary Ed.</i>	College /Career Fair		Community presenters/ BISD Career Placement Counselor	provide opportunity for them learn more about specific careers	Explore different careers	Responsibility
<i>Career Readiness</i>			Video: When I grow up.	Provide opportunity for them learn more about specific careers	Explore different careers	Citizenship

<b>January</b>	STEM	Grade 5 Lesson 22	Youtube videos. STEM Careers Motivational Video/What do you want to do	Explore different careers that deal with science, technology, engineering, and math	Learn skills that are needed to in the STEM fields	Responsibility/ Enrich their experiences
<i>Post Secondary Ed.</i>	Choice Slips		District Presentation/ Information	Understand that post-secondary education and life-long learning are needed for	Identify long/short term academic, career, and social/emotional	Caring/Responsibility
<i>Career Readiness</i>	Set Goals, Planning	K-5 Lessons 7, 12	Safe and Caring Activities	Learn how to set goals and measure progress towards attaining them.	Differentiate between short & long term goals. Know how to measure progress and	Responsibility/Set short/long term goals
<i>Intrapersonal</i>	Problem Solving	K-5 Lessons 15, 20	Harmony SEL; Safe and Caring Activities	Identify problems and take appropriate steps to take when faced with a problem	Identify multiple strategies to solve a problem	Responsibility/ Identifying Problems/Develop
<i>Effectiveness</i>	Decision Making	K-5 Lessons 5, 20, 24	Harmony SEL; Safe and Caring Activities	Practice evaluating a given task using decision-making model	Evaluate scenarios and possible choices to make ethical decisions	Responsibility/ Evaluating

**BISD Elementary Counselor Lesson Themes - 2023-2024**

<b>Month Content Area</b>	<b>Themes</b>		<b>Resources</b>	<b>CC! Lesson</b>	<b>Academic</b>	<b>Social Emotional</b>
<b>February</b>	Multicultural Awareness	K-5 Lesson 18	Harmony SEL; Safe and Caring Activities	Identify various forms of diversity and how they enrich	Learn to meaning of diversity	Citizenship/Social Awareness/ Respect
<i>Interpersonal</i>	Relate Well With Others	Pre-K Lessons 6, 7, 8, 12, 18K-5 Lesson 4	Harmony SEL; Safe and Caring Activities	Respect & Understand people that are different and learn how to get along	Develop an understanding of each other's unique traits in	Citizenship/Social Awareness/ Respect
<i>Effectiveness</i>	Communication Skills	K-5 Lessons 3, 19	Harmony SEL; Safe and Caring Activities	Learn basic speaking and respectful listening skills	Participate in basic principles of talking to	Citizenship/Building Relationships

<b>March</b>	Test-taking skills	K-5 Lesson 27Grades 2-5 Lesson 31	Harmony SEL; Safe and Caring Activities	Ease test-taking anxiety by following certain tips and	Identify needed changes to improve	Feeling Anxious/Self-Respect/
<i>Interpersonal/</i>	Stress Management	K-5 Lesson 17Grades 2-5 Lesson 31	Harmony SEL; Safe and Caring Activities	Recognize stress in situations and apply ways to relieve	Learn how to manage stress in a positive way	Responsibility/Self-Care
<i>Intrapersonal</i>	Motivation to Achieve	K-5 Lesson 25	Harmony SEL; Safe and Caring Activities	Identify self-motivation for a successful life.	Explore different Internal/ External	Responsibility/ Self-Motivation
<i>Effectiveness</i>						
<b>April</b>	Conflict Resolution	K-5 Lesson 14	Harmony SEL; Safe and Caring Activities	Learn to recognize, analyze, and find solutions to a problem	Become a good problem solver and know when to ask	Responsibility/ Responsible Decision Making
<i>Interpersonal</i>	Child Abuse Awareness		Preventchildabuse.org Harmony SEL	Identify what child abuse is and participate in prevention	Stay safe and help adults keep them safe	Citizenship/Personal Safety
<i>Effectiveness</i>	Play It Safe	Grades K-5 Lesson 29	iGuardian Presentation	Importance of keeping their personal safety and pay	Become aware of the need to practice safe	Citizenship/ Personal Safety
<b>May</b>	Manage Transition	K-5 Lesson 34	Harmony SEL; Safe and Caring Activities	How to communicate their needs to feel safe and	Express what they need at school to be	Responsibility/ Transition
<i>Interpersonal/</i>	Responsible Behavior	K-5 Lessons 5, 8	Harmony SEL; Safe and Caring Activities	What makes a good citizen and what ways is this shown to	Understand how to be a responsible citizen	Citizenship/ Ethical & Respect for Others
<i>Intrapersonal</i>						
<i>Effectiveness</i>						
<b>Campus Staff Development</b>		<b>Texas Model for Comprehensive School Counseling Programs - Program Balance</b>				
Suicide- Prevention and Intervention		Guidance Curriculum 35%-45%		Classroom Presentations		
David's Law - Cyberbullying		Responsive Services 30%-40%		Academic / Personal Counseling		
Conflict Resolution		Individual Panning 5% 10%		Educational / Career / Personal / Social		
Mental Health		System Support 10%-15%		Staff Development / Meetings /Parents		
College Going Culture						

**BISD Guidance & Counseling Department Curriculum Resources 2023-2024**

<b>Month</b>	<b>Lesson Topic</b>	<b>Grade Level</b>	<b>Resource</b>
August	Personal Health & Safety/Boundaries/Trusted Adults	PK-5	Safe and Caring Schools/ Sandy Hook Promise Program: Say Something/Trusted Adult
September	Self-Confidence/Mindfulness/Anger Mgmt./Self Care	PK-5	Quaver SEL/ Character Counts
October	Bus Safety/Fire Prevention/Anti-Bullying/ Red Ribbon Week	PK-5	BISD District Presentation, Fire Department Presentation, RedRibbon Campaign, Stop Bullying.gov
November	Healthy Friendships/Respect/Empathy	PK-5	Quaver SEL/ Character Counts/ Bibliocounseling: Learning through books
December	Career/College Awareness	PK-5	Quaver SEL/ District Powerpoint/ Community Presenters on Career Day/ Research Colleges/Universities
January	Set Goals/ Problem Solve/Decision Making	PK-5	STEM Videos/ District Presentation/ Safe & Caring Schools Activities/ Quaver SEL
February	Multicultural Awareness/ Communication Skills	PK-5	Quaver SEL/ Bibliocounseling: Learning through books/ Safe & Caring Schools Activities
March	Stress Mgmt./ Test Taking Skills/Motivation	PK-5	Quaver SEL/ Bibliocounseling: Learning through books/ Safe & Caring Schools Activities
April	Conflict Resolution/ Play It Safe	PK-5	iGuardian Presentation/ Play It Safe Children's Advocacy Center/ Safe & Caring School Activities
May	Manage Transitions/Responsible Behavior	PK-5	Quaver SEL/ Bibliocounseling: Learning through books/ Safe & Caring Schools Activities