

# Cherokee Bend Elementary School

## Schedule of Guidance Lessons, Activities, and Events

These lessons and events are developed based on our [ASCA \(American School Counselor Association\) Mindsets and Behaviors](#) and the [Comprehensive Counseling and Guidance State Model for Alabama Public Schools](#) and coordinate with our school's character education program. Direct student learning objectives are from the state plan. Lessons are adjusted or redesigned to meet needs identified by our community, primarily our students. Links provided below are to give parents a little additional information about resources used; the school and the school counselor are not responsible for all these links and what other links may be connected to those, such as amazon or a book publishing company and any other resources those entities may link you to, as the links are not usually used with our students.

Grade	August	September	October	Nov/Dec	January	February	March/April	April/May	Other
Kindergarten	<p>Welcome to CBS, What is a Counselor?</p> <p><i>Have You Filled a Bucket Today?</i> Links about books that may be used: <a href="#">Tom Rath</a> and <a href="#">Carol McCloud</a></p>	<p><i>Have You Filled a Bucket Today?</i> Follow-up with school rules</p> <p>Introduce Emotional ABCs and Moody Monster – <a href="https://www.emotionalabcs.com">https://www.emotionalabcs.com</a> Invite for parents at <a href="#">this link</a>.</p>	<p>If needed: Tattling Unit: <i>Tattlin' Madiline</i>, <i>Wise Owl Says</i> <i>When Telling is Tattling</i>; <i>Don't Squeal Unless It's a Big Deal</i>; and <i>The Tattle Prince</i></p>	<p>Safety Lessons (parent's phone number, what to do when you get lost, &amp; how to find help)</p>	<p>Friendship Unit: How to Be a Good Friend, How to Join in and Play, How to Disagree, How to Solve Problems <a href="#">Books used from Free Spirit Publishing Cherie J. Meiners</a></p>	<p>How to Say I'm Sorry; Books <a href="#">Emily's Sharing and Caring Book</a>, <i>I'm Sorry</i>, and <i>Words Are Not For Hurting</i></p>	<p>Making Healthy &amp; Safe Choices: Healthy choices (food, exercise, etc) for your body. (Item sort, medicine safety)</p> <ul style="list-style-type: none"> <li>• Medicine Safety</li> <li>• RESOURCE: <a href="#">If you don't take care of your body, where else are you going to live? - Trevor Romain</a></li> </ul>	<p><a href="#">Big Bird Gets Bullied Video</a> &amp; Discussion</p>	<p>Social Skills Books</p>
1 <sup>st</sup>	<p>Guidance and Counseling Services</p> <p><i>Have You Filled a Bucket Today?</i> with school rules Books that may be used: <a href="#">Tom Rath</a> and <a href="#">Carol McCloud</a></p>	<p>School Success Skills Book <a href="#">Howard B. Wigglebottom Learns to Listen</a></p>	<p>Feelings Unit - Introduce Emotional ABCs and Moody Monster – <a href="https://www.emotionalabcs.com">https://www.emotionalabcs.com</a> Invite for parents at <a href="#">this link</a>.</p>	<p>Making Healthy &amp; Safe Choices: Medicine v. Drug Healthy choices (food, exercise, etc) for your body. (Item sort, medicine safety)</p> <ul style="list-style-type: none"> <li>• Medicine Safety</li> <li>• RESOURCE: <a href="#">If you don't take care of your body, where else are you</a></li> </ul>	<p>Tolerance and Diversity Book: <a href="#">The Sandwich Swap</a></p>	<p>Resolving Conflicts</p>	<p>Bullying - Book – <a href="#">Recess Queen</a></p>	<p>Career Flip Chart</p>	<p>Social Skills Books</p>

				<a href="#">going to live? - Trevor Romain</a>					
Grade	August	September	October	Nov/Dec	January	February	March/April	April/May	Other
2 <sup>nd</sup>	Guidance and Counseling Services  <i>Have You Filled a Bucket Today?</i> with school rules Books that may be used: <a href="#">Tom Rath</a> and <a href="#">Carol McCloud</a>	Tolerance and Diversity Book: <i>Odd Velvet</i>  Solving Problems with Friends  Bullying	Friendship skills with Trudy Ludwig's books	Making Healthy & Safe Choices: Drug or Medicine Healthy choices (food, exercise, etc) for your body. (Item sort, medicine safety) <ul style="list-style-type: none"><li>• Medicine Safety</li><li>• RESOURCE: <a href="#">If you don't take care of your body, where else are you going to live? - Trevor Romain</a></li></ul>	Personal Safety Lessons  Career Flip Chart	Personal Safety Lessons	Personal Safety Lessons  Perseverance – <a href="#">Leo the Lighting Bug</a>	<a href="#">What Does it Mean to Be CONSIDERATE?</a> Video and discussion	Social Skills Books
3 <sup>rd</sup>	Guidance and Counseling Services  <i>Have You Filled a Bucket Today?</i> with school rules	Be Yourself, Be Proud of You: <i>Stand Tall Molly Lou Mellon</i> (Additional theme – bullying)	Friendship skills with Trudy Ludwig's books	Compassion (Understanding Other's Feelings) Book <i>Sorry!</i>	Perseverance and Meeting Goals Book <i>Leo the Lightning Bug</i>  Making Healthy Choices: Drug or Medicine	Bullying Unit – 4 weeks 1 lesson 40 minutes a week per class	Facing Fears, Accepting Yourself & Dealing w/Bullying Book <i>Shrinking Violet</i>	Career Study: <i>Paws in Jobland</i>	New Social Skills Books
Grade	August	September	October	Nov/Dec	January	February	March/April	April/May	Other
4 <sup>th</sup>	Guidance and Counseling Services  Emotional Packing as Opposed to Emotional Baggage (Healthy ways to cope with feelings)	Bullying – 4 weeks with 1-2 lessons per class at 40 minutes each	Bullying continued  Substance Abuse Prevention: Research and Presentations from selected age-appropriate articles.	DVD <a href="#">Peer Pressure: Sometimes Friends Mean Trouble</a>	DVD <i>We're In, You're Out: Looking at Cliques</i>  Diversity & Tolerance Lesson: Things are Not What They Seem (Don't Judge So Soon!) Book <a href="#">Enemy Pie</a>	DVD & Lesson on Gossip and Rumors <a href="#">Buzz, Buzz, Did You Hear About?</a>	Career: Traditional v. Non-traditional Career Choices.	Exploration of Careers	

5 <sup>th</sup>	Guidance and Counseling Services  Building relationships: Team building activities and lessons.	Communication and Valuing Others  Bullying lessons (3 per class) ; Use <a href="#">Trevor Romain's Bullies are A Pain in the Brain</a> video	Substance Abuse Prevention: Harmful Effects of Substance Abuse and Strategies for Dealing with Peer Pressure	Bullying – <i>Scholastic News</i> “All for One” in Reading Class  <i>What is a Really Good Friend?</i> Video and discussion	Diversity & Tolerance Book: <i>Is There Really a Human Race? &amp; !</i>  Personal Safety Lessons	Personal Safety Lessons	5 <sup>th</sup> to Tremont (Caring for the environment, connection to all things, environmental footprint)	Career - VHS <i>What Would You Be Good At?</i> Interest inventory and online career exploration lessons	
6 <sup>th</sup>	Chief Talks: • Digital Citizenship with Suzan Brandt • Leadership	Guidance and Counseling Services Introduction & Survey  Friendships, Resolving Conflict, and Bullying	Friendships, Resolving Conflict, and Bullying  Diversity and Tolerance Lesson Mix It Up. (Use Playdough) Links to our connection to one another!	Substance Abuse Prevention – Connections Activity with Life Events & Community Building  Community Service Project	Substance Abuse Prevention – Peer Pressure  MBJH Speakers Counselor and Principal Donald Clayton	Substance Abuse Prevention – Tobacco & Nicotine  Respect: <i>Blue Ribbon Day</i> (Transition, Finding Your Place)	Substance Abuse Prevention – Alcohol  What about MBJH??? Transitioning to the JH	Substance Abuse Prevention – Overall Dangers of Drugs & Review	
6 <sup>th</sup>	Use lessons from <i>Building Everyday Leadership in All Kids</i>								
Grade	August	September	October	Nov/Dec	January	February	March/April	April/May	Other
Character Education Theme & School-wide Enrichment, Health or Guidance Activities	Respect FOAC 1 <sup>st</sup> -6 <sup>th</sup> New Family Meet & Greet Meet the Teacher Parent Orientation	Honesty FOAC 1 <sup>st</sup> -6 <sup>th</sup> Constitution Day RYR Dot Day	Cooperation FOAC 1 <sup>st</sup> -6 <sup>th</sup> FOAC Campout 5A Columbus Day Fall Conferences FOAC Campout 6A	Fairness FOAC 1 <sup>st</sup> -6 <sup>th</sup> Veteran’s Day Program Book Fair FOAC Campout 5B Thanksgiving Read-A-Thon	Patience FOAC K-6 <sup>th</sup> FOAC Campout 5C Diversity & Tolerance MLK Day	Courtesy FOAC K-6 <sup>th</sup> K Registration	Perseverance FOAC K-6 <sup>th</sup> 5 <sup>th</sup> Grade in Tremont – Environmental Education Read Across America FOAC Campout 6C	Kindness FOAC K-6 <sup>th</sup> FOAC Campout 6D Carnival Bradley Awards 6 <sup>th</sup> Grade Recognition	

			Pumpkin Drop	Holiday Program			Bend-Vention	Clap-out	
				FOAC Campout 6B			Spring Conferences	Senior Walk Through & Clap Out	
							Spring Break		
							FOAC Campout 5D		
							State Testing?		

**FOAC – Fair Oaks Adventure Curriculum** – Our school has a contracted counselor and ropes course facilitator who sees 1<sup>st</sup>–6<sup>th</sup> grade students at least once a week during the first semester and adds Kindergarten in the second semester to provide a guidance program through low, medium and high ropes course challenges. Some of our state guidance curriculum standards are met through this program.