

TRIMESTER 1

Counseling SPOTLIGHT

CLASSROOM LESSONS

PARTICIPANTS

361 Students

GRADES

TK-5

LESSONS DELIVERED

34 sessions; 1020 minutes

TOPICS

Belonging, Mindfulness



RESULTS

Across four 4th and 5th grade classes, over 80% of students agreed that emotion management and positive interaction skills are important to develop to achieve one's goals.

Majority of students agreed that feeling happy, calm, loved, and/or confident can help individuals make and keep friends, and overcome hardships.



STANDARDS ADDRESSED

Community Membership: I can build and maintain safe and supportive connections and interact effectively in an inclusive community.

Self Regulation and Efficacy: I can cope with strong emotions, increase focus and on task behavior, and push through tedious or challenging tasks to achieve goals.