



SEL Guidance Lessons

Month: August

Objectives: Staff will:

1. Create an account on Second Step: <https://www.secondstep.org/>

Please type in each of the codes as they are listed below. Please be sure to put spaces in between the parts of the code when you type it in as it is below.

- Kindergarten: **SSPK X2F5 0K0D**
- 1st Grade: **SSP1 LS52 54HT**
- 2nd Grade: **SSP2 5D5R A83F**
- 3rd Grade: **SSP3 P9W8 TZ25**
- 4th Grade: **SSP4 8SL6 6ZB0**
- 5th Grade: **SSP5 KM51 TN88**

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2. Create an account on PACER - <https://www.pacer.org/bullying/classroom/all-in/>

3. Verify that you have the following complete curriculums at your campus:

a. Second Step – One per grade level; Elementary & Middle School only.



b. Bullying Prevention Manual – One per staff.



c. Everyday SEL – One per staff; either Elementary, Middle or High School.





SEL Guidance Lessons

Notes:



SEL Guidance Lessons

Month: September

Character Trait: Respect

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness – Self-Awareness

Purpose: Students identify and practice skills for successful collaboration while learning one of the group work structures and develop skills for both in and out of school in order to work well with self, others, and groups.

Objectives: Students will be able to:

1. Identify skills, behaviors, and attitudes that contribute to successful group work.
2. Apply communication and group work.
3. Starting the Conversation for Bullying.

Guidance Lessons:

1. Bullying Prevention Manual - Module 1
2. PACER Curriculum: <https://www.pacer.org/bullying/>
3. Second Step: <https://www.secondstep.org/>
 - Kinder & 1st Grade - Unit 1 - Skills for Learning; Lessons 1, 2, 3
 - 2nd – 3rd Unit 1 - Skills for Learning-; 1, 2, 3
 - 4th-5th Grade - Unit 1 - Empathy & Skills for Learning; Lesson 1, 2, 3
 - 6th – 8th Grade - Empathy & Communication – Working in Groups Lesson 1
4. High School:
 - 9th Grade Welcome Visits- high school expectations, counselor alphas & how to contact, etc.
 - How to Be More Self Aware Video: <https://www.youtube.com/watch?v=Q7gBf8WE3i8>
 - Self-Awareness Video: <https://www.youtube.com/watch?v=HlHEMk7CZ-A>
 - PBIS Respect Video: <https://www.youtube.com/watch?v=L5etgYU6aHo>
 - Activities: Journal, write a life-vision statement, Record Your ABCs, write down important tasks, bucket list: <https://www.developgoodhabits.com/self-awareness-activities/>



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Additional Resources:

- Sesame Street: Word on the Street: Respect (Early ES): <https://www.youtube.com/watch?v=GOzrAK4gOSo>
- SEL Lesson Self-Awareness (ES): <https://www.youtube.com/watch?v=KlqR88ND-VA>



SEL Guidance Lessons

Month: October

Character Trait: Citizenship

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness – Responsible Decision Making/Bullying Prevention.

Purpose: Students will be able to identify different kinds of bullying.

Objectives: Students will be able to:

1. Students will recognize and define bullying and bystander behaviors.
2. Identify strategies to deal with bullying and help others who are bullied.
4. Recognize that technology is sometimes used for bullying.
5. Identify strategies for dealing with cyber bullying.

Guidance Lessons:

1. Bullying Prevention - Manual Module 7
2. Video: “Real Voices:” about handling a challenging situation
3. How Bullying Feels: <https://www.pacer.org/bullying/video/player.asp?video=40>
4. Second Step: <https://www.secondstep.org/>
 - Kinder – 1st Grade - Unit 1 - Skills for Learning; Lessons 4, 5
 - 2nd-3rd Unit 1 – Skills for Learning; Lessons 3, 4
 - 4th-5th Grade - Unit 1 – Empathy & Skills for Learning; Lessons 3, 4
 - 6th Grade – Bullying Prevention Lesson 6 – Recognizing the Bullying
 - 7th Grade – Bullying Prevention - Lesson 5 – Responding to Bullying
 - 8th Grade – Bullying Prevention - Lesson 5 – Bullying & Friendships
5. High School:
 - Stop it Now: Bullying Prevention Video: <https://www.youtube.com/watch?v=rdp5ki8Kxbs>
 - Be the Change-Anti-Bullying Video: <https://www.youtube.com/watch?v=5vAGSSJuE28>
 - PBIS Wise Choices Video: <https://www.youtube.com/watch?v=nsvB8XHoh34>
 - Activities - Decision making Wheel:
https://docs.education.gov.au/system/files/doc/other/thinking_wisely_-_decision_making_wheel_0.pdf
 - High School Decision-Making Skills Packet: <http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/Grade-HS-Decision-Making.pdf>



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Additional Resources:

- Innoventure Jr: Making Decisions (Early ES): <https://www.youtube.com/watch?v=QlmEfeC1DO4>
- Responsible Decision Making (Older ES): <https://www.youtube.com/watch?v=y8Ef94msjoU>
- How To Help Young People Make Good Choices (MS/HS):
https://www.youtube.com/watch?v=TE_phFwCROA
- Citizenship in the Classroom (ES): <https://www.youtube.com/watch?v=U2TYP5qoN3c>
- Good Citizenship & Social Skills for Kids/Being a Good Citizen (ES):
<https://www.youtube.com/watch?v=LKCtzuvBZPc>
- Citizenship in School (ES): <https://www.youtube.com/watch?v=7uk1oPkvVFU>
- Being a Good Citizen Read Aloud (ES): https://www.youtube.com/watch?v=ha_aeIWTsFs
- Characteristics of a Good Citizen (MS/HS): <https://www.youtube.com/watch?v=Hi6CCNzEUL0>
- Ten Ways To Be a Good Citizen (MS/HS): <https://www.youtube.com/watch?v=MEW-Y6bejJM>
- Duties and Responsibilities of Citizens (MS/HS): <https://www.youtube.com/watch?v=a2-QL59pVRo>
- Character Counts-Citizenship (MS/HS): <https://www.youtube.com/watch?v=E0hQ6lIv84c>



SEL Guidance Lessons

Month: November

Character Trait: Courage

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness – Coping with Anxiety.

Purpose: Students can learn to cope with stress by viewing stressful situations as challenges rather than threats and by using coping strategies that help them resolve problems.

Objectives: Students will be able to:

1. Identify their individual style of dealing with stress.
2. Understand that avoiding and not dealing with stress can make feelings worse.
3. Understand that coping means consciously doing something positive to handle stress.
4. Identify steps and strategies for coping with stress.

Guidance Lessons:

1. Bullying Prevention Manual - Module 2 & 3
2. Reality About Bullying: <https://www.pacer.org/bullying/video/PACERTalks/>
3. Second Step: <https://www.secondstep.org/>
 - Video: “The Jealous Moment.” Practicing Centered Breathing.
 - Kinder – 1st Grade - Unit 2 – Empathy; Lessons 6, 7, 8
 - 2nd – 3rd - Unit 2 – Empathy; Lesson 5, 6, 7
 - 4th-Grade - Unit 1 - Empathy & Skills for Learning; Lesson 5, 6, 7
 - 5th Grade - Unit 1 - Empathy & Skills for Learning; Lesson 5, 6
 - 6th Grade – Emotion Management - Lesson 8 – Emotion: Brain & Body
 - 7th Grade – Emotion Management - Lesson 10 – Coping with Stress
 - 8th Grade – Emotion Management - Lesson 9 – Coping with Stress
4. High School:
 - Fight Flight Freeze: <https://www.youtube.com/watch?v=rp0lpKTWRp4>
 - A to Z of Coping Strategies: <https://www.youtube.com/watch?v=5EXpkVw3fh0>
 - **Activities:** The 10 Best Calming Apps to Relax: (www.makeuseof.com/tag/10-calming-apps-destress-clear-mind/), mindfulness activities in ASCA School Counselor, Jan/Feb 2019, Vol. 56, No.03, SELF Activities in SEL book (*Every SEL in High School*)



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Additional Resources:

- What is Courage? (ES): https://www.youtube.com/watch?v=rkg-ffNGv_E
- Redefining Fear & Living with Courage (MS/HS): <https://www.youtube.com/watch?v=3RPu6wCz2Hg>
- Managing Worry and Anxiety for Kids (ES): <https://www.youtube.com/watch?v=l7g8Atv27Q8>
- Fight Flight Freeze – A Guide to Anxiety for Kids (ES):
https://www.youtube.com/watch?v=FfSbWc3O_5M
- Why Do We Lose Control of Our Emotions (ES): <https://www.youtube.com/watch?v=3bKuoH8CkFc>
- How to Calm Young Children Down in Minutes (ES):
<https://www.youtube.com/watch?v=yRKpNaVaP84>
- Dealing with Anxiety (MS/HS): <https://www.youtube.com/watch?v=jDED-SFKiiM>
- Fight Flight Freeze- Anxiety Explained for Teens (MS/HS):
<https://www.youtube.com/watch?v=rpolpKTWrp4>
- A to Z Coping Strategies (MS/HS): <https://www.youtube.com/watch?v=5EXpkVw3fh0>
- How to Cope with Anxiety at School (MS/HS): <https://www.youtube.com/watch?v=UbVIR7N8bx4>
- Overcoming Anxiety (MS/HS): <https://www.youtube.com/watch?v=A1anXJhVamc>
- High School Anxiety (HS): <https://www.youtube.com/watch?v=2qo3wsBNAZ4>
- High Schoolers Talk About Anxiety and Stress (HS): <https://www.youtube.com/watch?v=WIq-78ceWmc>



SEL Guidance Lessons

Month: December

Character Trait: Caring

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness – Social Awareness/Empathy.

Purpose: Students will learn to use empathy, listening, and problem-solving skills to support peers. They will also learn assertiveness skills.

Objectives: Students will be able to:

1. Apply empathy skills.
2. Understand when and how to give support.
3. Identify when and how to go to an adult for help and when to encourage friends to seek help from an adult.
4. Apply assertive communication skills.

Guidance Lessons:

1. Bullying Prevention Manual - Module 10: <https://pacer.org/bullying/>
2. Second Step: <https://www.secondstep.org/>
 - Kinder – 1st - Unit 2 – Empathy; Lessons 9, 10, 11
 - 2nd – 3rd Grade - Unit 2 – Empathy; Lesson 8, 9, 10
 - 4th Grade - Unit 1 – Empathy & Skills for Learning; Lesson 8, 9
 - 5th Grade - Unit 1 – Empathy & Skills for Learning; Lesson 7, 8
 - 6th Grade – Empathy & Communication Lesson 2 – Friends & Allies
 - 7th Grade – Empathy & Communication - Lesson 4 – Giving & Getting Support
 - 8th Grade – Empathy & Communication - Lesson 2 – Leader & Allies
2. Second Step Empathy Song: https://www.youtube.com/watch?time_continue=38&v=zI8QevbnrG0&feature=emb_logo
3. Video: “Real Voices:” <https://www.youtube.com/watch?v=dEZiiNqpLgw>
4. Videos Cyber bullying: <https://www.pacer.org/bullying/video/listing.asp?category=Cyberbullying>
<https://www.pacer.org/bullying/video/player.asp?video=89>
5. High School:
 - Offer Empathy: <https://www.youtube.com/watch?v=fFqIZP4Yb64>
 - Empathy Can Change the World: <https://www.youtube.com/watch?v=aU3QfyqvHk8>
 - **Activities:** Caring Coupons, Cards of Caring, Random Acts of Kindness, (<https://schools.cms.k12.nc.us/beverlywoodsES/PublishingImages/CaringDecember.pdf>)



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Additional Resources:

- Stories of Caring: Secret Kindness Agents (ES): <https://www.youtube.com/watch?v=4hzsnS4PzEI>
- Character Counts Caring (ES): https://www.youtube.com/watch?v=GZN8fQN7_yg
- Build Character Build Success: KINDNESS & CARING (ES):
<https://www.youtube.com/watch?v=Gd7ObIbXr4c>
- Character Caring Training Video (ES): https://www.youtube.com/watch?v=N5u_g_A8Amk
- “Making Caring Kool”(MS/HS): <https://www.youtube.com/watch?v=Druu2YAEIys>
- Care Others – Inspirational Video (MS/HS): https://www.youtube.com/watch?v=fCat7OWyA_g
- Caring is a Beautiful Thing (MS/HS): <https://www.youtube.com/watch?v=dMsH38mq2mY>
- Empathy and Social Awareness Activities for Kids (ES):
<https://www.youtube.com/watch?v=GDDS0v0Df7U>
- Social Awareness (ES): https://www.youtube.com/watch?v=0IfiFLzG_Jc
- Empathy/Empathy for Kids/Empathy for Children/Empathy for Students (ES):
<https://www.youtube.com/watch?v=H9A-Hpwp3lU>
- Putting Yourself in Someone Else’s Shoes (MS/HS):
<https://www.youtube.com/watch?v=cTOhzcSYMlM>
- Amazing Kids of Character: Empathy (MS/HS): <https://www.youtube.com/watch?v=yJocKAe-Rqs>
- Offer Empathy (MS/HS): <https://www.youtube.com/watch?v=fFqIZP4Yb64>
- Social Skill Lesson on Empathy (MS/HS): https://www.youtube.com/watch?v=V1kUznJa2_o
- Empathy a Short Film (MS/HS): <https://www.youtube.com/watch?v=1E39jpNN9eQ>



SEL Guidance Lessons

Month: January

Character Trait: Diligence

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness – Self Management/Goal Setting.

Purpose: Students can learn to make effective goals which leads to less stress, anxiety, and greater motivation and confidence. Students will set, attain, and pursue SMART goals.

Objectives: Students will be able to:

1. Define a goal.
2. Understand the process and benefits of setting goals.
3. Set SMART goals.
4. Identify a group goal and the steps to reach it.

Guidance Lessons:

1. Bullying Prevention Manual - Module 5
2. Bullying showing support: <https://www.pacer.org/bullying/video/player.asp?video=158>
3. Second Step: <https://www.secondstep.org/>
 - Kinder - Unit 3 – Emotion Management; Lessons 12, 13, 14
 - 1st Grade - Unit 3 – Emotion Management; Lesson 12, 13
 - 2nd – 3rd Grade - Unit 3 – Emotion Management; Lessons 11, 12, 13
 - 4th Grade - Unit 2 – Emotion Management; Lessons 10, 11, 12
 - 5th Grade - Unit 2 – Emotion Management; Lessons 9, 10, 11, 12
 - 6th Grade – Emotion Management – Lesson 9 – Calming Down Strategies
 - 7th Grade – Emotion Management – Lesson 9 – Staying in Control
 - 8th Grade – Emotion Management – Lesson 8 – De-Escalating a Tense Situation
 - Group Activity: Dots Challenge, this time with the SMART goal and strategy in mind.
 - Video: “Real Voices.” Video about goals and what it means to set them (Second Step Curriculum)
4. High School:
 - Goal-Setting for Students Video: <https://www.youtube.com/watch?v=E8agsaXfHN4>
 - Setting Goals: <https://www.youtube.com/watch?v=FFT6uP1fIFI>
 - **Activities:** Smart Goals: (<https://www.mcckc.edu/counseling/goal-setting/docs/SMARTGoalWorksheet.pdf>),
 - Short/Long Term Goal-Setting: (<http://www.fldoe.org/core/fileparse.php/7531/urlt/short-long-term-goal-setting.pdf>)



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Additional Resources:

- What is Diligence? (ES): <https://www.youtube.com/watch?v=U9vzEgsOC64>
- Self-Control Song (ES): https://www.youtube.com/watch?v=a0k3wOwJZ_4
- Self-Management (MS/HS): <https://www.youtube.com/watch?v=9vnrCbZXg-4>
- Innoventure Jr: Goal Setting (MS/HS): <https://www.youtube.com/watch?v=XrsERz952qM>



SEL Guidance Lessons

Month: February

Character Trait: Honesty

Texas Comprehensive Developmental Guidance and Counseling Program: Personal Health & Safety – Healthy Relationships & Teen Dating Violence.

Purpose: Students will recognize and respond appropriately to sexual harassment. Students will be informed of the emotional harm, legal implications for individuals, schools, and districts.

Objectives: Students will be able to:

1. Students will recognize and define sexual harassment.
2. Differentiate between flirting or joking and sexual harassment.
3. Understand their school's sexual harassment policy and legal implications.

Guidance Lessons:

1. Bullying Prevention Manual - Module 5
2. Bullying: Advocacy Videos: <https://www.pacer.org/bullying/video/>
3. Second Step: <https://www.secondstep.org/>
 - Kinder - Unit 3 – Emotion Management; Lesson 15, 16
 - 1st Grade - Unit 3 – Emotion Management; Lesson 14, 15
 - 2nd – 3rd Grade - Unit 3 – Emotion Management; Lessons 14, 15, 16
 - 4th – 5th Grade - Unit 3 – Problem Solving; Lessons 13, 14, 15
 - 6th Grade – Bullying Prevention – Lesson 7 – Bystanders
 - 7th Grade – Bullying Prevention – Lesson 7 – Sexual Harassment
 - 8th Grade – Bullying Prevention – Lesson 7 – Bullying in Dating Relationships
4. High School:
 - What Makes a Relationship Healthy? Video: <https://www.youtube.com/watch?v=UB9anEZx9LU>
 - Healthy vs Unhealthy Relationships Video: <https://www.youtube.com/watch?v=Gn7ZQ2x0cOE>
 - **Activities:** 10 Powerful Community Building Ideas: (<https://www.edutopia.org/article/10-powerful-community-building-ideas>), Random Acts of Kindness



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Additional Resources:

- The National Safe Place: <https://www.nationalsafeplace.org/teen-dating-violence>
- Love is Respect: <http://www.loveisrespect.org/>
- All About Honesty – a song for kids about telling the truth (ES): <https://youtu.be/uo1n3JzEt7Y>
- Honesty; Pass It On (ES): <https://www.passiton.com/inspirational-stories-tv-spots/91-classroom>
- Tiger Challenge on Integrity (MS/HS): <https://www.youtube.com/watch?v=iTNdD0Tapx0>
- Healthy Relationships – Healthy Relationships PSA: <https://youtu.be/5jy-jVMi2zY>
- Sunshine - Don't Confuse Love & Abuse - Day One (MS/HS):
<https://www.youtube.com/watch?v=1L6HB97lbrQ>
- Teen Dating Violence PSA (MS/HS): <https://www.youtube.com/watch?v=L0uSPHBSaSY>



SEL Guidance Lessons

Month: March

Character Trait: Fairness

Texas Comprehensive Developmental Guidance and Counseling Program: Personal Health & Safety – Self-Harm Awareness/Resolving Conflicts.

Purpose: Discourage students from experimenting with alcohol and other drugs. Learning messages to tell themselves in risky situations.

Objectives: Students will be able to:

1. Identify basic facts on how their brains and body are affected by substance use and abuse.
2. Students will distinguish myths and facts about substances.
3. Understand how positive self-talk can help them resist using substances.
4. Apply positive self-talk skills to drug and alcohol resistance strategies.

Guidance Lessons:

1. Bullying Prevention Manual - Module 6
2. Bullying Inclusion: <https://www.pacer.org/bullying/video/player.asp?video=92>
3. Second Step: <https://www.secondstep.org/>
 - Kinder - Unit 4 – Problem Solving; Lessons 19, 23, 24
 - 1st Grade - Unit 3 – Emotion Management; Lesson 16
 - 2nd Grade - Unit 4 – Problem Solving; Lessons 17, 18, 19
 - 3rd Grade - Unit 4 – Problem Solving; Lessons 17, 18
 - 4th Grade - Unit 3 – Problem Solving; Lessons 16, 17, 19
 - 5th Grade - Unit 3 – Problem Solving; Lesson 16, 17, 18, 19
 - 6th Grade – Empathy & Communication – Lesson 3 – Considering Perspectives
 - 7th Grade – Empathy & Communication – Lesson 3 – Negotiating & Compromising
 - 8th Grade – Empathy & Communication – Lesson 4 – Negotiating & Compromising
4. High School:
 - Five Ways You Are Self Harming Video: <https://www.youtube.com/watch?v=gx4zDuZRUYg&list=TLPQMjUwNjIwMjBvgvLCijqUEQ&index=4>
 - 5 Not Obvious Signs of Self Harm Video: <https://www.youtube.com/watch?v=0JjYINIU9hQ>
 - Conflict Resolution Video: <https://www.youtube.com/watch?v=EABFicZJy8>
 - How to Deal with Conflict: <https://www.youtube.com/watch?v=QLbGHQo4qnA>
 - Teen Health: Substance Use and Abuse Video: <https://www.youtube.com/watch?v=6fmhLcYSn-Y>
 - **Activities:** Conflict Resolution Scenarios: <http://archive.ncpc.org/programs/teens-crime-and-the-community/community-works-session-enhancements/section-1/session-7/role-play-scenarios.pdf>



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Additional Resources:

- Video: “Real Voices:” about goals, hopes, and plans for the future
- Long Story Shortz-Fairness Video (All): <https://www.youtube.com/watch?v=rcuBRKrIYIA>
- Mr. Omar’s Classroom (Elementary School): <https://www.youtube.com/watch?v=rGm5Hnq6Ff4>
- Fair vs Equal (Middle School): <https://www.youtube.com/watch?v=FFyQXqKsA5U>
- Self-Harm Awareness Videos: <https://www.youtube.com/watch?v=zF0bWNGjMr8>
- Conflict Resolution and Mindfulness for Teens: <https://www.youtube.com/watch?v=oBPw8ZUxnWw>
- Resolving Conflicts (All): <https://www.youtube.com/watch?v=QyXFirOUeUk>



SEL Guidance Lessons

Month: April

Character Trait: Trustworthiness

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness – Cross Cultural Awareness – Accepting Differences.

Purpose: Accepting and appreciating others' differences is respectful. Understanding and accepting how others are the same as or different from you.

Objectives: Students will be able to:

1. Name similarities and differences between people.
2. Predict how others will feel when teased for being different.

Guidance Lessons:

1. Child Abuse Awareness Month/Cardboard Kids
2. Bullying Prevention Manual - Module 6
3. PACER Video: <https://www.pacer.org/bullying/video/player.asp?video=168>
4. Second Step: <https://www.secondstep.org/>
 - Kinder Unit 4 – Problem Solving; Lessons 20, 21, 22
 - 1st Grade - Unit 4 – Problem Solving; Lesson 17, 18, 21
 - 2nd Grade - Unit 4 – Problem Solving; Lessons 20, 21
 - 3rd Grade - Unit 4 – Problem Solving; Lessons 19, 20
 - 4th Grade - Unit 3 – Problem Solving; Lesson 18, 20
 - 5th Grade - Unit 3 – Problem Solving; Lesson 20, 21
 - 6th Grade – Substance Abuse Prevention - Lesson 14 – Identifying Hopes & Plans
 - 7th Grade – Substance Abuse Prevention – Lesson 11 – Myths & Facts
 - 8th Grade – Substance Abuse Prevention – Lesson 12 – Identifying Future Goals
5. High School:
 - What Are Child Abuse and Neglect Video: <https://www.youtube.com/watch?v=6kcKX2In0B0>
 - Diversity Video: <https://www.youtube.com/watch?v=hfO82z29hWg>
 - What is Diversity? Video: <https://www.youtube.com/watch?v=HT9dtDSRDFa>
 - **Activities:** Diversity/Inclusion Activities:
https://www.uh.edu/cdi/diversity_education/resources/activities/
 - Diversity Activities: (<https://extension.psu.edu/programs/4-h/members/projects-resources/diversity/diversityactivities.pdf>)



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Additional Resources:

- Are You Trustworthy?: <https://www.youtube.com/watch?v=qWxk2QFbIEE>
- The Three Questions, Based on a story by Leo Tolstoy: <https://youtu.be/5pOiyGjivRc>
- A Rainbow of Friends READ ALOUD! (Early ES):
https://www.youtube.com/watch?v=7F3s_nqY29Q&list=PLQpH6m6XNooGYNV6racL4Xa4KNMRQM_Lc
- Dean and Diane ~ Value of Accepting Others 1st minute (ES):
<https://www.youtube.com/watch?v=YWG8dqggQEI>
- Respecting Differences (ES): <https://www.youtube.com/watch?v=PCSLhFIRcHE>
- Be The One - Beyond Differences (MS/HS): <https://youtu.be/CTnmgliE408>



SEL Guidance Lessons

Month: May

Character Trait: Integrity

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness – Communication Skills.

Purpose: Students will learn to solve problems with other people through negotiation and compromise while keeping their integrity.

Objectives: Students will be able to:

1. Identify how to solve a problem using the Action Steps.
2. Identify a problem from the perspectives of those involved.
3. Generate solutions to scenarios using strategies of negotiation and compromise (win-win strategies).
4. Apply the Action Steps to problem solving in given scenarios.

Guidance Lessons:

1. Mental Health Awareness Month
2. Bullying Prevention Manual: Review
3. Pacer – Review: <https://pacer.org/bullying/>
4. Second Step: <https://www.secondstep.org/>
 - Kinder – Unit 4 - Problem Solving; Lesson 25
 - 1st Grade – Unit 4 – Problem Solving; Lessons 19, 20, 22
 - 2nd Grade - Unit 4 – Problem Solving; Lesson 22
 - 3rd – Unit 4 – Problem Solving; Lessons
 - 4th Grade - Unit 3 – Problem Solving; Lessons 21, 22
 - 5th Grade - Unit 3 – Problem Solving; Lesson 22
 - 6th Grade – Substance Abuse Prevention – Lesson 15 – Making a Commitment
 - 7th Grade – Substance Abuse Prevention – Lesson 13 – Making Good Decisions
 - 8th Grade – Substance Abuse Prevention – Lesson 13 – Keeping Your Commitment
5. High School:
 - Teen Health: Mental Health Video: <https://www.youtube.com/watch?v=1i9OktVsTWo>
 - The Importance of Teen Mental Health Video: https://www.youtube.com/watch?v=3zFBBF_HcFqE



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Additional Resources:

- 8 Key to Excellence (Early ES): <https://youtu.be/UqNA6XSmyiU>
- I Gave My Word – Motivational Video – Fearless Motivation (All): <https://youtu.be/wVq3rVFnWaY>
- The Case Crusaders “I Messages” (Early ES):
https://youtu.be/bYf3H70qldI?list=PLnELI22kY1mroC03Ov_nDsUUW_U9_5yqY
- Effective Communication Skills for Youth (All): <https://youtu.be/pf2ROqiFYLs>
- The Recipe for Great Communication (HS): <https://youtu.be/qFWsTsvJ8Xw>
- Video: “The Invitation.” Part 1. Two friends present their perspectives on a problem
- Video: “The Invitation.” Part 2. The two friends negotiate and compromise to reach a solution