**Kindergarten Lessons:**

I will be with our child’s class twice a month for about 25 min and share a variety of topics. All of the lessons are presented in alignment with the American School Counseling Association’s (ASCA) Mindsets and Behaviors for Student Success, SecondStep curriculum for social and academic success, and the Safer Smarter Kids Abuse Prevention Curriculum.

* **Skills for Learning** – We will discuss what it means to listen, focus attention, follow directions, use self-talk, and be assertive (in a positive way) and why all of this is important for individual learning and the learning of others around you.
* **Feelings** –We will discuss how feelings are normal and that some are comfortable and some are uncomfortable. Identifying your feelings can help your child to solve their problems. Also, knowing how another person feels can help your child to show empathy and compassion.
* **Empowering your child to protect themselves** – We will have several lessons that provide your child with safety rules; Safety Stop Sign, I Mean Business Voice, Trusted Triangle, and Their Guiding voice. We will discuss safe and unsafe situations and when to report to an adult and when it is just tattling.

If you would like more information on any of the above topics, please do not hesitate to contact me.