**First Grade Lessons:**

I will be with our child’s class twice a month for about 30 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.

* **Problem Solving** – This is so important for critical thinking skills! We talk about calming down first so that we can have a calm, clear mind for solving or problems. The students are taught STEPs to problem solving; S=Say the problem, T=Think of solutions, E=Explore consequences, P=Pick the best solution. Problem solving also leads to finding ways to play and work together.
* **Feelings** – Continuing from Kindergarten, we will discuss how feelings are normal and that some are comfortable and some are uncomfortable. Identifying their own feelings can help your child begin to understand how others feel. Teaching children to identify physical clues that are linked to feelings is a step in teaching them to verbalize what their emotions are. These skills can then lead to identifying how others feel and how being compassionate can help others in a time of need.
* **Empowering your child to protect themselves** – We will have several lessons that review what your child knows about the 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 just might be tattling.

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