

School Counseling Plan  
Whitley Elementary School  
1/9/17 - 1/13/17

Karen Williams  
School Counselor

Domain: Personal/Social Development

Grade: K-5

Standard: A: Students will acquire the knowledge, attitudes; and interpersonal skills to help them understand and respect others.

Competency: PS:A1 PS:A2

Indicator: A1:5

Essential question: What is the difference between being a bully and being mean?

Resources/Materials: You-tube, Handout, Scholastic series *No Bullies Allowed*

Learning Objective: Students will be able to identify mean behavior  
Students will identify ways to handle bullying behavior

Activity: Counselor will discuss with students the differences between being mean and being a bully. Counselor will give a variety of scenarios depicting both (being mean/being a bully). Counselor will talk about ways to handle both situations. Counselor will also discuss the importance of speaking up when one sees bullying happening. Also, when someone is being mean the importance of saying I'm sorry/apologizing will be discussed.

Evaluation: Counselor will wrap up lesson, ask questions and allow students to discuss and share thoughts and feelings.

## School Counseling Lesson Plan

Whitley Elementary

Karen Williams

### Domain

Academic

Career Portfolio Activity

Career Development

Personal/Social Development

### Standard(s)

- A. Student will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

### Competency

PS:A1 Acquire Self Knowledge

PS:A2 Acquire Interpersonal Skills

PS:B1 Self Knowledge Application

Essential Question: What is a Bully? How should you respond to bullying?

### Learning Objective

Student will identify what is bullying behavior. Student will identify what to do when being bullied. Identify the causes and effects of bullying.

### Grade K-5

Resources/Material: Bully Decoder activity

4<sup>th</sup> and 5<sup>th</sup> – Video You Are Not Alone, Bullying Questionnaire

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> – How Full Is Your Bucket? Activity Sheet

Pre-K, K – Video Stop bullying.gov – webisode KB's First Day

Procedure: (4<sup>th</sup> & 5<sup>th</sup>) Counselor will discuss essential question, give definition and information. Students will complete a questionnaire on bullying. Students will discuss various aspects of bullying. Counselor will show a video about bullying and its effects and how students should handle bullying situations. After video, students will discuss what they learned and have the opportunity to ask questions and make comments. Students will then be given a decoder bullying activity sheet as a follow up.

School Counseling Lesson Plan

Whitley Elementary

1/23/17 – 1/27/17

Karen Williams

Domain: Personal/Social Development

Grade: K-2<sup>nd</sup>

Standard: A

Competency: PS: A1

Indicator: PS: A1:5

Learning Objective: Students will name and describe different feelings. Students will think of positive ways to express their feelings.

Materials/Resources: Book *Hands Are Not for Hitting*.

Activity: Counselor will talk about things that students can do with their hands. Students will discuss ways and things that they should not use their hands to do. Counselor will read book *Hands Are Not for Hitting* to the class. After reading the book, counselor will have students role play and demonstrate ways that they can positively use their hands. Students will discuss the way people used their hands in the book. Counselor will discuss with the class that using your hands to hit people is bad and that hitting hurts feelings and bodies. Students will understand that hitting is no way to solve problems.

Evaluation: Counselor will wrap up lesson and allow students to ask questions and share their feelings with the class.

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Whitley Elementary

Karen Williams

### Domain

Academic

Career Portfolio Activity

Career Development

Personal/Social Development

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### Competency

PS:A1 Acquire Self Knowledge

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Essential Question: What is a Bully? How should you respond to bullying?

### Learning Objective

Student will identify what is bullying behavior. Student will identify what to do when being bullied. Identify the causes and effects of bullying.

### Grade K-5

Resources/Material: Bully Decoder activity

4<sup>th</sup> and 5<sup>th</sup> – Video You Are Not Alone, Bullying Questionnaire

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> – How Full Is Your Bucket? Activity Sheet

Pre-K, K – Video Stop bullying.gov – webisode KB's First Day

Procedure: (4<sup>th</sup> & 5<sup>th</sup>) Counselor will discuss essential question, give definition and information. Students will complete a questionnaire on bullying. Students will discuss various aspects of bullying. Counselor will show a video about bullying and its effects and how students should handle bullying situations. After video, students will discuss what they learned and have the opportunity to ask questions and make comments. Students will then be given a decoder bullying activity sheet as a follow up.

Procedure: (1<sup>st</sup> - 3<sup>rd</sup>) Counselor will discuss essential question with students and give information. Students will listen to and watch book on video "How Full is your Bucket." After video students will discuss the bullying behavior and what happened as a result of the behavior. Follow up activity will be to complete in own words how I can fill someone's bucket and become a bucket filler.

Procedure: (Pre-K – K) Counselor will talk with students about bullying, identify bullying behavior and the effects of bullying. Students will watch video KB's first day. After video students will discuss and identify ways to handle bullying behavior.

#### **Students participating**

Pre-K	34 students
K	48 students
1 <sup>st</sup> grade	67 students
2 <sup>nd</sup> grade	63 students
3 <sup>rd</sup> grade	42 students
4 <sup>th</sup> grade	45 students
5 <sup>th</sup> grade	49 students

After lesson, students will be able to identify bullying behavior. They will know possible effects of bullying, what to do to avoid bullying behavior and also what to do if they are being bullied and/or see someone being bullied.