

## Park Glen Elementary Guidance Topics 2023-2024

These are the topics that will be covered this year during guidance lessons from the counselor. Each month Mrs. Garner will tie in the REACH leadership traits that are being focused on for that nine weeks as well.

<p style="text-align: center;"><b>September</b> <b>Healthy choices, drug and alcohol awareness, and taking care of our bodies</b></p> <p style="text-align: center;">National Red Ribbon Week 23-27th</p> <p>Identify healthy choices and what is safe or not safe to eat and drink.</p> <p style="text-align: center;">Leadership trait tied in: <b>Respect</b></p>	<p style="text-align: center;"><b>October</b> <b>College and Career Awareness</b></p> <p>Instead of a lesson from the counselor, students will enjoy Career Day on Oct. 20 and will learn all about careers they can have in the future!</p> <p style="text-align: center;">Leadership trait tied in: <b>Excellence</b></p>	<p style="text-align: center;"><b>November</b> <b>Feelings and the Mood Meter</b></p> <p>Identify feelings and ways to regulate our bodies.</p> <p style="text-align: center;">Leadership trait tied in: <b>Attitude</b></p>	<p style="text-align: center;"><b>December</b> <b>Prek-1st Being Brave and Courageous</b></p> <p>Identify what makes them scared and how to help themselves with those fears.</p> <p style="text-align: center;"><b>2nd-4th Appreciating differences and diversity</b></p> <p>Learning how to appreciate people who are different from us and what makes people unique</p> <p style="text-align: center;">Leadership trait tied in: <b>Attitude</b></p>
<p style="text-align: center;"><b>January</b> <b>Healthy Relationships &amp; Friendships</b></p> <p>Recognize the characteristics of a good friend and how to be one.</p> <p style="text-align: center;">Leadership trait tied in: <b>Cooperation</b></p>	<p style="text-align: center;"><b>February</b> <b>Bullying</b></p> <p>Identify what bullying is, what to do if they are ever bullied or if they witness bullying</p> <p style="text-align: center;">Leadership trait tied in: <b>Cooperation</b></p>	<p style="text-align: center;"><b>March</b> <b>Personal Safety</b></p> <p>Play it Safe presentations by an outside agency will be conducted in each classroom and they will learn about safe touch, unsafe touch, confusing touch and what to do in situations.</p> <p style="text-align: center;">Leadership trait tied in: <b>Honesty</b></p>	<p style="text-align: center;"><b>April</b> <b>Self Control and Behavior</b></p> <p>Identify how to keep themselves in control and what appropriate behavior looks like</p> <p style="text-align: center;">Leadership trait tied in: <b>Honesty</b></p>

\*Guidance topics are designed to help students acquire age-appropriate competencies as required by TEA and the Texas Model for Comprehensive School Counseling Programs, 5th ed.