

Counselor's Corner

Ortiz Elementary

Mrs. E. Fischer & Mrs. S. Padilla

This year we will be focusing on Social Emotional Learning (SEL) together as a school. Our Counseling Program is designed to provide guidance lessons, individual and small group counseling.

Here are the topics and resources we will be using this coming semester:

August: *Role of the Counselor

*School rules, expectations, safety

Resources: Orientation, Quaver SEL & Guidance and Counseling Anti-Bully Pledge

September: *Mindfulness & Affirmations

*Self-Confidence

*Coping with Anger/Frustration Emotions & Self-Care

*School Safety – Safe and Trusted Adult

*Trustworthiness

Resources: Take a Deep Breath (Calm bubble breathing exercise), Quaver SEL Teacher Toolbox, Breathe with Me Guided Reading, TX School Safety Center & Sandy Hook Lessons, Walter and the Wallet Read Aloud

October: *Bus Safety

*Fire Prevention

*Respect

*Red Ribbon Week

Resources: BISD Transportation “Buster”, Fire Safety Resources, Character Counts Lessons, Quaver SEL & Red Ribbon Week Theme Days

November: *Develop Healthy Friendships

*Giving/Peace

*Responsibility

Resources: Quaver SEL, Character Counts, "But It's Not My Fault! By Julia Cook" and Character Education story You Can Count on Me

December: *Fairness

*Career Fair/College 101

*Stranger Safety

Resources: Community Outreach Partners, Virtual Career Day, Lakeshore Community Rhymes flip chart, Stranger Awareness for Kids-Billy to the Bus (<https://www.youtube.com/watch?v=fEtJtFEVDbI>)