

BISD Elementary Counselor Lesson/SEL Themes 2022-2023 with Quaver SEL integration				
Counselor Name: Grace Lira			Campus: Del Castillo Elementary	
Principal's Name	Ms. Petra Torres		Principal's Signature/ Date	
Month Content Area	Themes	QuaverSEL	Resources	Lesson Objective
August	School Rules	Pre-K Lesson 1 K-3 Lesson 2	QuaverReady/Harmony SEL	Students will understand what classroom rules are and why they are important.
Personal Health and Safety	Student Expectations	Pre-K Lessons 5, 15, 16 K-5 Lesson 27	QuaverReady/Harmony SEL	Students will learn and identify strategies to help them prepare for academic success.
	Personal Boundaries	K-5 Lesson 29	QuaverReady/HarmonySEL/CASEL	Students define and learn about setting personal boundaries.
	School Safety - Safe & Trusted Adult		Sandy Hook Promise Safe & Trusted Adult	Students will identify trusted adults they can confide in.
	Self-Confidence	Pre-K Lesson 4K-5 Lesson 6, 21	QuaverReady/HarmonySEL/CASEL	Students will learn how to build confidence in themselves and others.
Intrapersonal	Mindfulness	Resources in Teacher Toolbox	QuaverReady/HarmonySEL/CASEL	Students will explore and understand the positive benefits of practicing mindfulness.
Effectiveness	Coping with Anger/ Frustration Emotions & Self-Care	Grades 2-5 Lesson 1K-5 Lesson 32	QuaverReady/HarmonySEL/CASEL	Students will identify different emotions and explore ways to help process multiple feelings.
October	Bus Safety	Song "Our School"	QuaverReady/BISD Transportation	Students will understand the importance of bus safety and evacuation procedures.
Personal Health and Safety	Fire Prevention	Grade 3 Lesson 29	QuaverReady/Fire Marshal Presentation	Students will understand the importance of fire prevention and learn ways they can keep themselves safe.
	Red Ribbon Week	Grade 2 Lesson 24 Grade 4 Lesson 24	QuaverReady/BISD Police & K9 Unit	Students will gain an awareness fo the dangers of drugs and drug prevention.
Intrapersonal	Anti-Bullying	K-5 Lesson 28	QuaverReady/BISD Police/Sandy Hook Promise, "Start With Hello"	Students will engage in social activities to learn how to start healthy relationships with classmates.
Effectiveness	DUKE TIP		BISD Guidance & Counseling	DUKE TIP information
Post Secondary Ed.				
November	Develop Healthy Friendship	Pre-K Lessons 7, 8 K-5 Lesson 4	QuaverReady/HarmonySEL/CASEL	Students will define traits of a desirable friend and identify characterics of themselves that make them a good friend.
Interpersonal	Respect others/Empathy	Pre-K Lessons 11, 13, 14, 18 K-5 Lessons 18, 23	QuaverReady/HarmonySEL/CASEL	Students will understand what empathy means viewing various scenarios.
Effectiveness	Giving/Peace	Pre-K Lessons 17, 18 K-5 Lesson 9	QuaverReady/HarmonySEL/CASEL	Students will explore relationship skills and explore the benefits of teamwork.
	Grief/Hope	K-5 Lesson 35	QuaverReady/HarmonySEL/CASEL	Students will define grief and create a safe and supportive space to express feelings when grieving.
December	College 101	K-5 Lessons 21, 25, 27	QuaverReady/HarmonySEL/CASEL	Students will identify personal interests and relate them to current career choices.
Post Secondary Ed.	College /Career Fair		QuaverReady/Community Presenters	Students will discuss occupations held by adults in their community.
Career Readiness				
January	STEM	Grade 5 Lesson 22	QuaverReady/Harmony SEL/CASEL	Students will learn basic brain anatomy and how it impacts their impulses.
Post Secondary Ed.	Choice Slips		QuaverReady/Harmony SEL/CASEL	Students in 5th grade will chose classes for middle school
Career Readiness	Set Goals, Planning	K-5 Lessons 7, 12	QuaverReady/Harmony SEL/CASEL	Students will learn about short term and long term goals; the importance of setting goals.
Intrapersonal	Problem Solving	K-5 Lessons 15, 20	QuaverReady/Harmony SEL/CASEL	Students will identify problems both externally and internally, and decide how to solve those problems.
Effectiveness	Decision Making	K-5 Lessons 5, 20, 24	QuaverReady/Harmony SEL/CASEL	Students will define the term responsibility and discuss the benefits of making responsible choices.
February	Multicultural Awareness	K-5 Lesson 18	QuaverReady/HarmonySEL/CASEL	Students will identify forms of diversity and how they enrich people's lives.
Interpersonal	Relate Well With Others	Pre-K Lessons 6, 7, 8, 12, 18 K-5 Lesson 4	QuaverReady/HarmonySEL/CASEL	Students will identify and practice different elements of teamwork in connection to daily life.
Effectiveness	Communication Skills	K-5 Lessons 3, 19	QuaverReady/HarmonySEL/CASEL	Students will learn when it is the right time to listen/talk, effective communication.
March	Test-taking skills	K-5 Lesson 27 Grades 2-5 Lesson 31	QuaverReady/HarmonySEL/CASEL	Students will identify specific study skills necessary for academic success.
Interpersonal/	Stress Management	K-5 Lesson 17 Grades 2-5 Lesson 31	QuaverReady/HarmonySEL/Be Still Little Tree Be Still	Students will recognize stress, identify and apply ways to relieve stress in stressful situations.
Intrapersonal	Motivation to Achieve	K-5 Lesson 25	QuaverReady/HarmonySEL/CASEL	Students will explore different ways to be motivated.
Effectiveness				
April	Conflict Resolution	K-5 Lesson 14	QuaverReady/HarmonySEL/TheZax	Students will discuss and practice the Golden Rule, linking it to the character trait of respect.
Interpersonal	Child Abuse Awareness	Grades K-5 Lesson 29	PlayItSafe.org	Students will learn to recognize personal safety, safe touch and non safe touch.
Effectiveness	Play It Safe	Grades K-5 Lesson 29	PlayItSafe.org	Students will be empowered with tools to respond using the 3-part safety rule.
May	Manage Transition	K-5 Lesson 34	QuaverReady/Harmony SEL/CASEL	Students will learn ways to manage worries about transition by communicating their needs.
Interpersonal	Responsible Behavior	K-5 Lessons 5, 8	QuaverReady/Harmony SEL/CASEL	Students will define the term citizenship and identify characteristics that make someone a responsible citizen.
Intrapersonal			QuaverReady/Harmony SEL/CASEL	
Effectiveness			QuaverReady/Harmony SEL/CASEL	
Texas Model for Comprehensive School Counseling Programs - Program Balance				
Guidance Curriculum		35%-45%	Classroom Presentations	
Responsive Services		30%-40%	Academic / Personal Counseling	
Individual Planning		5%-10%	Educational / Career / Personal / Social	
System Support		10%-15%	Staff Development / Meetings / Parents	