

Rockwell's Classroom Guidance Lesson Topics

	Foundation Wellness Lessons <i>(using PATH (Prevention & Awareness for Total Health))*</i>
Kindergarten	<ul style="list-style-type: none"> • My Go-To People (<i>trustworthy</i>) • My Internal Alarm (<i>courage</i>) • My Good Choices (<i>self-respect</i>) • Make the “No” Choice (<i>perseverance</i>) • To Tell or Not to Tell (<i>integrity</i>) • My Choices Matter (<i>compassion</i>) • My Feelings and Me (<i>responsibility</i>)
1 st Grade	<ul style="list-style-type: none"> • My Go-To People (<i>trustworthy</i>) • Internal Alarm – Was That My Alarm? (<i>courage</i>) • The Choice is Yours (<i>self-respect</i>) • Sometimes You Should Say “No!” (<i>perseverance</i>) • Tattling or Informing? (<i>integrity</i>) • Be a Buddy, Not a Bully! (<i>compassion</i>) • My Emotions in Motion (<i>responsibility</i>)
2 nd Grade	<ul style="list-style-type: none"> • My Go-To People (<i>trustworthy</i>) • Sound The Alarm (<i>courage</i>) • My Healthy Choices (<i>self-respect</i>) • Positive Coping Skills (<i>perseverance</i>) • Life’s Roller Coaster (<i>integrity</i>) • My Choices Make a Difference (<i>compassion</i>) • Positive Me (<i>responsibility</i>)
3 rd Grade	<ul style="list-style-type: none"> • My Go-To People (<i>trustworthy</i>) • My Internal Alarm (<i>courage</i>) • Healthy Choices Help (<i>self-respect</i>) • My Coping Skills (<i>perseverance</i>) • My Bad Day (<i>integrity</i>) • My Choices Affect Others (<i>compassion</i>) • My Self-Worth (<i>responsibility</i>)
4 th Grade	<ul style="list-style-type: none"> • My Go-To People (<i>trustworthy</i>) • My Body Safety Rules (<i>courage</i>) • My Life Events/My Control (<i>self-respect</i>) • Healthy vs Unhealthy Coping (<i>perseverance</i>) • I Choose (<i>integrity</i>) • My Character Strengths (<i>compassion</i>) • My Voice (<i>responsibility</i>)
5 th Grade	<ul style="list-style-type: none"> • My Go-To People (<i>trustworthy</i>) • My Personal Safety (<i>courage</i>) • Coping with Life Events (<i>self-respect</i>) • Can I Make Tough Decisions? (<i>perseverance</i>) • What Are My Strengths? (<i>integrity</i>) • Using My Voice (<i>compassion</i>) • Cyber-Trouble (<i>responsibility</i>)
6 th Grade	<ul style="list-style-type: none"> • My Go-To People (<i>trustworthy</i>) • Keeping Safe! (<i>courage</i>) • My Life Events and Coping Skills (<i>self-respect</i>) • Decisions, Decisions (<i>perseverance</i>) • How Does My Character Look? (<i>integrity</i>) • My Voice, My Actions (<i>compassion</i>) • Out in Cyberspace (<i>responsibility</i>)