

Elementary Classroom Guidance HGD Family Talking Points

Month	Little Prairie Topics/Content/Links	Little Prairie Family Talking Points		Prairie View Topics/Content/Links	Prairie View Family Talking Points
September	<p>Counselor Introduction</p> <p>Self-Management</p> <ul style="list-style-type: none"> • Self Regulation 	<p>-Who is your school counselor and how can they help you?</p> <p>-When would you use the Regulation Station in your classroom?</p>		<p>Healthy lifestyle skills</p> <ul style="list-style-type: none"> • Self-Regulation 	<p>-What is a strategy you can use to get back to the “green zone”?</p> <p>-Can you name the 4 zones of regulation?</p>
October	<p>Self-Management</p> <ul style="list-style-type: none"> • Self Regulation <p>Bullying Prevention</p>	<p>-In what zone do we do our best learning?</p> <p>-Teach me about, “Stop, Walk, and Talk.”</p>		<p>Bullying</p>	<p>-What does it mean to be an upstander?</p> <p>What does it mean to be a bystander?</p> <p>-Name one way to stand up to bullying</p>
November	<p>Conflict Resolution</p> <ul style="list-style-type: none"> • Kelso’s Choices 	<p>-What’s the difference between a big problem and a small problem?</p> <p>-Name one of Kelso’s Choices that can be used to solve a small problem.</p>		<p>Healthy lifestyle skills</p> <ul style="list-style-type: none"> • Perspective 	<p>-Can you name 3 people in your circle of support?</p> <p>-Explain how your behavior can impact others.</p>
December	<p>Conflict Resolution</p> <ul style="list-style-type: none"> • Kelso’s Choices <p>Protective Behaviors</p>	<p>-Name some adults who can help if you have a big problem.</p> <p>-Safe touches make us feel good. Unwanted or unsafe touches don’t feel good. At home, role play with a</p>		<p>Healthy lifestyle skills</p> <ul style="list-style-type: none"> • Kindness and Empathy 	<p>-What have you done recently to show others kindness?</p> <p>-Explain how being kind can impact your relationships.</p>

		family member. The family member can pretend to be a classmate who wants to put their arm around you. Practice saying, "No, thank you," if that is an unwanted touch.			
January	Protective Behaviors <ul style="list-style-type: none"> • Second Step 	-Talk about family rules about using the internet and gun safety. -What are ways that adults keep us safe? What are ways that kids can keep themselves safe?		Healthy lifestyle skills <ul style="list-style-type: none"> • Academic Success 	-Explain the levels of the effort meter (1-5) -Why is it important to try your best in school? Will it impact your future?
February	Social Skills	-Practice saying, "Please and thank you," in situations at home and in the community. -Encourage your child to be a helper in your room with family members or chores		Healthy lifestyle skills <ul style="list-style-type: none"> • Protective Behaviors (Second Step) 	(See talking points from newsletter and email sent to all families during the protective behaviors unit)
March	Academic Success Goal-Setting	-Adults, tell your student what you did in school to be a strong learner. A goal is something that you want to achieve. Talk		Media's influence on feelings, thoughts, and behaviors	-Name something that it appropriate to share online -Name something that is NOT appropriate to share online

		about steps that your family has done to achieve a goal.			
April	Feelings Identification What can I control?	Talk with your child about how to cope with uncomfortable feelings Discuss things that are in students' control and things that are out of kids' control.		Healthy lifestyle skills <ul style="list-style-type: none"> • Accepting Differences 	-How can accepting other points of view help with resolving conflicts? -How can stereotypes make people feel? Can you give an example of a stereotype?
May	Career Exploration	Adults, tell your student what you wanted to be when you were a kid. Ask your child what they want to be when they grow up and steps that they will take to meet that goal.		Healthy lifestyle skills <ul style="list-style-type: none"> • Career Choices (Making Decisions for Your Future) 	-Name a career you are interested in and explain what they do

