

# Charged Up Guidance

Lonestar  
Conference  
2018



# Charged Up Guidance

## Quick and Easy Guidance Lessons

(great for groups too)



## *3 rules to follow when the counselor visits:*

Rule #1: I will listen.

Rule #2: I will participate.

Rule #3: I will have a good attitude.

Younger students: whole class

Older students: together in groups



# Good visit = Earn a letter

F-August/September

R-October

I-November/December

E-January

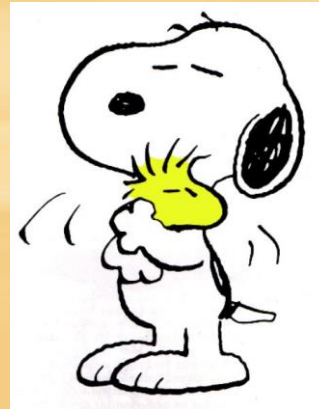
N-February/March

D-April

S-May/June

6/7 letters = game time with the counselor

Not so good visit =



Character Trait Focus: Trustworthiness  
Blue (true blue)



True blue

## Character Trait of the Month: Trustworthiness



Day of the Month	Quote of the day
September 1	"No one can make you feel inferior without your consent." –Eleanor Roosevelt
September 2	"If you are always trying to be normal, you'll never know how amazing you can be." – Maya Angelou
September 3	"The most effective way to do it, is to do it." – Amelia Earhart
September 4	"The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt.
September 5	"There are two ways of spreading light. To be the candle, or the mirror that reflects it." – Edith Wharton

Gigi and Lulu's  
**GIGANTIC  
FIGHT**



**PUPPETS  
AND  
ACTIVITIES  
INSIDE**

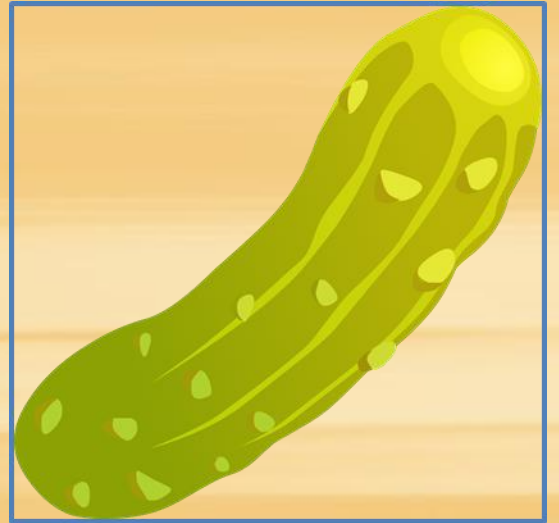
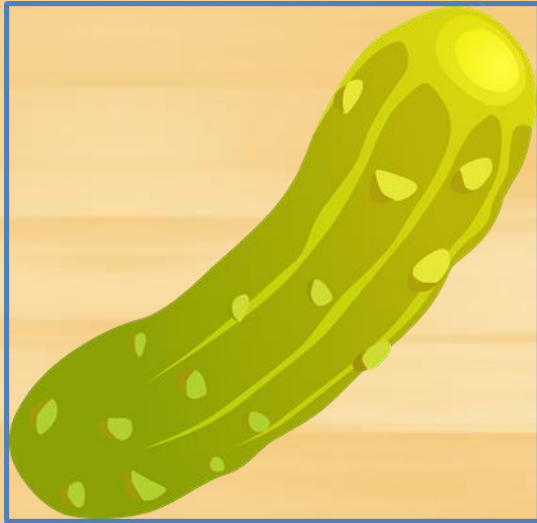
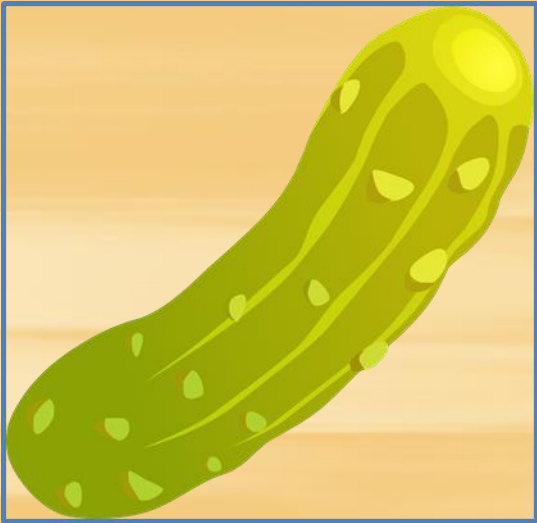
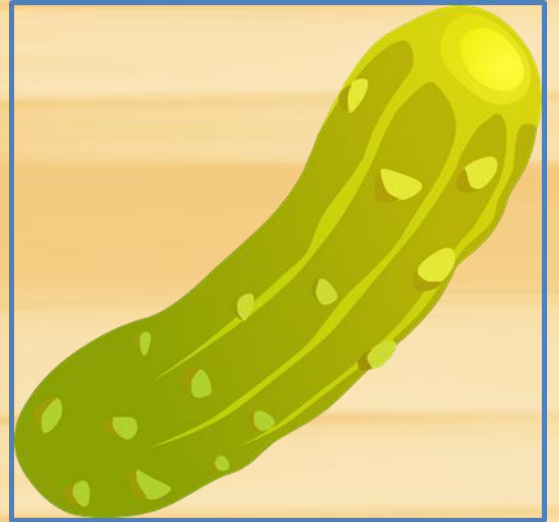
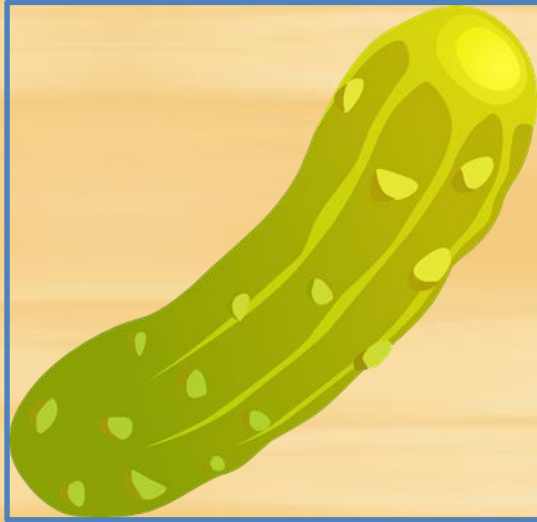
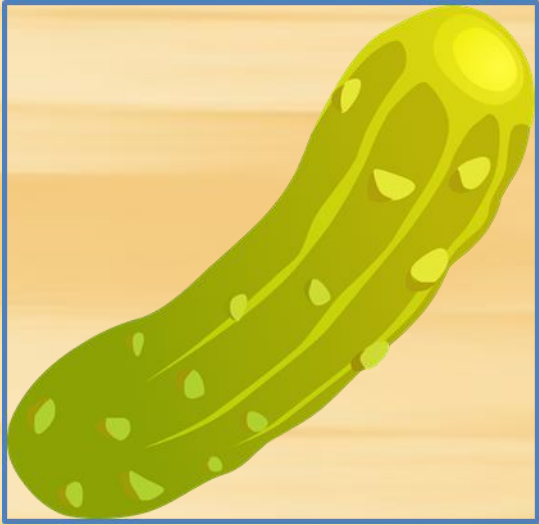


By Pamela Duncan Edwards • Illustrated by Henry Cole

# Sweet or Sour Friends







Believe in you  
Bring you down  
Keep your secrets safe  
Gossip about you  
Hurt your feelings  
Think about your feelings  
Offers helpful advice  
Boss you around  
Includes you  
Makes rules for you  
Jealous of you  
Wants you to do well  
Encourages you  
Discourages you  
Make you feel worse about yourself  
Make you feel better about yourself  
Make up things other people say about you  
Compliments you  
Takes things from you  
Helps you  
Doesn't get upset if you play with other friends  
Gets upset if you play with other friends  
Asks you to do things that you know are against the rules.

Is this a  
sweet or  
sour  
friend?

# Character Trait Focus: Respect Yellow (the Golden Rule)



## Character Trait of the Month: Respect



Day of the Month	Quote of the day
October 1	“Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves.” – U. Thant
October 2	“Never judge someone by the way he looks or a book by the way it’s covered; for inside those tattered pages, there’s a lot to be discovered.” – Stephen Cosgrove
October 3	“Leave everything a bit better than you found it.” Unknown
October 4	“We are all equal in the fact that we are all different. We are all the same in the fact that we will

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# Odd Velvet

by Mary E.  
Whitcomb

illustrated by  
Tara Calahan King



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Upstander



Bystander

# Follow the Golden Rule



Respectful  
Speak up  
Person that cares  
Risk taker  
Courage  
Good Listener  
Problem Solver  
Unselfish  
Responsible  
Confident  
Proactive  
Advocate  
Integrity  
Daring  
Helper

Danger Ranger  
Gives you a hug  
Plays with you  
Stands by and watches  
Joins in  
Agrees  
Does nothing  
Tells an adult  
Copies what the bully is doing  
Shows support for the bully  
Laughs  
Tells everyone what happened

Are you an upstander or  
a bystander?



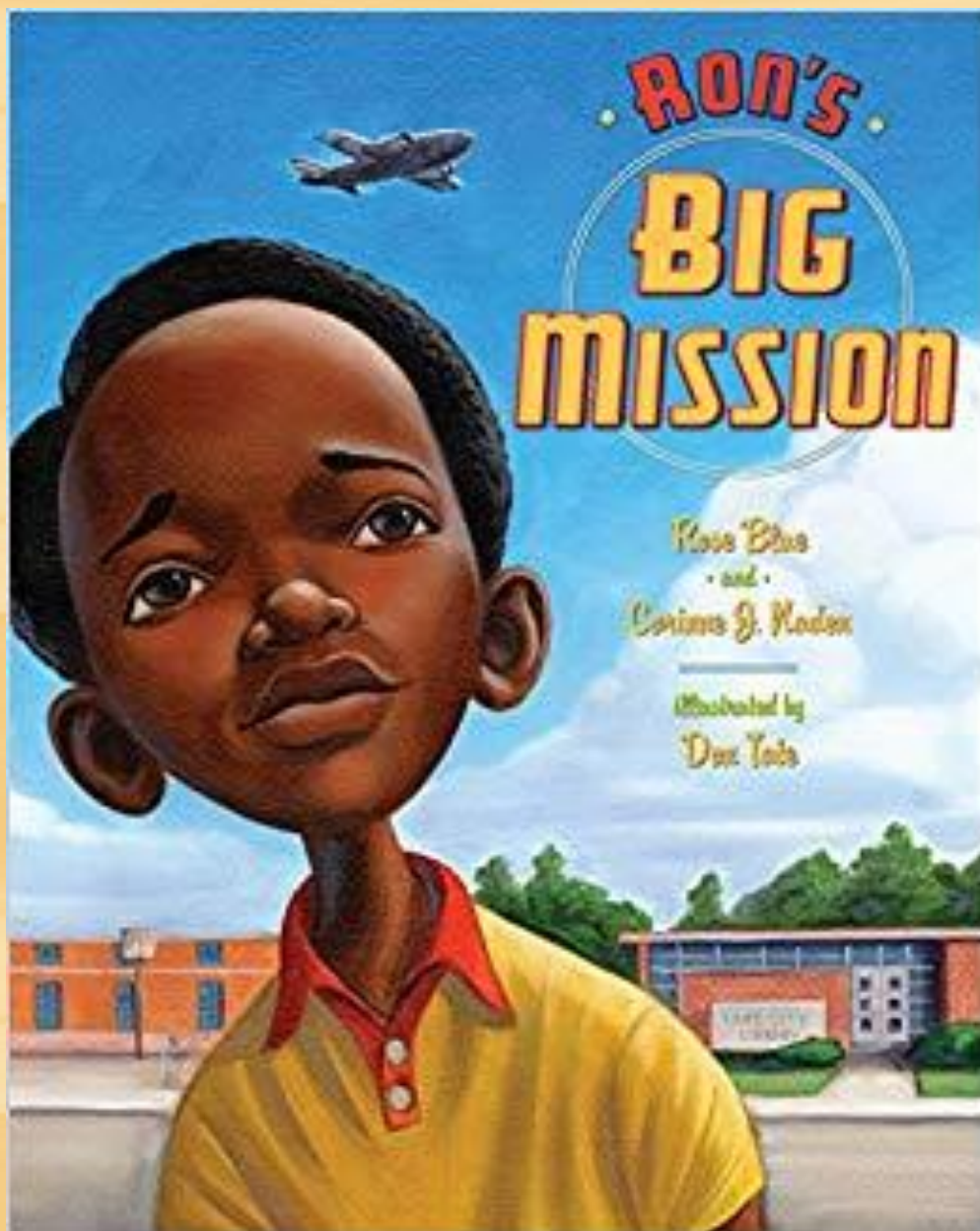
Character Trait Focus: Responsibility  
Green (like an Oak)



## Character Trait of the Month: Responsibility



<b>Day of the Month</b>	<b>Quote of the day</b>
November 1	“The time is always right to do what is right” – Martin Luther King, Jr.
November 2	‘I must do something’ always solves more problems than ‘Something must be done.’” – Author Unknown
November 3	“If you mess up, ‘fess up.” – Author Unknown
November 4	“When you blame others, you give up your power to change.” – Author Unknown
November 5	“When a man points a finger at someone else, he should remember that four of his fingers are pointing at himself.” – Louis



• RON'S •

# BIG MISSION

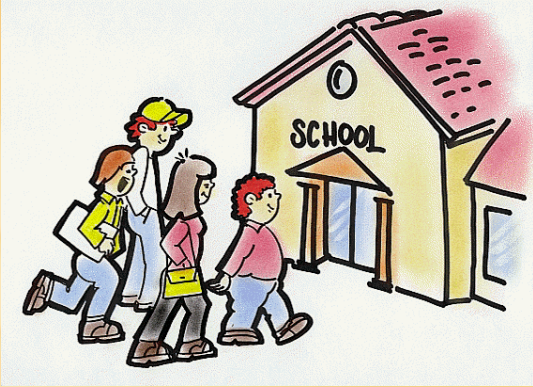
Koss Elin  
• and •  
Corinne J. Kaden

Illustrated by  
Don Tate

VARSITY CLUB

# Be Responsible

## In my school



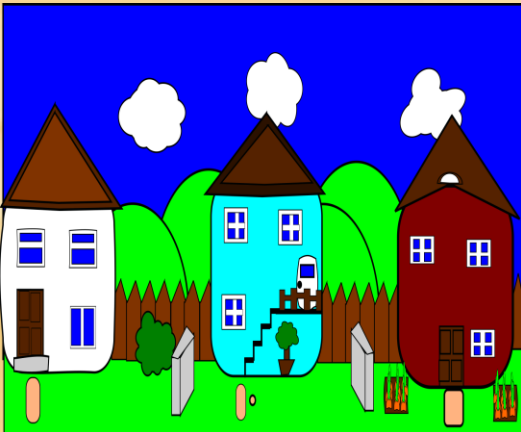
Other ideas:

## In my home



Other ideas:

## In my neighborhood



Other ideas:

## In my world



Other ideas:

# Where would you be responsible?

Study for my tests

Bring my required supplies to school

Listen when the teacher is talking

Be on time to class

Keep my room clean

Take out the kitchen trash

Wash dishes

Make my bed

Pick up my toys

Feed my pets

Fold the clothes

Don't litter

Mow my yard

Stop at the stop signs

Recycle

Character Trait Focus: Fairness  
Orange (dividing an orange to share)



## Character Trait of the Month: Fairness



<b>Day of the Month</b>	<b>Quote of the day</b>
December 1	"If you try to do your best, there is no failure – Mike Farrell
December 2	"Whatever you are, be a good one." – Abraham Lincoln
December 3	"Doing your best means never stop trying." – Benjamin Franklin
December 4	"The best preparation for tomorrow is doing your best today." – H. Jackson Brown
December 5	"Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do little jobs well, the big one will tend to take care of <u>themselves</u> " Dale Carnegie
December 6	"If you do things well, do them

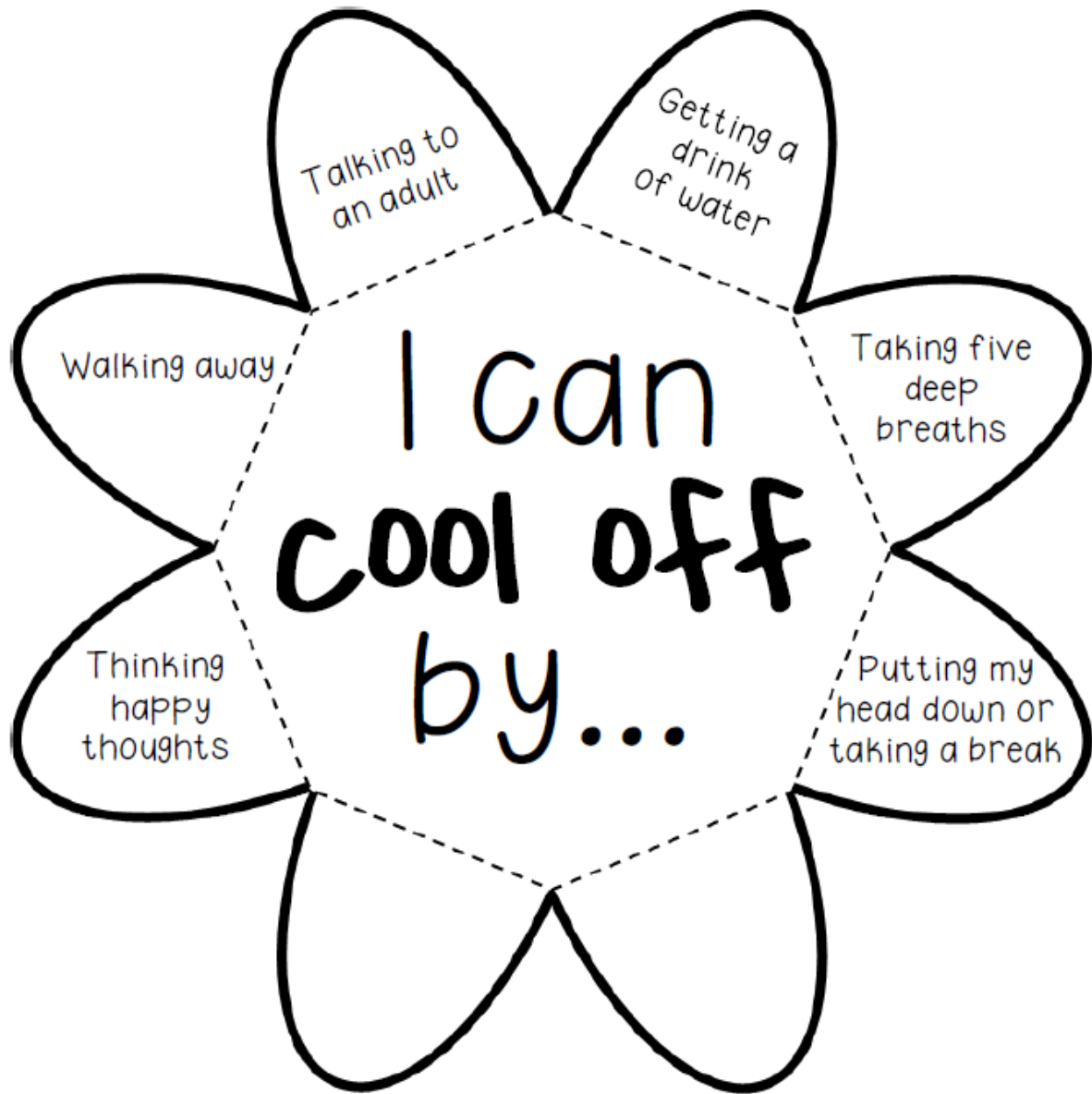
BOYS TOWN<sup>®</sup>  
Press

# THE JUDGMENTAL FLOWER



Written by **Julia Cook** Illustrated by **Anita DuFalla**





I can  
cool off  
by...

Talking to  
an adult

Getting a  
drink  
of water

Taking five  
deep  
breaths

Putting my  
head down or  
taking a break

Walking away

Thinking  
happy  
thoughts

If someone says something mean about the way I look, I can tell them...

If someone makes fun of me for my school work, I can tell them...

If someone calls me a mean name, I can tell them...

If someone says something mean about my family, I can tell them...

If someone makes fun of me for what I like to do, I can tell them...

If someone says I am weird, I can tell them...

# Character Trait Focus: Caring Red (of a heart)



## Character Trait of the Month: Caring

Day of the Month	Quote of the day
February 1	"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have." – Margaret Mead
February 2	"What this world needs <u>is</u> a new kind of army – the army of the kind." – Cleveland Amory
February 3	"The simple act of caring is heroic." – Edward Albert
February 4	No act of kindness, no matter how small, is ever wasted. – Aesop
February 5	"When I was young, I admired clever people. Now that I am old, I admire kind people." – Abraham Joshua Heschel

Ordinary Mary's



Extraordinary Deed

Emily Pearson

Illustrations by  
Fumi Kasaka



How would you rate this muffin?

**AMAZING!**



Donate food toys and books  
Litter  
Smile at everyone you come  
across  
Give out hugs  
Pick up trash  
Purposefully bump into  
others  
Send a card  
Give someone flowers  
Say please and thank you  
Bring hot cocoa  
Call your grandparents  
Volunteer  
Walk a dog

Babysit  
Plant a tree  
Hurt someone  
Call someone a name  
Bullying  
Saying mean things  
Ignoring someone  
Leaving someone out  
Cheating on a game  
Brag  
Pushing  
Teasing  
Lying  
Cutting in line  
Cleaning up  
Playing together  
Tripping someone



# Character Trait Focus: Citizenship Purple (regal)



## Character Trait of the Month: Citizenship



<b>Day of the Month</b>	<b>Quote of the day</b>
April 1	“Your passion becomes your legacy when you serve others, being who you are, doing what you love.” -Anonymous
April 2	“Those who are the happiest are those who do the most for others.” -Booker T. Washington
April 3	“You have not lived today until you have done something for someone who can never repay you.” -John Bunyan
April 4	“The purpose of human life is to serve, and to show compassion and the will to help others.” - Albert Schweitzer
April 5	“Be devoted to one another in brotherly love. Honor one another above yourselves.” -Romans 12:10
April 6	“Be the change that you want to see in the world.” -Mahatma Gandhi

# Max's Magnificent Choice

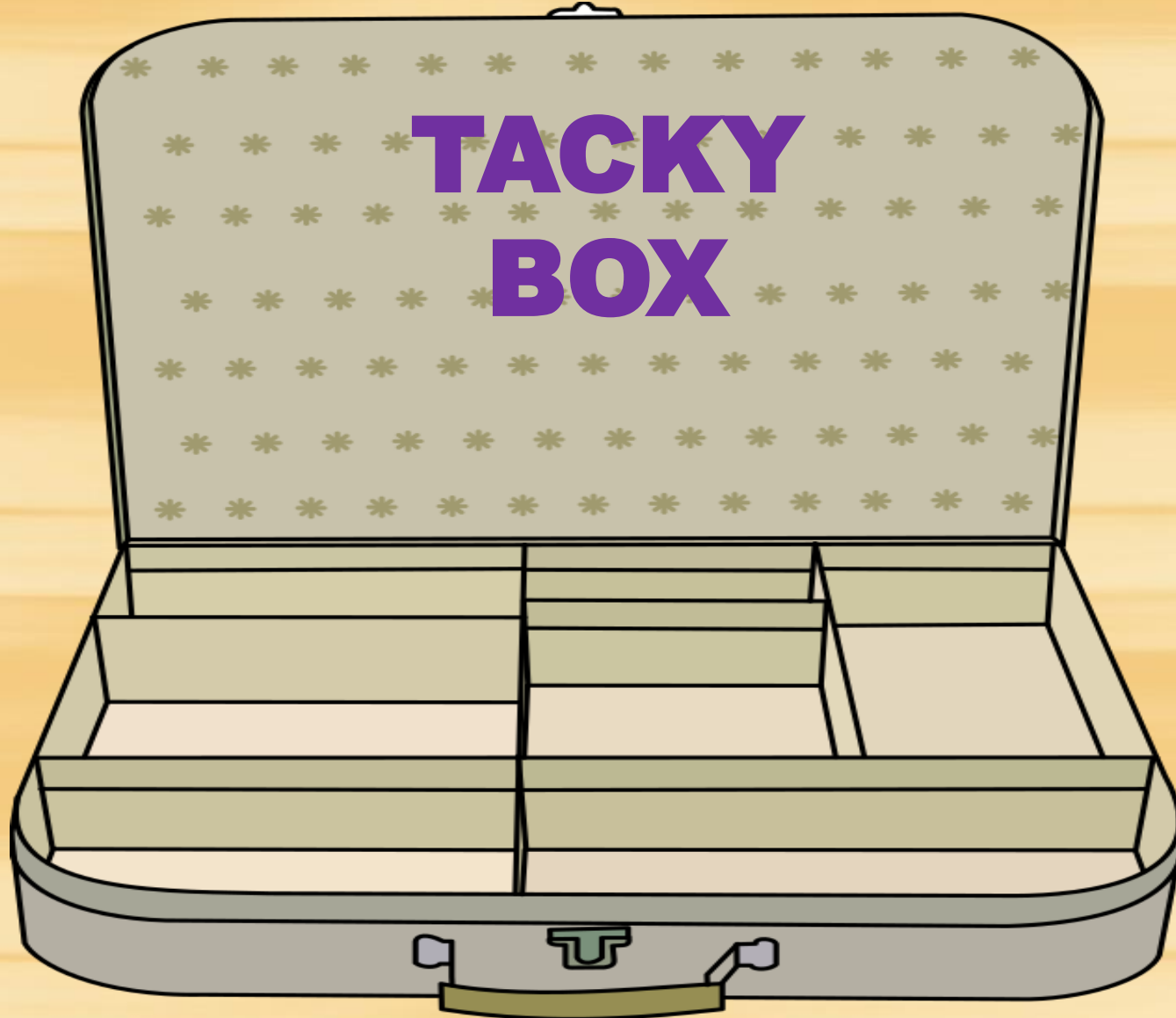


authentic

TACKY BOX™

Make the world a kinder place, one child at a time.

CREATED BY Chris Kent Phelps, Emma Phelps AND Cindy Kent
























# TACKY BOX

Don't be tacky!

You look pretty today.  
Your project was stupid.  
Roll my eyes  
Stick out my tongue  
I'm glad you are my friend.  
Would you like to sit with me at lunch?  
Hey four eyes  
You have stinky breath.  
Are you okay?  
Do you need a teacher?  
I'm sorry I said that.  
Thank you.  
Want to hang out?  
I can't believe you got that wrong. That was easy.  
You are a wimp.  
Can I help you?  
You are not good at this.  
We don't like you anymore.  
You are a quitter.  
Don't give up!  
You are on the right track!  
Keep trying!  
You did your best!



# Awards

 _____ 's Punch Card <b>CHARACTER COUNTS!</b>	 _____ 's Punch Card <b>CHARACTER COUNTS!</b>	 _____ 's Punch Card <b>CHARACTER COUNTS!</b>
  _____ 's Punch Card <b>CHARACTER COUNTS!</b>	  _____ 's Punch Card <b>CHARACTER COUNTS!</b>	  _____ 's Punch Card <b>CHARACTER COUNTS!</b>
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# GROUPS



Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Circle a picture that you would like to learn more about.

Making friends



Staying neat



Family Changes



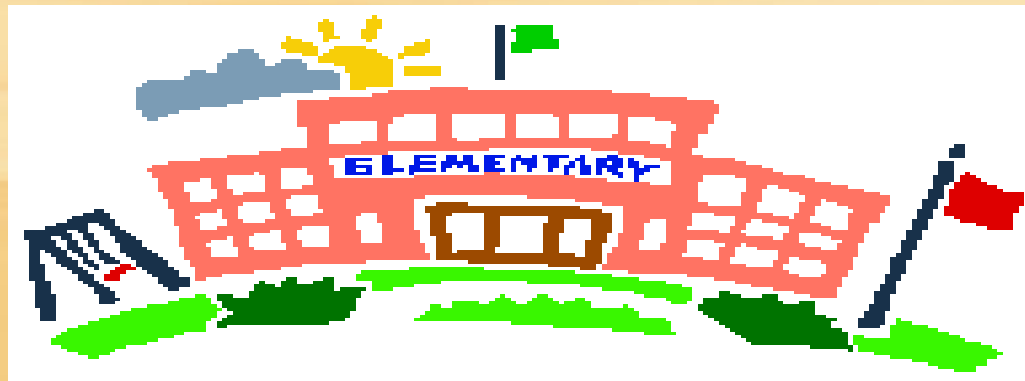
Loss



Positive Attitude



Self-esteem





Student Name: \_\_\_\_\_ Advisory teacher: \_\_\_\_\_

ID Number: \_\_\_\_\_ Advisory period: \_\_\_\_\_

**Circle any group counseling topics that interest you:**

Anxiety

Study skills

Positive attitude

Making and keeping friends

Self-Esteem

Managing life's challenges at school

Girl empowerment

Boy empowerment

Managing changes (friends, family, school)

Career preparation

Anger management

Grief

List any additional group counseling topics that interest you:

I'm not interested in any group counseling topics.



# Group Counseling

## Menu of Services

### Appetizer:



- Introduce the lesson topic & title
- Review rules (*listen, participate, & have a good attitude*)
- Check in (*track sheet*)
- Mindfulness moment (*choose a card*)

### Main Course:



- Discuss lesson purpose (*lesson to lesson connection*)
- Introduce group activity
- Complete group activity

### Dessert:



- Process the activity (*question stems*)
- Close the group (*affirmations/share insight*)



# Check in

## How do I feel?



Sick/Unwell  
Sad/Upset  
Tired/Sleepy  
Bored  
Disappointed



Happy/Cheerful  
Calm  
Good to Go  
Focused  
Ready to Learn












Frustrated  
Worried  
Silly  
Anxious  
Excited



Mad/Angry  
Mean  
Lost Control  
I Need Time and  
Space

# Frustration Scale

	How do I feel?		What can I do?
5	angry mad frustrated		Take deep breaths 
4	disgusted irritated annoyed frustrated		Squeeze a pillow/ball 
3	scared nervous		 Run outside
2	sad tired		Relax on bean bag 
1	happy excited		

- Build empathy
- Decrease anxiety
- Refocus



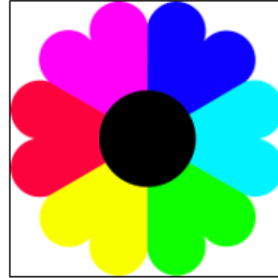
Meditation  
Script



Count your  
breaths as you  
inhale and exhale;  
guide them to  
breathe in and out



Imagine  
your  
peaceful  
place



Affirmation  
coloring  
page



Focus on the  
sounds in your  
environment



Meditation  
music



Online video



Body scan

# Mindfulness Moments



# Meditation Scripts

## The magic shell meditation

This guided imagery script is for younger children and can help when worry and anxiety are a concern. (From *Meditations for Mini's* by Debbie Wildi):



Place yourself in a comfy, cozy position. Close your eyes and take a long slow deep breath. As you breathe out relax your body.

Imagine that you are standing on a beach. See the beach in your mind. Think about a beach that you may have visited, or you could use an imaginary beach if you like.

You can feel the sand beneath your toes and the sun is warm on your face. Look around you. In front of you is a huge ocean. It looks a silvery-blue color and the

sunlight sparkles like tiny stars dancing on the surface.

You look at the ground and in front of you in the sand is the most glorious shell you have ever seen. You pick it up. It feels warm. Notice how smooth the shell is. Feel it with your fingers. This is your magic shell. You can tell it your secrets and it will keep them.

You can also tell your shell any worries that you may have. Tell it about any problems that may be troubling you at the moment. No matter how big or how small they are. The shell wants to hear them.

Whenever you have worried feelings you can tell your shell about them and it will magically take those horrid feelings and turn them into good ones.

Now see yourself holding the shell close to your mouth. In your mind silently tell it whatever you wish. No one else will know what you say. Only you and your shell! As you say your words they go right into the

middle of the shell so that it can take them away for you. Tell your shell your worries right now....

Now you do not have to feel yucky feelings anymore. The shell has made them disappear. Just like magic!

They are gone!

As you hold your shell close all you feel is calm and happiness. You feel peaceful all the way from the tips of your toes, to the tip of your nose. Feel it right now. Notice how it feels.

It is important for you to know that you can imagine your shell whenever you wish to make yucky thoughts and feelings disappear, whenever you wish to feel calm. Your shell will always be there waiting in your imagination.

Of course, if you visit the seaside you can always look for your own real magic shell. How will you know it is magic? Just choose the shell that feels right for you, this will be the magic one. You can also use a magic stone if you like.

Find one of these in your garden, or in the street.

Here is an idea! Keep your magic shell or stone under your pillow to take away bad dreams and always bring you a peaceful sleep.

Perfect!

|

## Guided imagery scripts for kids

### The big white house

This script helps older children and teens to gain perspective and deal with everyday stress. (From *Guided Imagery for Healing Children and Teens* by Ellen Curran):



Imagine walking along a long white beach. You can hear the gulls and the gentle roll of the waves. Your feet sink into the warm, white sand. It is quiet and safe. You are alone walking into the soft sea wind. The sun is shining down on you, making you warm. You have been looking for a place to be quiet and comfortable. This feels as if it is your beach, yours alone.

You stop and stand, looking out over the immense expanding ocean. It shows its green top-water, its purple mid-water, and its gray powerful underwater. The colors are mixing and churning, creating the bubbly white crest at the top of each wave. The roll of each wave

sounds like the Earth, breathing. O...cean. O...cean. Over and over again with each wave. You feel the power of the ocean and the Earth.

A short distance ahead of you, you now notice a big, white house. It is beckoning to you. It looks like a temple or small castle of some sort. You walk towards it, relaxed and interested. You follow a short path to the house and see that the large door is open. Your feel that it is perfectly OK for you to go inside. It is safe and calm.

You step out of the sunshine and into the coolness of this beautiful house. You find yourself in a huge hallway with plants and paintings. A magnificent, marble staircase stands before you. You know you want to go up those stairs. You become aware of a very heavy backpack that you have been carrying all this time.

The backpack is full of your worries, troubles, concerns, and negative feelings. You have been carrying them for a long time and you realize that this backpack is weighing you down. Your shoulders ache, and your back feels tight and stiff from all these feelings.

Slowly remove your backpack and with it all your worries and concerns. You feel released, free! You can now easily ascend the staircase. Each step you take, you become lighter, happier, and quieted. Each step brings you closer to absolute comfort and joy. The comfort and joy live in you, and now there is nothing to get in the way of feeling them, reaching them, having comfort and joy.

Now at the top of the stairs, you are strong and certain. A large window is open at the top of the stairs, and in front of it is a big, white comfortable chair. You sit down and face the window, watching the magnificent ocean once again. This time is yours. You watch from your chair, by your window in your house. Breathe in the soft ocean air, and know you are home."



QUESTIONS

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