

Classroom Guidance

K-5

Schedule

- 30 minute weekly lessons (every other month)
- K, 1, 2: October, December, February, April
- 3, 4, 5: September, November, January, March, May

Units

1. Feelings
2. Decision Making
3. Individual & Group Differences
4. Interpersonal Relationships



What is Social Thinking?

The ability to consider your own and others thoughts, emotions, beliefs, intentions, knowledge, etc. to help interpret and respond to the information in your mind and possibly through your social behavioral interactions.

Foundation

Social Thinking Curriculum

- Expected and Unexpected
- Thinking with your eyes
- Whole Body Listening
- Size of a Problem (Small, Medium, Big)

1. Intro to Feelings

What is a thought?

What is a feeling?

Connection between thoughts and feeling?

Types of feelings - comfortable and uncomfortable

Other's feelings - empathy

Increasing emotional vocabulary



Thought

Feeling

Feelings K-2

Incredible Flexible You (Social thinking)

- What is a thought?
- What is a feeling

Worry Woos - stories about characters who feel worried, frustrated and lonely.

Strong Start - Labeling feelings as “good” or “not good”.
Increasing emotional vocabulary

Feelings 3-5

Strong Kids

- labeling feelings as comfortable or uncomfortable
- recognizing feelings in other people
- multiple feelings at once
- Intro to empathy
- what is a worry?
- what is stress?

2. Decision Making

- Problem solving
- Responses to feelings
- Strategies: Deep Breathing, Muscle Relaxation, positive self-talk, daily thankfulness
- Building our toolbox

Thought



Feeling



Decision Making: K-2

Zones of Regulation - connecting feelings to decisions

Behavior Mapping:

- Expected and Unexpected Responses when we have certain feelings
- Alexander and the Terrible

Strong Start:

- “Ways of helping” and “Ways of hurting”
- Intro to Positive Thinking

Decision Making: 3-5

Sitting Still like a Frog

- relaxation exercises
- giving ourselves a mental break

Progressive Muscle Relaxation

- tensing and relaxing muscles from our head to our toes

Positive Self-Talk

3. Individual & Group Differences

- How are we unique?
- We all have “lists”
- Different families
- Empathy - how do we feel when people are mistreated because of who they are?
- Being an ally (Bullying)
- Personality Types

4. Interpersonal Relationships

- What is a friend?
- How do we make and keep friends?
- Friendship qualities
- Sportsmanship
- Teamwork
- Changing relationships