**VHECH School Counseling Yearly Action Plan: 2022-2023**

**Cortney McKinney, Counselor**

|  | **Aug.** | **Sept.** | **Oct.** | **Nov.** | **Dec.** | **Jan.** | **Feb.** | **March** | **April** | **May** |
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| **Character Trait** | **BEHAVIORAL EXPECTATIONS** | **BE SAFE** | **BE RESPECTFUL!** | **BE YOUR BEST!** | **EMPATHY** | **SERVICE** | **RESPONSIBILITY** | **KINDNESS** | **INTEGRITY** | **GRIT** |
| **K/1st** | **Meet the Counselor; Self-**  **Regulation Skills** | **Friendship and Conflict Resolution** | **Safe and Healthy Choices** | **Thankfulness/**  **Empathy** | | **College and Career Readiness** | **Random Acts of Kindness** | **Growth Mindset** | **The Focused Flamingo & Sweet Treat Breathing; State Testing** | **Summer Safety** |
| **2nd/3rd** | **Meet the Counselor;**  **Self-**  **Regulation Skills** | **Friendship and Conflict Resolution** | **Safe and Healthy Choices** | **Thankfulness/**  **Empathy** | | **College and Career Readiness** | **Random Acts of Kindness** | **Growth Mindset** | **Be Where Your Feet Are by Julica Cook; State Testing** | **“A Letter to Who Gets My Desk”** |
| **4th/5th** | **Meet the Counselor;**  **Your Reputation** | **Friendship and Conflict Resolution** | **Safe and Healthy Choices** | **Thankfulness/**  **Empathy** | | **College and Career Readiness** | **Random Acts of Kindness** | **Growth Mindset** | **5th- Jason Flatt Act- A Flicker of Hope; State Testing** | **Transition to Middle School** |

* **November and December are short months due to Thanksgiving, Winter Holidays, and ALCA (Alabama Counseling Association) conference.**
* **Topics are subject to change based on teacher suggestions and student needs as they arise.**

**August: Self-Regulation- See upstairs/downstairs brain and Some Days I Flip My Lid book;**

**September: “How to be a Good Friend” activity- K/1: We Don’t Eat our Classmates + How to be a Good Friend Activity; Animal Friends story and plush animal friends; 2nd and 3rd: Enemy Pie;** Friendship Pie Activity/**Animal Friends Activity; 4th and 5th:**  **The Cool Bean;“Find a Friend” IceBreaker; “Friend or Frenemy: Interactive Quiz**

**October: K/1: “Not in my Mouth” activity; Gun Safety with Eddie Eagle 2nd and 3rd: Charlie & the Curious Club: Candy vs. Medicine; 2nd- CHIPS/ 3rd- Peer Pressure; 4th and 5th: Drug Awareness; Peer Pressure**

**November: K and 1: Spookley: A Family to be Thankful For; Thankful Tree Activity; 4th and 5th: The Quiltmaker’s Gift; “Plate of Thanks” activity**

**January: K- Whose Hat is This? and Hat Activity; 1st-; Kuder Galaxy; 4th and 5th- Career Interest Inventory; The Game of Life; Kuder Galaxy**

**March: “Famous Failures” in Growth Mindset folder; K/1: Interrupting Chicken; Self-Control Review; Growth Mindset- “The Power of Yet” poem;**

**April: Focused Flamingo- look under “Zen Zoo Freebie” under Mindfulness in VHCS counseling folder; “Be Where Your Feet Are” powerpoint is in Mindfulness folder;**

**May- 2nd and 3rd- “A Letter to Who Gets My Desk”;**