

# Table of Contents

Introduction .....	8
<b>Chapter 1: Bulletin Boards with Monthly or Seasonal Themes .....</b>	<b>9</b>
<b>August / September .....</b>	<b>10</b>
Welcome Back	
Smooth Sailing Ahead: Let Guidance Light the Way!	
Start the Year with a Smile	
Goal Setting (football)	
<b>October .....</b>	<b>14</b>
Good Deed Tree	
Counselor's Good Apples	
<b>November .....</b>	<b>16</b>
Study Habits to Gobble About	
<b>December .....</b>	<b>17</b>
Gifts From the Heart	
Warm Fuzzies	
<b>January .....</b>	<b>19</b>
Uniqueness (snowflakes)	
• Instructions for Making Snowflakes	
New Year, New Attitude	
Slide into the New Year with Good Study Skills	
<b>February .....</b>	<b>23</b>
National School Counseling Week	
Hearts United Grow Stronger (HUGS)	
<b>March .....</b>	<b>25</b>
Successful Students Bloom	
<b>April .....</b>	<b>26</b>
Guidance Helps Chicks Grow Up	
Tame the Testing Tiger	
<b>May .....</b>	<b>28</b>
Summer Safety (home alone)	
Sail into Summer with a Good Book	
<b>Chapter 2: Bulletin Boards with Guidance Themes .....</b>	<b>31</b>
Character Education .....	32
Substance Awareness .....	33
Study Skills .....	36

Career Awareness .....	37
Peer Relations/Conflict Management .....	40
Individual Differences .....	43
Behavior.....	45
New Students.....	46
Self-Awareness/Feelings .....	48

**Chapter 3: Arts and Crafts Activities for Small Groups .....51**

Bead Bracelets/Necklaces: <i>Self-esteem, cultural awareness, military support, divorce</i> .....	52
Cheeseburger Booklets: <i>Divorce, loss</i> .....	53
Personal Pizzas: <i>Self-awareness, peer relations</i> .....	55
Braided Yarn Snakes: <i>Attention span, listening, following directions, motor skills</i> .....	56
People colors: <i>Multicultural awareness, self-esteem, individual differences</i> .....	57
Scribble Pictures: <i>Ice breaker, perfectionism</i> .....	58
Two on a Crayon: <i>Peer relations, cooperation</i> .....	59
Name Critters: <i>Ice breaker, self-esteem</i> .....	60
Angry T-Shirt: <i>Feelings expression, anger management</i> .....	61
Madness Monsters: <i>Anger management, creative expression</i> .....	62
Letter Writing: <i>Language expression, feelings, loss</i> .....	63
Bookmarks: <i>Reading, test preparation, etc.</i> .....	64
Door Knob Hangers: <i>Study skills, responsibility</i> .....	65
Paper Chain: <i>Self-awareness, rules, skill building</i> .....	67
My Room is My Castle: <i>Belonging, family relations, self-esteem</i> .....	68
Train Cars Caboose: <i>Attitude, motivation, goal-setting</i> .....	69
Personal Flags: <i>Self-awareness</i> .....	70

**Chapter 4: Props and Tricks .....71**

**Props:**

Dollar Bill .....	72
Wishing Wand or Lamp .....	73
Family Figures .....	74
Shoes Clues .....	75
Flashlight .....	76
Puzzles.....	77
Crown .....	78
Tub Blocks .....	79
Bean Bag Toss .....	80
Feelings Masks .....	81

Games/Don't Break the Ice.....	82
Balloons and Bubbles.....	83
My "Worry Bee" .....	84
Caterpillar/Butterfly .....	86
Music .....	90
Magic Tricks: .....	91
Breakaway Fan .....	91
Magic Light Bulb.....	91
Rope Trick.....	91
Wilting Flower .....	91
Magic Coloring Book .....	92
Aqua Slush .....	92

**Chapter 5: Motivational Behavior Contracts and Awards .....93**

Top-Flight Pilot Helicopter pattern & Pilot award certificates .....	94
Up, Up and OK .....	97
Success Cards.....	98
Giraffe Study Tips & "Let's Get Organized" Schedule .....	100
Personalized Behavior Charts.....	102
Leap Frog .....	105
You're a Winner .....	106
Badges .....	107
Good News Phone Calls .....	109
"Good News" letter to parents.....	111
Teacher survey .....	112

**Chapter 6: Hall Displays/School-Wide Projects .....113**

Grow Through Giving (food drive) .....	114
Bloom Brighter Without Drugs .....	115
Walk Away From Drugs .....	115
Drugs Bug Me .....	115
Hands Are for Helping Not Hurting .....	116
Stop the Violence .....	116
Good Deed Tree (Giving Tree) .....	117
Career Riddle Contest .....	118

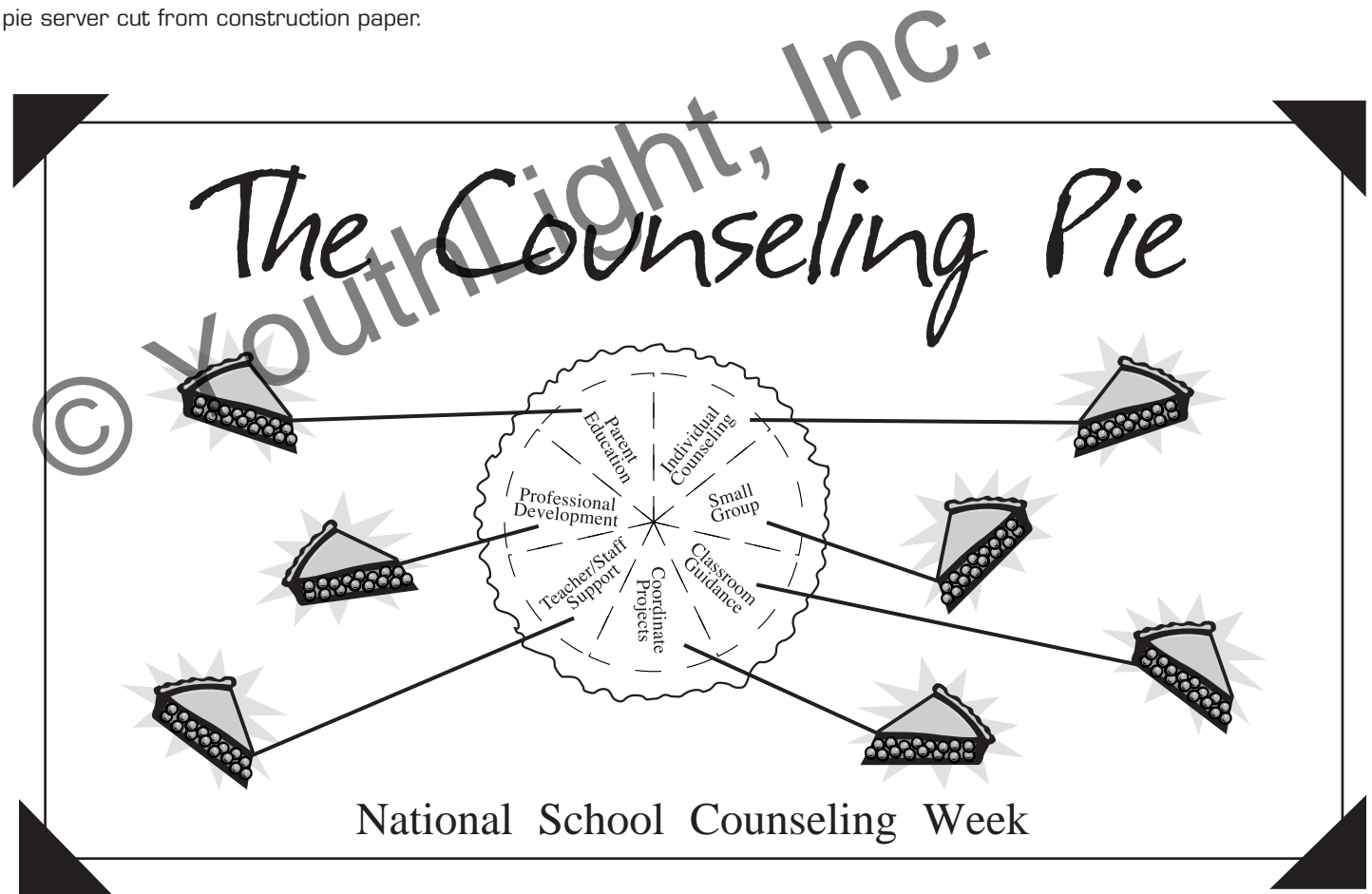
**References.....119**

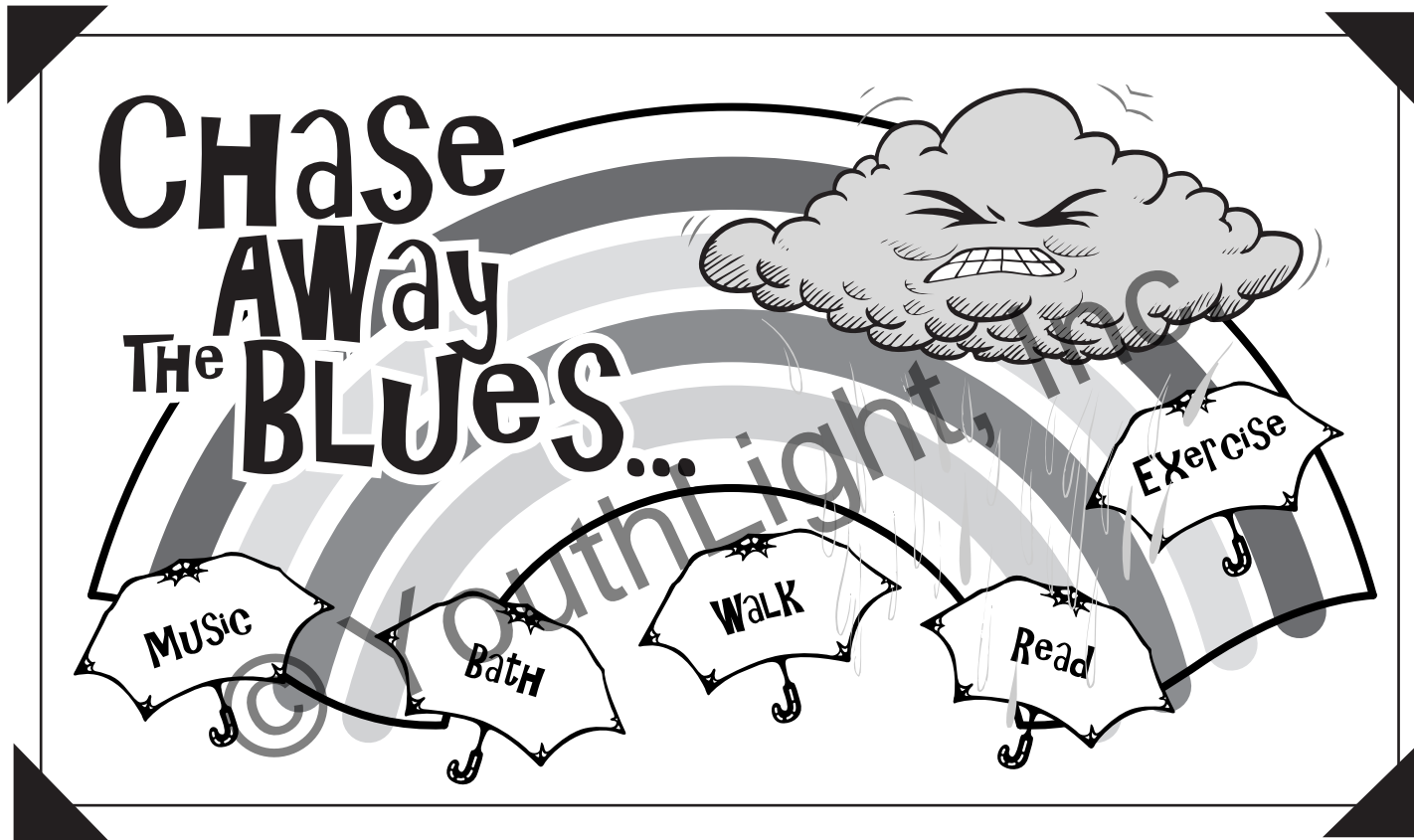
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# February

## “National School Counseling Week”

Make a pie graph with 7 pieces. Cut out matching colored pie pieces. Attach photos on each piece showing the following: individual counseling, small group, classroom guidance, coordination of a school-wide project, teacher/staff support, professional development, and parent education. Use pieces of yarn to connect pie pieces to the whole. Write labels on whole pie to match pieces. Add “crust” and spatula or pie server cut from construction paper.





### "Chase Away the Blues"

Use a rain cloud, and several colorful umbrellas to give students ideas for coping with stress. Write these ideas on the umbrellas: Listen to music, take a bath or shower, walk the dog, read, call a friend, play a favorite game, exercise, etc.

# CHEESEBURGER BOOKLETS

I copied this burger pattern (see page 54) from a classroom teacher who had used it in a reading activity. I adapted it for use in a divorce group. We "built" the burger in six weeks by starting with a bun and adding toppings each week. Beside each topping is listed the discussion topic/focus for the week. Below are the six weeks' toppings followed by a pattern to enlarge on construction paper or use with students.

**Week 1:** Give each student a "bun" bottom and top (manila drawing paper). On the top of the bun, they are to write their name and draw a face for their burger. On the bottom of the bun, they are to write a list of their strengths. Discuss how their strengths help them cope with changes and difficult situations.

**Week 2:** Tomato or ketchup topping (red). "Hard Things About Divorce." Examples of student responses: "Moving away from my friends." "It is hard to get along with a stepfather."

**Week 3:** Cheese topping (yellow). "Good things at Dad's." (or "About Dad" if child doesn't visit) Examples of student responses: "We watch movies." "Hunting." "Swimming." "He's nice."

**Week 4:** Meat (brown). "Good Things at Mom's" (or "About Mom" if child doesn't visit) Examples of student responses: "She helps me with

homework."  
"She's nice."  
"We go places together."

**Week 5:**  
Lettuce (green).

"Reasons Parents Get Divorced." Some responses may be: "Stop loving each other." "The bills." "Mom and Dad don't respect each other."

**Week 6:** Assemble cheeseburger and staple at top. Discuss "Something I Have Learned in Group." Have a party with refreshments to celebrate closure of the group.

Cheeseburger pattern is on the following page. Cut bottom bun on the solid line the size of entire burger. Cut lettuce on dotted line up to top of burger. Cut meat on the x line to the top of the burger, etc. Top bun is the smallest piece. All pieces should layer so that you can staple them together at the top.

## My Strengths

1. I can sing.
2. I help other people.
3. I'm smart.
4. I roller blade for fun.



# Success Cards

Success cards are a positive motivator for group participation and appropriate behavior. Group members agree on a design for their group. Having students choose, cut out and color their cards during the first group meeting also helps them establish a group identity. I usually let the group choose from several sample cards. They must come to consensus on one picture and a name for their group/club. Sometimes this happens quickly and sometimes I have to facilitate a voting process if they cannot agree. I have included here several cards that I have used, but you can enlarge a clip art picture of almost any object the students are interested in and add boxes for stickers. Each week members earn a sticker on their cards for participating and following group

rules. Cards are displayed in the guidance office and taken home by students at the end of their group sessions. I have included a few of the more popular cards for you to enlarge and use with students.

