


Includes materials for a monthly focus on each of the following 12 topics:

- GROWTH MINDSET
- ACCEPTANCE & DIVERSITY
- SELF ESTEEM
- FRIENDSHIP
- CONFLICT RESOLUTION
- SOCIAL PROBLEM SOLVING
- MINDFULNESS
- KINDNESS
- BULLYING PREVENTION
- COPING SKILLS
- SELF CONTROL
- FEELINGS

Each topic includes 31 discussion questions in calendar form and list form!

February - Acceptance & Diversity 

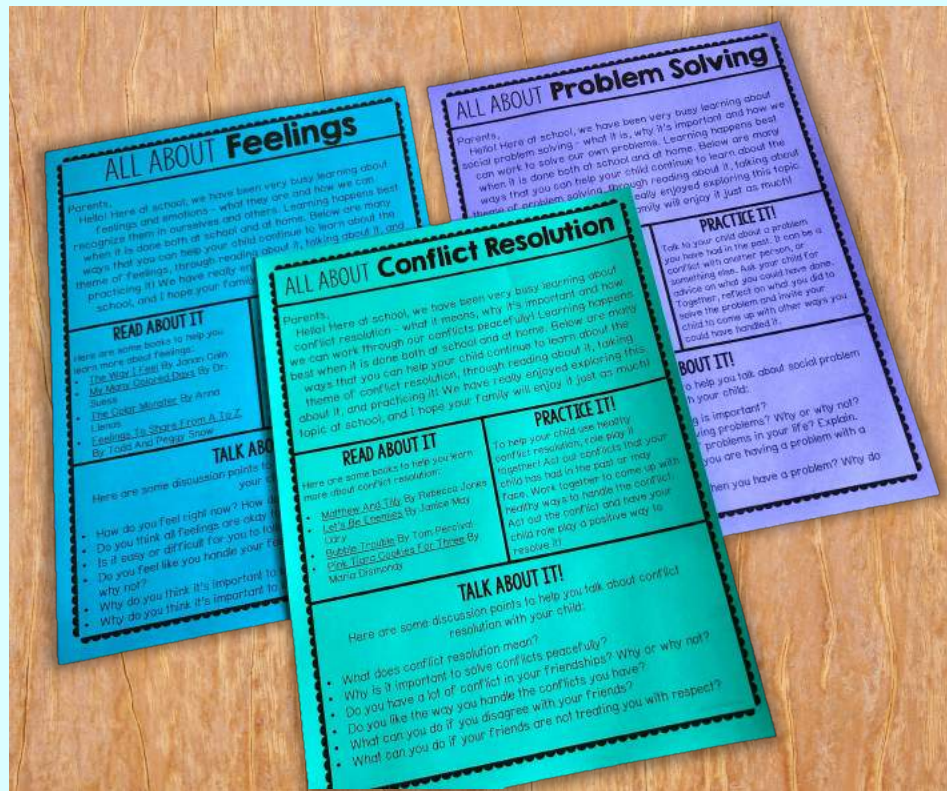
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1. Why is celebrating diversity important?
2. Do you think it is good that we are all different? Why or why not?	3. Why is it important to treat everyone with respect?	4. Name 3 things that you can see that might make someone different than you.	5. Name 3 things that you can't see that might make someone different than you.	6. Tell about a friend who looks different than you.	7. Name one of your friends. What is one thing you have in common? What is one thing that makes you different?	8. Name someone that you know. What is something you could learn from him/her?
9. Name someone who is different than you. What is one thing you can do to make sure this person feels included?	10. How can you learn more about a person?	11. Name something about you that makes you unique.	12. Do you ever feel embarrassed when you are with everyone else? Explain your answer.	13. What is something that you could teach your community a better place?	14. How can you use what makes you unique to make your community a better place?	15. What can you tell yourself if you are feeling embarrassed about who you are?
16. Do you feel like your classmates accept you for who you are? Explain your answer.	17. What can you do if someone is making fun of you?	18. Have you ever been left out or excluded because you were different? Tell about it.	19. Is it easy or difficult for you to include people who are different than you? Explain your answer.	20. How do you treat people who are different than you? Why or why not?	21. Are you comfortable being around people who are different than you? Why or why not?	22. Do you think that your class is good at accepting each other's differences?
23. What is something you can do today to help the people around you feel accepted?	24. What is one way you can practice acceptance at school?	25. What is one way you can practice acceptance outside of school?	26. If someone is new to your school or class, what can you do to make that person feel welcomed?	27. What can you do if you see someone being teased or made fun of for their differences?	28. What can you do if you see someone being teased or made fun of for their differences?	29. What can you do if your friends are making fun of someone else behind their back?



The calendar version of the discussion questions can be used to provide a “question of the day” for students. This can be given as a reflection question during the school announcements, as a discussion question during morning meetings or even sent home with students to encourage SEL at home! The calendar is also provided in an editable form to change the month and dates.

The list version of the discussion questions can be used if you are not covering the topic during the suggested month. These can also be used as a guide during individual, small group or classroom lessons!

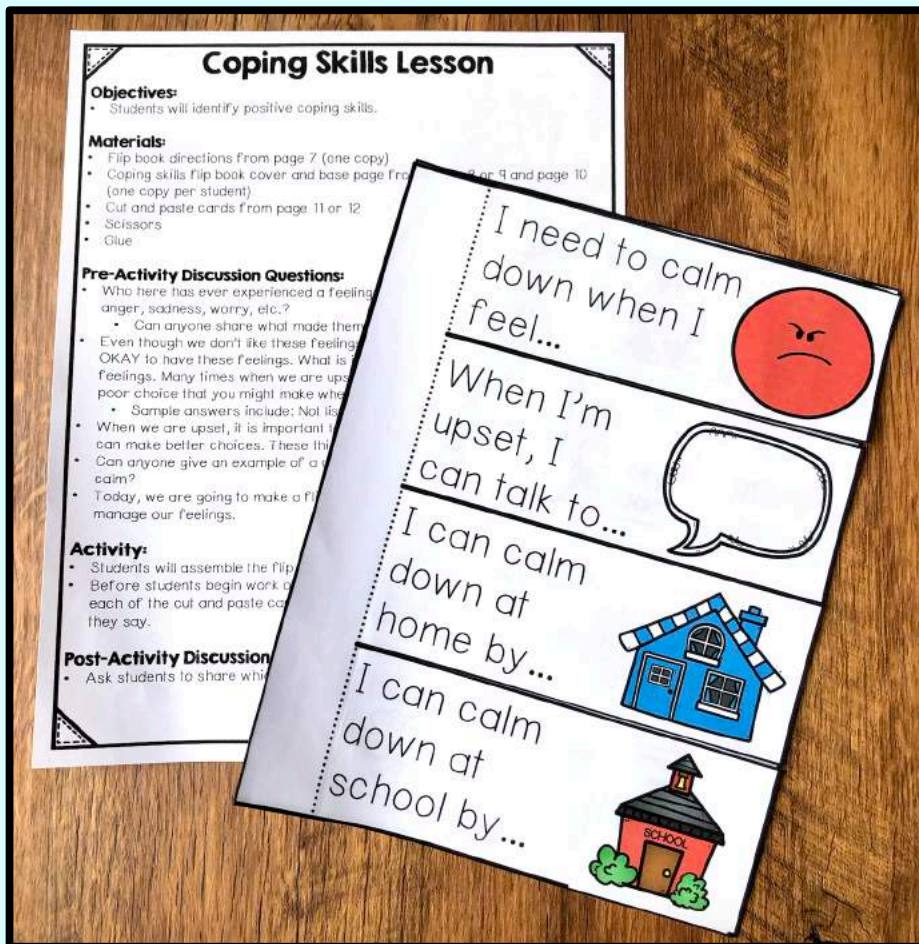
Each topic includes a parent page to encourage SEL at home!



These letters can be sent home to help parents support the learning that their child is doing at school. Parents will be provided with ideas for activities, discussion questions, and picture books they can use to further explore each social emotional topic with their child. The parent pages also come in an editable version.

Each topic includes a NO-PREP lesson!

Each no prep lesson can be used in classrooms or small groups to help the students better understand each topic. These lessons are great for morning meetings, character education lessons or during monthly school counseling lessons! They include objectives, an activity, and pre-activity and post-activity discussion questions



Each topic includes a list of additional resources!

Additional Resources: Self Control

Use these additional resources to further explore self control with your students.

Picture Books For Students:

- [My Mouth Is A Volcano](#) By Julia Cook
- [Hunter And His Amazing Remote Control](#) By Lori Copeland
- [Oh No, George](#) By Chris Haughton
- [Interrupting Chicken](#) By David Ezra Stein
- [Too Loud Lily](#) By Sophie Laguna

Resources For Teachers:

- [Impulse Control Activities For Students](#) By Tania O'Connell
- [Second Nature: How To Develop Empathy, Control Emotions, and Build Resilience](#) By Tania O'Connell
- [Mindful Parenting for Stress, and Helping Children Regulate](#) By Tania O'Connell
- [Zones Of Regulation](#) <https://www.zonesofregulation.com/>
- [ADDitude- Inside the Mind of a Child](#)

Videos For Students:

- [Social Skills Video- The Power of Self Control](#) <https://youtu.be/NLr7yXkJTU0>
- [My Walrus Doesn't Walk](#) <https://youtu.be/8jTTP>
- [WonderGrove Kids - Self Control](#) <https://youtu.be/9Pn>
- [All About Self Control](#)

CounselorChelsey Teachers Pay Teachers Resources:

- [Self Control Activities](#)

*Please note that the links above are subject to change, as I do not own them. I affirm that at the creation of this resource, all links lead to the correct destination.

Additional Resources: Friendship

Use these additional resources to further explore friendship with your students.

Picture Books For Students:

- [Peanut Butter And Cupcake](#) By Terry Border
- [Frog And Toad Are Friends](#) By Arnold Lobel
- [Little Blue Truck](#) By Alice Schertle
- [Friendshape](#) By Amy Krouse Rosenthal and Tom Lichtenheld
- [How To Grow A Friend](#) By Sara Gillingham

Resources For Teachers Or Parents:

- [UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World](#) By Dr. Michele Boba
- [The Friendship Maze: How to Help Your Child Navigate Their Way to Positive and Happier Friendships](#) By Tanith Carey
- [Odd Girl Out, Revised and Updated: The Hidden Culture of Aggression in Girls](#) By Rachel Simmons
- [The Ophelia Project](#): <https://www.opheliaproject.org/>

Videos For Students:

- [Friendship Soup](#): <https://youtu.be/H7w7yXkJTU0>
- [Captain McFinn In The Friendship](#): <https://youtu.be/rRl0qdV9rZA>
- [The Reef Cup - An Important Story About Friendship](#): <https://youtu.be/rTqLwqbw30Q>
- [Kid President's Guide To Making A New Friend](#): <https://youtu.be/OaHdwUEFBts>
- [Children Explain How You Make Friends](#): <https://youtu.be/6qu2cQnULJE>

CounselorChelsey Teachers Pay Teachers Resources:

- [Friendship Resources](#): <http://bit.ly/CCFriendshipActivities>
- [Empathy Resources](#): <http://bit.ly/CCEmpathyActivities>

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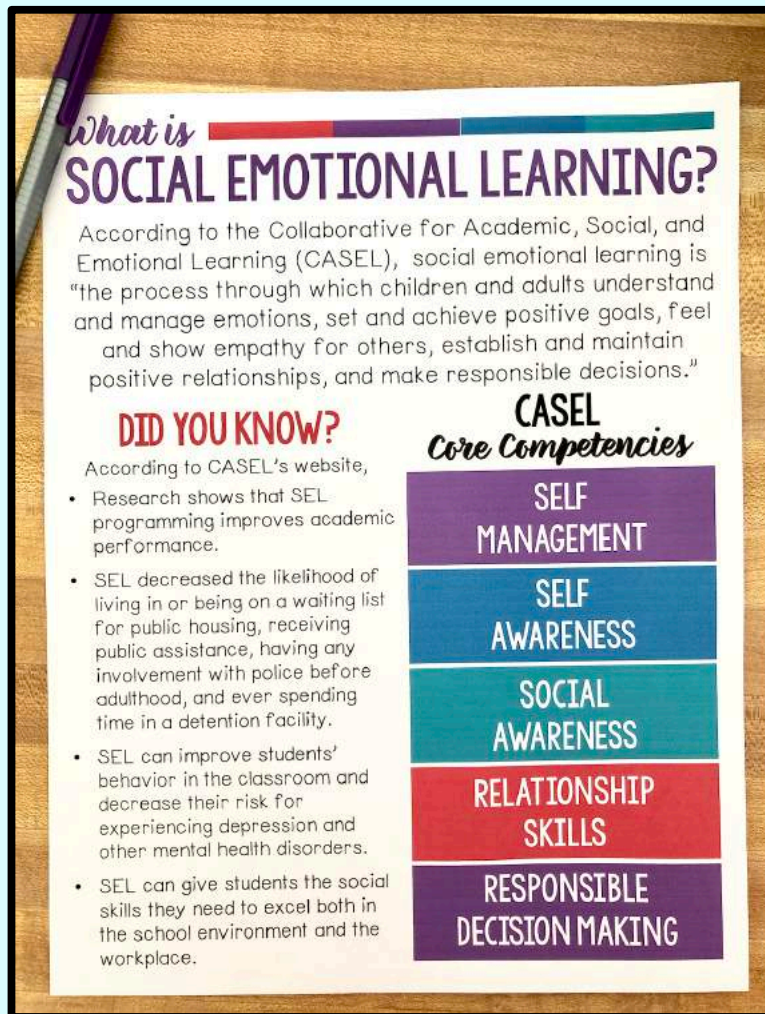
Each list of additional resources includes 5 picture books, 5 videos, and 5 parent/teacher resources that can be used to further explore the topic.

Each topic includes a certificate!

The certificates can be used to recognize students who have demonstrated progress or excellence related to each topic. All certificates come in color and black & white.

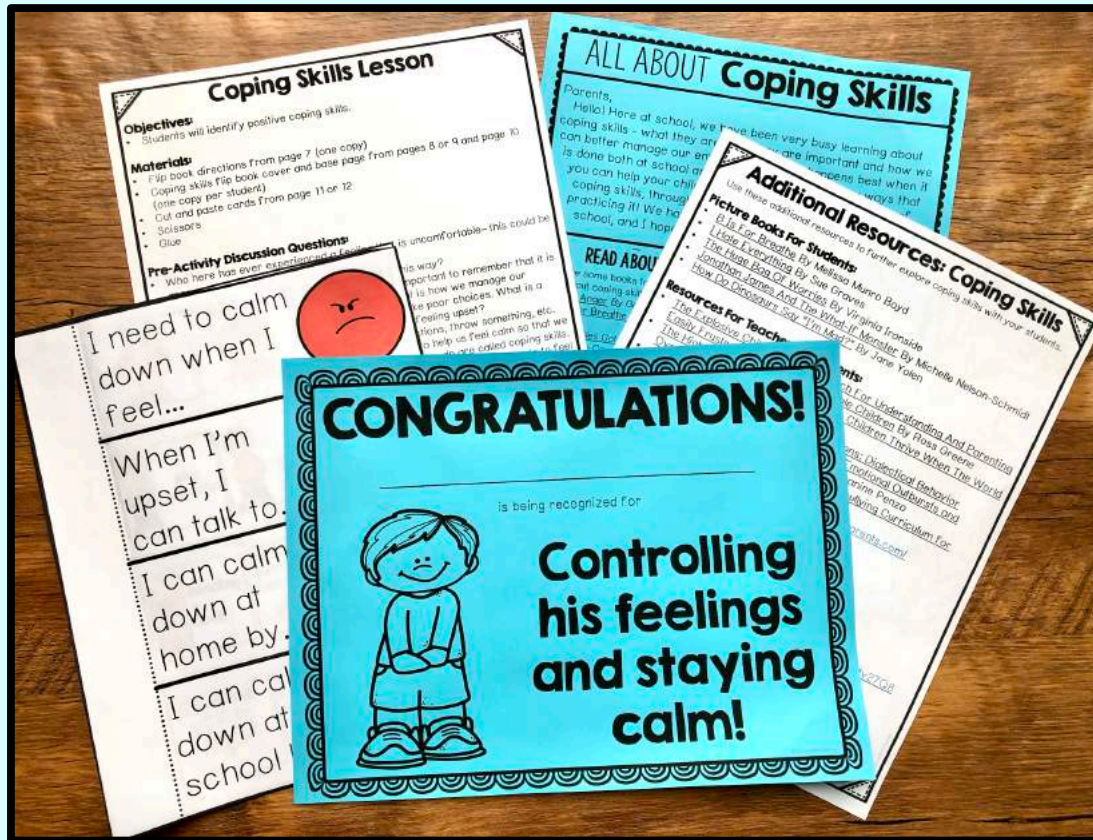


Includes an SEL handout and list of additional resources!



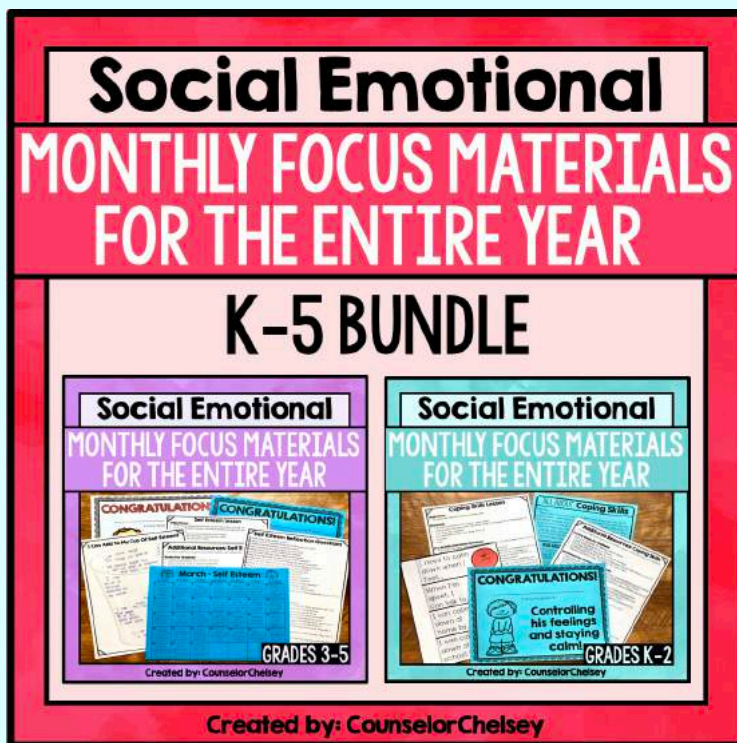
The handout can be given to parents and school staff to help them understand what social emotional learning is and why it’s important. There is also a list of 10 professional development books to support SEL.

These materials give you everything you need to have a social emotional focus of the month!



This resource can be used by school counselors, school psychologists, or classroom teachers!

If you also need materials for grades 3-5, grab the bundle!



Please note that the only difference between the k-2 and the 3-5 materials are the no prep lesson plans.