

Course Description

Grade 1 Guidance

Philosophy Statement: The Des Moines Christian School K-12 guidance and counseling program facilitates spiritual, personal/social, educational, and career development in order to maximize a student's ability to understand self and relate to others in their lifetime service to Jesus Christ. We strive to assist parents and staff in equipping all students to learn skills and competencies that affect their current and future functioning and well-being. Designed to meet the needs of all students, the program provides preventative, remedial, and developmental instruction and resources.

Course Description: Guidance class helps students examine their lives and make lasting changes to achieve the maximum benefit from their talents and abilities. Students will be able to develop a realistic and Biblical concept of self, emotions, personal responsibility, communication, social skills, and personal safety skills.

Textbooks: None

Materials:

- Teacher provided and created
- Storybooks
- Bernstein Bear's Stranger Safety video

Time Allotment: 30 minutes per lesson, 15 lessons

Course Content:

- Understand the importance of beginnings and endings
- Understand God's design for touch
- Understand that knowing how to win/lose is important to being part of a group
- Understand the connections between managing feelings and getting along with others
- Understand strategies for dealing with conflict
- Understand the importance of empathy
- Understand positive ways to communicate

Areas to be evaluated:

- Teacher Observation
- Class Participation
- Various worksheets

Additional activities:

- Small and individual groups are available for extended lessons