

Course Description

Grade 6 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
- Don't Laugh at Me materials and video

Time Allotment: Nine 40 minute lessons

Course Content:

- Understand the importance of beginnings and endings
- Understand healthy ways to manage stress
- Understand strategies to utilize personal safety skills
- Understand the power that the group plays in their lives
- Understand healthy ways to manage stress
- Understand steps for conflict resolution
- Understand ways to deal with different types of bullying/harassment
- Understand strategies for changing negative communication into positive communication

Areas to be evaluated:

- Teacher Observation
- Class Participation
- Various worksheets

Additional activities:

- Small and individual groups are available for extended lessons