2019-2020

POWERFUL YOU! EMOTIONAL WELLNESS CALENDAR

This master calendar includes all the important events that I want to capture and place into my schedule.

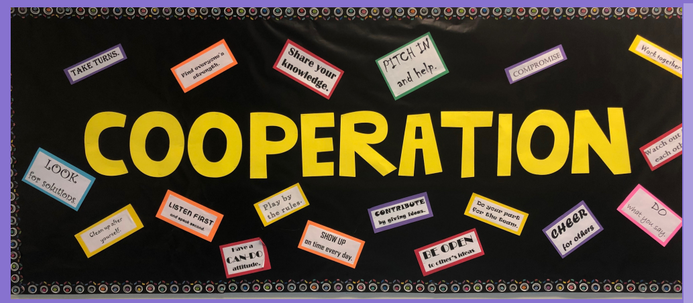
It also has themes for the classroom from the book Powerful You that line up with a monthly character trait.

Each lesson from Powerful You follows the ASCA National Standards and includes a true story, powerful affirmation, self-discovery journaling questions, and a variety of inspiring activities/tips for children.

Much gratitude and appreciation,
Julie Frizzi
School counselor, yoga instructor, and author

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6		8	9	10		
13	14					19
20	21					26
27	28		30	31		

08 AUGUST



Powerful You Emotional Wellness Lessons (Tier 1):

Grades K-1: Attentive Al (I am attentive), Brave Betsy (I am brave), & Good Sport Grady (I am a good sport)

Grades 2-5: Adjusting Ann (I adjust to change), Belonging Ben (I belong and contribute), Encouraging Eddie (I encourage others)

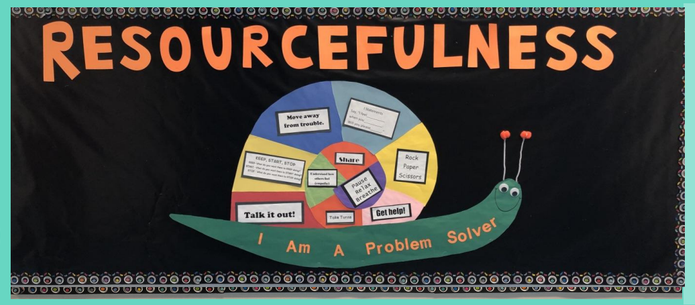
THEMES

Work together • Play by the rules • Take turns and share • Be a good neighbor • Support others • Respect authority • Protect the environment • Be a good citizen • Clean up along the way • Do your part for the team • Find everyone's strengths • Be a good neighbor • Follow school rules • Give your best effort • Win and lose without bragging or complaining • Contribute to class discussions • Congratulation others • Respect the decisions of teachers, coaches, and assistants • wait your turn

IMPORTANT DATES

- Open House
- New students support group (by grade level)
- Powerful You student survey data collection
- High-risk attendance & behavior data collection from previous year
- New teachers support group
- Lunch bunch groups formed using Adjusting Anna's color clouds
- Small group permission slips sent home
- Character Kid of the Month Celebration- Cooperation
- Buddy Bench Training

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Friendship Day	6	7	8 Happiness Happens Day	9	10
11	12	13 Left Handers' Day	14	15	16	17
18	19	20	21	22	23	24
25	26 Women's Equality Day	27	28	29	30	



Powerful You Emotional Wellness Lessons (Tier 1):

Grades K-1: Problem Solving Pat (I am a problem solver), and Mindful Maria (I am calm)

Grades 2-5: Tenacious Tim (I try different solutions), and Quieting Quin (I quiet myself), Faking it Fran (I fake it until I become it)

09 SEPTEMBER

THEMES

Solve problems peacefully • Never give up • Be open-minded - listen to understand others • Get help when needed • Try different solutions to problems • Look for new ways to do things • Learn all you can • Calm yourself down when feelings are strong • Express your feelings• Be an independent problem solver

IMPORTANT DATES

- Duke TIP Program
- Divorce Lunch Bunch, New Student Lunch Bunch & School Success Groups
- Character Kid of the Month Celebration - Resourcefulness

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Labor Day	3	4	5	6	7
8 Grandparent's Day	9	10	11	12	13	14
15 Child Passenger Safety Week	16	17 Constitution Day	18 Backpack Awareness Day	19	20	21 World Clean-Up Day
22	23	24		26	27	28
29	30 Rosh Hashanah					

10 OCTOBER

THEMES

Complete classwork and homework on time • Plan ahead • Be on time • Always do your best • Write assignments in planner • Think before you act • Consider the consequences • Be accountable for your words and actions • Be a role-model • Be at school only unless you are sick • Report Danger • Find the goodness in others • Stand up for yourself and others

IMPORTANT DATES

- Red Ribbon Week
- Bully Prevention Month
- Divorce Lunch Bunch, New Student Lunch Bunch & School Success Groups
- Canned food drive
- 1st quarter academic and attendance celebration
- Character Kid of the Month Celebration- Responsibility

Powerful You Emotional Wellness Lessons (Tier 1):

Reporting/Standing Up for Yourself /Peer Pressure

Grades K-1: Voicing Viv (I use a strong voice), Responsible Reese (I am responsible), Yessing Yula (I say YES to school rules)

Grades 2-5: Reporting Roxy (I report danger, bullies, and the goodness in others), Stand-Up Stella (I stand up for others and myself), and Unmovable Uriel (I am unmoved by negative peer pressure)

SUN	MON	TUE	WED	THU	FRI	SAT
		1 International Day for Older Persons	2 National Walk to School Day	3	4 World Smile Day	5 World Teacher's Day
6 Mental Illness Awareness Week	7	8	9 Yom Kippur	10	11	12
13	14 Columbus Day	15	16 Boss's Day	17	18	19
20	21 America's Safe Schools Week	22	23 Stop Bullying Day	24	25	26
27 Red Ribbon Week (23-31)	28	29	30	31 Halloween		

11

NOVEMBER

Classroom guidance themes from Powerful You (Tier 1):

Grades K-1: Yes Ma'am Yuri (I say YES to rules), Waiting to Speak Will (I can wait)

Grades 2-5: Grateful Gretta (Every day is a gift), Mannerly Mike (I use manners to show respect), Listening Lucy (I listen to others)

THEMES

Follow the rules the first time • Be considerate of the feelings of others • Use kind words, kind feet & kind hands • Follow school rules • Be courteous and polite • Practice manners • Be Patient • Hold the door open for others • Say "please and thank-you" • Step aside for others • Listen without interrupting • Take care of your body •Golden Rule • Be accepting of differences • Listen to your teacher

IMPORTANT DATES

- Divorce Lunch Bunch, New Student Lunch Bunch & School Success Groups
- Character Kid of the Month Celebration- Respect

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11 Veteran's Day	12	13 World Kindess Day	14	15	16
17	18	19	20	21 Great American Smokeout	22	23
24	25	26	27	28 Thanksgiving Day	29	30

12 DECEMBER

Classroom guidance themes from Powerful You (Tier 1):

Grades K-1: Turn Taker Trish (I take turns), Joking Jodi (Joking has a time and place), Forgiving Fred (I am forgiving), Honest Holden (I am honest)

Grades 2-5: Direct Dalia (I am direct and honest with my words), Faking-It Fran (I fake it until I become it), Inspiring Izzie (I inspire others to find their passion)

THEMES

Be honest • Only take what belongs to you • Do what you say you'll do • Admit when you are wrong • Build a good reputation • Never blame others carelessly • Show integrity by keeping your word • Forgive and move on • Never gossip • Be a loyal friend • Never gossip • Build positive peer pressure

IMPORTANT DATES

- Holiday charity drive
- Divorce Lunch Bunch, New Student Lunch Bunch & School Success Groups
- Character Kid of the Month Celebration - Trustworthiness

SUN	MON	TUE	WED	THU	FRI	SAT
1 National Handwashing Awareness Week	2	3	4	5	6	7
8	9	10 Human Rights Day	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas	26	27	28
29 H	30	31 New Year's Eve				

Classroom guidance themes from Powerful You (Tier 1):

Grades K-1: Ignoring Ina (I ignore distractions) Xpressing Xander (I express my feelings), Controlled Cal (I am in control), No-fear Nate (I say No to fear)

Grades 2-5: Pausing Pablo (I pause, breathe, and relax), Noticing Naima: (I notice, name, and let go of worries) Xtra Effort Xaiden (I give extra effort), Zoned in Zeb (I get in the zone), Home Organizer Hal (I return items to their home)

01 JANUARY

THEMES

Control your temper • Manage your strong feelings • Adjust when needed • Practice good posture • Put things back in their “home” • Build healthy habits • Choose friends carefully • Consider consequences • Think before you act • Avoid clutter • Be a part of the solution • Use time wisely • Be resilient • Practice deep breathing • Avoid negative peer pressure

IMPORTANT DATES

- 2nd quarter academic and attendance celebration
- Divorce Lunch Bunch, New Student Lunch Bunch & School Success Groups
- Character Kid of the Month Celebration – Self-Control

SUN	MON	TUE	WED	THU	FRI	SAT
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King, Jr., Day	21	22	23	24	25
26	27	28	29	30	31	

02

FEBRUARY

Classroom guidance themes from Powerful You (Tier 1):

Grades K-1: Kind Kelly (I have kind hands, kind feet, and kind words), Loving Logan (I love myself)

Grades 2-5: Kind Karen (I show kindness and compassion), Prejudged Jamal (I look in the mirror before I judge)

THEMES

Be compassionate and show you care • Express gratitude • Forgive others • Help people in need • Fill classmates' buckets • Use your words and actions to uplift others • Include others • Look at people when they speak • Write thank you notes • Notice when others are hurting • Give without expecting back • Be of service • Appreciate people who help you • Step aside for others

IMPORTANT DATES

- Divorce Lunch Bunch, New Student Lunch Bunch, & School Success Groups
- Character Kid of the Month Celebration - Kindness

SUN	MON	TUE	WED	THU	FRI	SAT
						1 National Freedom Day
2 Groundhog Day	3 National School Counseling Week	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16 Random Acts of Kindness Week	17 Presidents Day	18	19	20	21	22
23	24 Belly Laugh Day	25	26	27	28	29

03 MARCH

Classroom guidance themes from Powerful You (Tier 1):

Grades K-1: Different Diane (All families are different), Okay Odie (I am okay with change)

Grades 2-5: Changing Charlie (I create healthy habits), Optimistic Oreda (I live life full on), Prejudged Jamal (I look in the mirror before I judge)

THEMES

Appreciate differences • Recognize strengths • Be a role model to younger students • Celebrate your heritage • Believe in yourself • Understand that everyone has their own personal struggles • Be considerate of others beliefs, views, and opinions • Never put others down until you have walked in their shoes

IMPORTANT DATES

- 3rd quarter academic and attendance celebration
- Divorce Lunch Bunch, New Student Lunch Bunch & School Success Groups
- Character Kid of the Month Celebration - Acceptance

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Read Across America Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

04

APRIL

Classroom guidance themes from Powerful You (Tier 1):

Grades K-1: Stick with it Stan (I stick with it), Energetic Erica (I am full of energy)

Grades 2-5: V-Valuing Van (I value education)

THEMES

Plan ahead • Persevere - Keep on trying! • Always do your best • Use self-control • Think before you act • Set goals • Don't be afraid to stand alone • Give effort • Be unmoved by negative peer pressure • Learn from mistakes • Find your passion • Voice your opinion

IMPORTANT DATES

- Middle School Orientation
- Kindergarten Orientation
- Divorce Lunch Bunch, New Student Lunch Bunch & School Success Groups
- Career Day
- Character Kid of the Month Celebration - Determination

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 World Health Day	8	9	10 Good Friday	11
12 Easter	13	14	15	16	17	18
19 National Library Week 19-25	20	21 Holocaust Remembrance Day	22 Earth Day/ Administrative Professionals Day	23 Take Your Kids to Work Day	24 Day of Silence	25
26	27 Screen Free Week	28	29	30 Children's Book Day		

05 MAY

THEMES

Have a cheerful attitude • Be an energy giver • Plan for your future • Take safe risks • Treat every job as important • Adjust when needed • Look for the positive • Encourage others in the right direction • Smile • Look for ways to connect with others • Be a good sport • Take notes

IMPORTANT DATES

- 5th Grade Promotion Ceremony
- End of the year Powerful You student survey data collection
- End of the year attendance and academic celebrations
- End of the year classroom celebration
- Character Kid of the Month Celebration - Leadership
- Summer: National ASCA Conference July, 2020 SEATTLE, WASHINGTON

Classroom guidance themes from Powerful You (Tier 1):

Grades K-1: Zesy Zhen (I practice with zest), Uplifting Uma (I am an uplifter), Questioning Quinten (I ask “wh” questions)

Grades 2-5: Yessing Yula (I say YES to adventure)

SUN	MON	TUE	WED	THU	FRI	SAT
					1 April Fool's Day	2
3	4 Children's Mental Health Awareness Week	5 Cinco De Mayo	6 Teacher Appreciation Week (6-8)	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	30
31						