

Welcome to the Kindergarten Guidance Curriculum I use at Dakota Valley Elementary School. Throughout the year, I work with kindergarteners on skills such as; social skills, career exploration and awareness, character counts, and self-esteem. Below you will find an overview of the different curriculums and lessons used during the year.

**First Quarter:** Peacemaking Skills for Little Kids: I-Care Rules

**Second Quarter:** Career Exploration and Awareness

**Third Quarter:** Character Counts

**Fourth Quarter:** Pumsy: Self-Esteem

**First Quarter:** Peacemaking Skills for Little Kids: I-Care Rules is a curriculum focused on empowering students to find creative and non-destructive ways to handle conflicts and getting along with others and the world. During the lessons, I incorporate many different activities to help the students learn these skills. Some activities include role-playing, games, books, puppets, and discussion. The curriculum focuses on five main rules called the I-Care Rules.

1. We Listen To Each Other
2. Hands Are For Helping Not Hurting
3. We Use I-Care Language
4. We Care About Each Other's Feelings
5. We Are Responsible For What We Say and What We Do

**Second Quarter:** Career Exploration and Awareness are lessons designed to stimulate students' thinking and understanding of the world around them and future career possibilities. Games, activities, books, videos, and role-plays create a variety of experiences for students to explore careers.

Lessons for Career Exploration and Awareness:

1. Different Jobs for Different People
2. Career Picture
3. "Best Busy People Ever" – Career Video
4. A Handful of Roles – introduction to different roles people have.
5. Who am I? – introduction to jobs at a school, as well as their job as a student.
6. Career Bingo – game to introduce a variety of jobs to students.

**Third Quarter:** Character Counts: Popcorn Park Videos are used to facilitate character education, social and emotional development, and critical thinking in the students. Character education means helping students know what is right, care about what is right, and do what is right. This video series and the follow-up activities promote the six pillars

of character and corresponds with our school-wide Character Counts Program. The six pillars of character are:

Trustworthiness  
Respect  
Responsibility  
Fairness  
Caring  
Citizenship

**Fourth Quarter:** Pumsy is a curriculum focused on developing self-esteem and self-concept in children. Through the use of puppets, activities, and stories, students acquire a better understanding of self and others. The curriculum teaches students how to reduce negative self-thoughts and increase positive self-talk, identify things that make them feel special, and understand how to control their own anger through accepting consequences, self-control, and time-outs.

1. I Can Do Hard Things
2. A Hard Thing For Me
3. You Are Special
4. Who Is Special To You
5. Controlling Anger and Accepting Consequences