

A collaborative teaching approach between Pam Parvin, contracted clinical counselor (MEd, L.C.P.C) and Becky Heniser (3rd grade classroom teacher) to teach social and emotional well being in the third grade at Mount Desert Elementary School, Northeast Harbor, ME.

Purpose: To improve student skills and understanding of social interactions in order to increase their self confidence, their acceptance of others' differences, and their appreciation of what each person adds to a whole group.

General Class Structure:

Warm-up Introduce the topic and relate it to prior lessons with students making the connections.

Teach Teach skills and techniques with student participation.

Action Activities in small groups or pairs (teachers circulating). Then, students share learning by either presenting or discussions.

Closure Use student information to make meaning and connect to everyday classroom and social situations.

Social/Emotional Lesson Topics:

1. Dealing With Your Feelings
2. Passive, Assertive, and Aggressive / Communication Styles
3. Discovering Your Choices / Problem Solving
4. Adjusting Your Attitudes - Optimism and Pessimism
5. What's Your Learning Style
6. Using Your Learning Style To Work With Others
7. Coping Skills
8. Your Communication Style / Positive or Negative Self Talk
9. Cooperation News
10. Communication / The Listener and The Speaker

