Adventure-Based Counseling

2016 Counselors CAN Camp
You can do hard things!

7 Habits
Positive attitudes create positive outcomes..

"In every job that must be done there is an element of fun."
- Mary Poppins.
Goals

Discuss EVENTS you can do with students to reinforce your school counseling standards.

Discuss SPECIAL lessons to get your message to large groups of students in a relatively short amount of time.

Discuss CLASSROOM lessons that are challenge oriented with discussion that reinforces the standards.

<table>
<thead>
<tr>
<th>Learning Strategies</th>
<th>Self-Management Skills</th>
<th>Social Skills</th>
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<tbody>
<tr>
<td>1. Demonstrate critical-thinking skills to make informed decisions</td>
<td>1. Demonstrate ability to assume responsibility</td>
<td>1. Use effective oral and written communication skills and listening skills</td>
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<tr>
<td>2. Demonstrate creativity</td>
<td>2. Demonstrate self-discipline and self-control</td>
<td>2. Create positive and supportive relationships with other students</td>
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<tr>
<td>3. Use time-management, organizational and study skills</td>
<td>3. Demonstrate ability to work independently</td>
<td>3. Create relationships with adults that support success</td>
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<td>5. Apply media and technology skills</td>
<td>5. Demonstrate perseverance to achieve long- and short-term goals</td>
<td>5. Demonstrate ethical decision-making and social responsibility</td>
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<td>6. Set high standards of quality</td>
<td>6. Demonstrate ability to overcome barriers to learning</td>
<td>6. Use effective collaboration and cooperation skills</td>
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<td>7. Identify long- and short-term academic, career and social/emotional goals</td>
<td>7. Demonstrate effective coping skills when faced with a problem</td>
<td>7. Use leadership and teamwork skills to work effectively in diverse teams</td>
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<td>8. Actively engage in challenging coursework</td>
<td>8. Demonstrate the ability to balance school, home and community activities</td>
<td>8. Demonstrate advocacy skills and ability to assert self, when necessary</td>
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<td>9. Gather evidence and consider multiple perspectives to make informed decisions</td>
<td>9. Demonstrate personal safety skills</td>
<td>9. Demonstrate social maturity and behaviors appropriate to the situation and environment</td>
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<tr>
<td>10. Participate in enrichment and extracurricular activities</td>
<td>10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities</td>
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Category 2: Behavior Standards
Students will demonstrate the following standards through classroom lessons, activities and/or individual/small-group counseling.
Events
Positive Addictions Day & Hero Mile
The Great Kindness Challenge
Positive Addictions 2008-2016

**2008** - 138 Runners in the 5K - Students wrote a theme song with Monte Selby

**2009** - 189 Students & Community members in the 5K & 70 students ran with 2nd grade in the Hero Mile - Students wrote a 2nd song with Montey Selby

**2010** - 241 Students & Community members in 5K & 75 students ran with 2nd grade - Sam Glenn was an invited speaker
2011-2012  350 Runners from CCCMS, Wakefield, & Community & 82 2nd grade runners in the Hero Mile at the end of the day. Race was followed by breakout sessions, Healthy Activities, Healthy Hobbies, & Healthy Learning Opportunities

2013-2015  365 Runners from CCCMS, Wakefield, & Community & 85 2nd grade runners in the Hero Mile each year. Race was followed by district-wide kickball tournament
Positive Addictions 2016

5K Walk/Run with Wakefield, Clay Center students and community members.

9 Healthy Habit Stations that included 4 Square, Healthy Snack, Zumba, Yoga, Team Relays, Teambuilding activity, Therapeutic coloring, Bucket Calves, and Spikeball
Positive Addictions
Hero Mile

- Partner 2nd grade student with CCCMS student
  - CCCMS Student must fill out application
- “Train” together
  - 2-3 activities together before race day
  - Student-led activities
- Hero Mile
- Breakout sessions
  - Chalk drawings
  - Tic-tac-toe races
  - Trust walk
  - Marshmallow - Shaving Cream Fun!
- Lunch & Awards together
The Great Kindness Challenge

● February 8–12th
● Kindness Challenge Checklist
● Kindness Stations
  ○ Posters, Thank you notes, bookmarks, kind cards to nurse and bus drivers
● Service Projects – with NHS Students from CCCHS
  ○ Project Linus Blankets
  ○ Dog Toys for Animal Shelter
  ○ Bags for Grocery Store
● Kindest Clay Center Citizen Essay Contest
● Door Decorating
Kindness - Service Project
Garfield Kindness Week

Events:
- Kindness quotes around the building
- Kindness Secret Mission (3 acts of kindness)
- Words of Kindness Sticky Note Wall
- Secret Kindness Class Buddies
- Complement Ornaments
- Kindness Dress Up Days
Special Large Group Lessons

Lincoln Families
Rise & Shine
Mentor Lunches
Web Kids
Lincoln Families

- 45 Minutes Once a Month on Fridays after Rise & Shine - PALS when not in Families
- 32 Families with about 12 students
  - Managed on a google spreadsheet for new student placement
- Lessons provided to each family
- Some of our favorites
  - Goal-setting long jump
  - ABC’s of Gratitude
  - Scrambled Cereal Boxes Activity
  - Tic-Tac-Treat Activity (not)
  - Reverse Charades
  - Magic Carpet Ride
  - Think Ahead
Rise & Shine

- Every Friday 8:20-8:55am
- Teachers, Aides, Paras meet 8:00-8:55am for PLC – Notes on google.doc
- Led by Lincoln Leaders
  - Cheers, announcements, flag salute, national anthem, birthdays, joke of the day
  - Book Talk video and Bookmark winners
  - Short 5-7 minute Lesson – 7 Habits, Recognitions, Special Events or Speakers
  - Celebrations – No Tardy Taters, Attendance Awards, Lunchroom Champs
  - Ending Cheers
Mentor Lunches

Once a month, each grade level (6-8) has a mentor lunch on a Friday. One mentor from the community is placed with 5-6 students. They keep the same mentor all year long and we do different activities.

Some activities from this year include: Marshmallow towers, Trivia, Board games, Heads-Up, and Get to know you activities.

I go to City Council to try to spread the word we need mentors.

We have a pizza mentor lunch at the beginning of the year to go over some basics in dealing with middle school kiddos.
One 8th grade student (I meet with the 8th grade team to select them) is paired with 4-5 6th graders.

They eat lunch with them once a month and do teambuilding activities.

This gives the 6th graders someone in the building who they can ask questions to and have a homework helper or whatever else they need.
Classroom Lessons
Classroom Lessons

Spell It (20-100 students) – Working together, accepting differences, leadership, creativity, positive attitude

Buzz & Who’s the Boss? (20-100 students) – Synergizing, cooperation, listening skills, coping skills

Add it Up (20-100 students) – Begin with the End in Mind, Put First Things First, standing up to peer pressure, delay immediate gratification for long-term rewards
Classroom Lessons

**Cup Stack (6-30 students)** - Teamwork, cooperation, tone of voice, Seek First to Understand, Then to be Understood, Think Win-Win, Perseverance

**Come on Sixes (3-30 students)** - Coping skills, dealing with stress, empathy, Be Proactive, demonstrate social maturity

**Copy Cat (4-100 students)** - Communication skills, Goal-setting, leadership, teamwork, perseverance to achieve long- and short-term goals

**Zoom (5-30 students)** - Empathy, understanding body language, Synergizing, Seek First to Understand, Then to Be Understood, Think Win-Win
Classroom Lessons - Ice Breakers

https://www.youtube.com/watch?v=JuJE9Uhqgno

People to People

https://www.youtube.com/watch?v=tqVzDmYHY8U

Rock, Paper, Scissors Posse
Classroom Lessons - Teamwork

The Hand Game
https://www.youtube.com/watch?v=DHMxfA2OivI

The Orange Game
https://www.youtube.com/watch?v=WforXEBMm5k
Thank you!

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Lyndsey Lamas lyndseylamas@usd379.org

Please enjoy some of our favorite videos for each of the 7 Habits of Happy Kids.
Habit #1 - Be Proactive - I am in charge of myself

https://www.youtube.com/watch?v=47rQkTPWW2

The Broken Escalator

https://www.youtube.com/watch?v=-a6Pe1ovKHg

Partly Cloudy
Habit #2 - Begin with the End in Mind

Alex’s Lemonade Stand
https://www.youtube.com/watch?v=9PSSuFQ48e0#t=54

Ormie the Pig
https://www.youtube.com/watch?v=EUm-vAOmV1o
Habit #3 - Put First Things First

https://www.youtube.com/watch?v=9PnbKL3wuH4

Me Want It - But Me Wait

https://www.youtube.com/watch?v=7sykeGpU4Ts

Persevere Movie
Habit #4 - Think Win-Win

https://www.youtube.com/watch?v=52M5EfRkBB0&list=PL3DAUXC70XJoFfd4_xXOWIoL9a5FU6Ci

Egg Hunt

https://www.youtube.com/watch?v=_X_AfRk9F9w

Bridge
Habit #5 - Seek First to Understand, Then to Be Understood

https://www.youtube.com/watch?v=VmUZcJMIP90

Killing Cat

https://www.youtube.com/watch?v=jL9CSuKfeoM

Red
Habit #6 - Synergize

[Video: https://www.youtube.com/watch?v=uRdwTxMeTL8]

Double Dutch

[Video: https://www.youtube.com/watch?v=zacF1pZR1Fg&index=7&list=PLOx55GV9D4XBmnKTQCmVvlz6pvOQou-3]

The Power of Team-Work
Habit #7 - Sharpen the Saw

https://www.youtube.com/watch?v=ZrqF7yD10Bo

Outdoors

https://www.youtube.com/watch?v=2y8R_OyKyPA

Lincoln Elementary - 7 Habits Song