

# Otsego Elementary School Counseling: Classroom Lesson Options

All topics are available for any teacher K-5.

All topics can be customized to address your classroom need.

In addition, some topics can be combined.

Small Groups will also be provided on similar topics (if it is just a couple of students).

If there is a topic not seen on the list, just ask!

You may request a lesson on any topic at any time, just e-mail me at [lmikesina@otsegoknights.org](mailto:lmikesina@otsegoknights.org)

## **Academic Topics**

Following Directions

Positive School Behaviors

Fairness

Stress Busters (Test Anxiety)

Study Skills

Growth Mindset

## **Personal/Social Topics**

Making & Keeping Friends

Self-Esteem

Bullying

Managing Changes (school, family)

Character Traits (Respect, Trust)

Gossip / Rumors

Internet Safety