

NEW YEAR'S LESSON

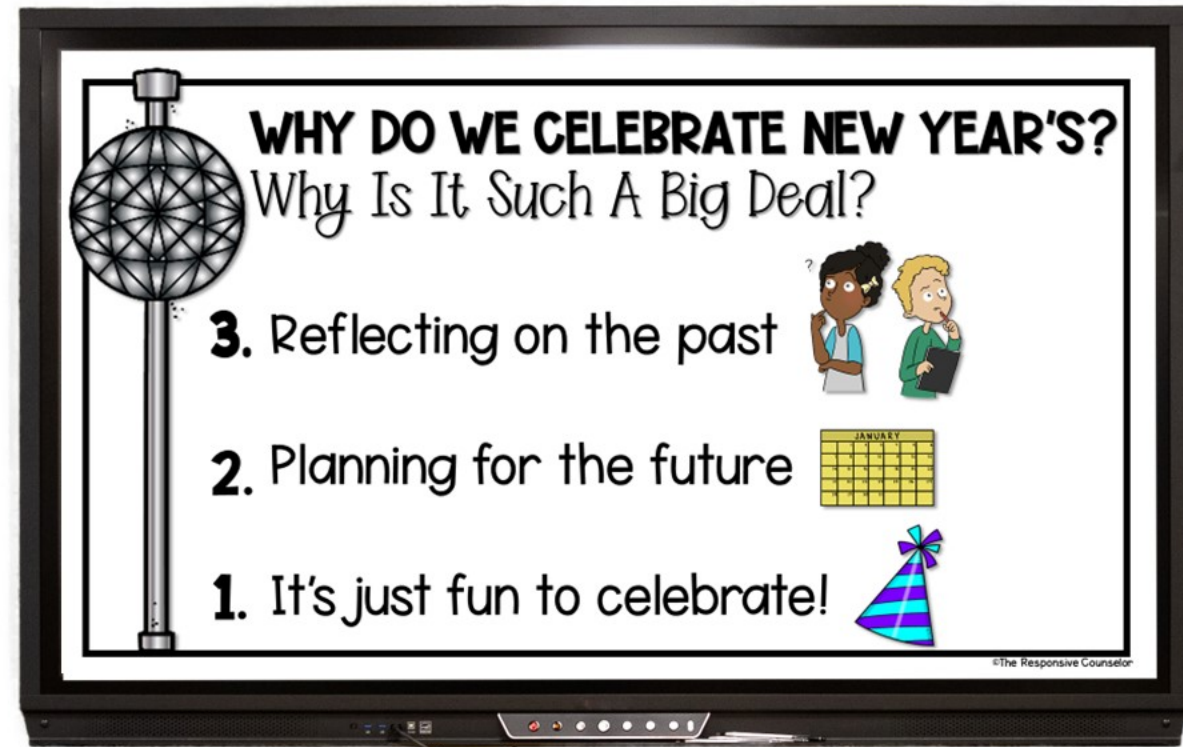


social emotional learning activities

- For 3rd-6th graders
- Cooperative learning
- Interactive + engaging

notes to the counselor/teacher

- This resource is a super fun lesson to do as the last lesson in December or first lesson in January.
- It's focused on social emotional growth through processing and reflecting on 2022 plus looking forward into 2023.
- Activities and directions are included for if you have 30 minutes, 45 minutes, or 60 minutes!

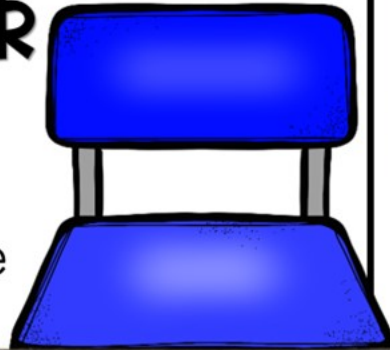


movement-based opener

WHERE BY THE CHAIR

In 2023, I want to
be healthier.

(more physically active, more
sleep, healthier foods, less

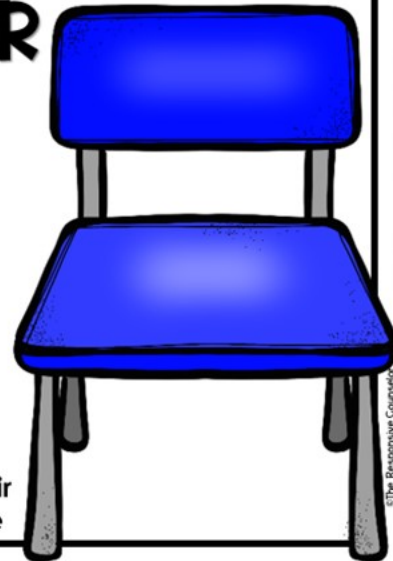


WHERE BY THE CHAIR

The 2022 year was a
good year for me.



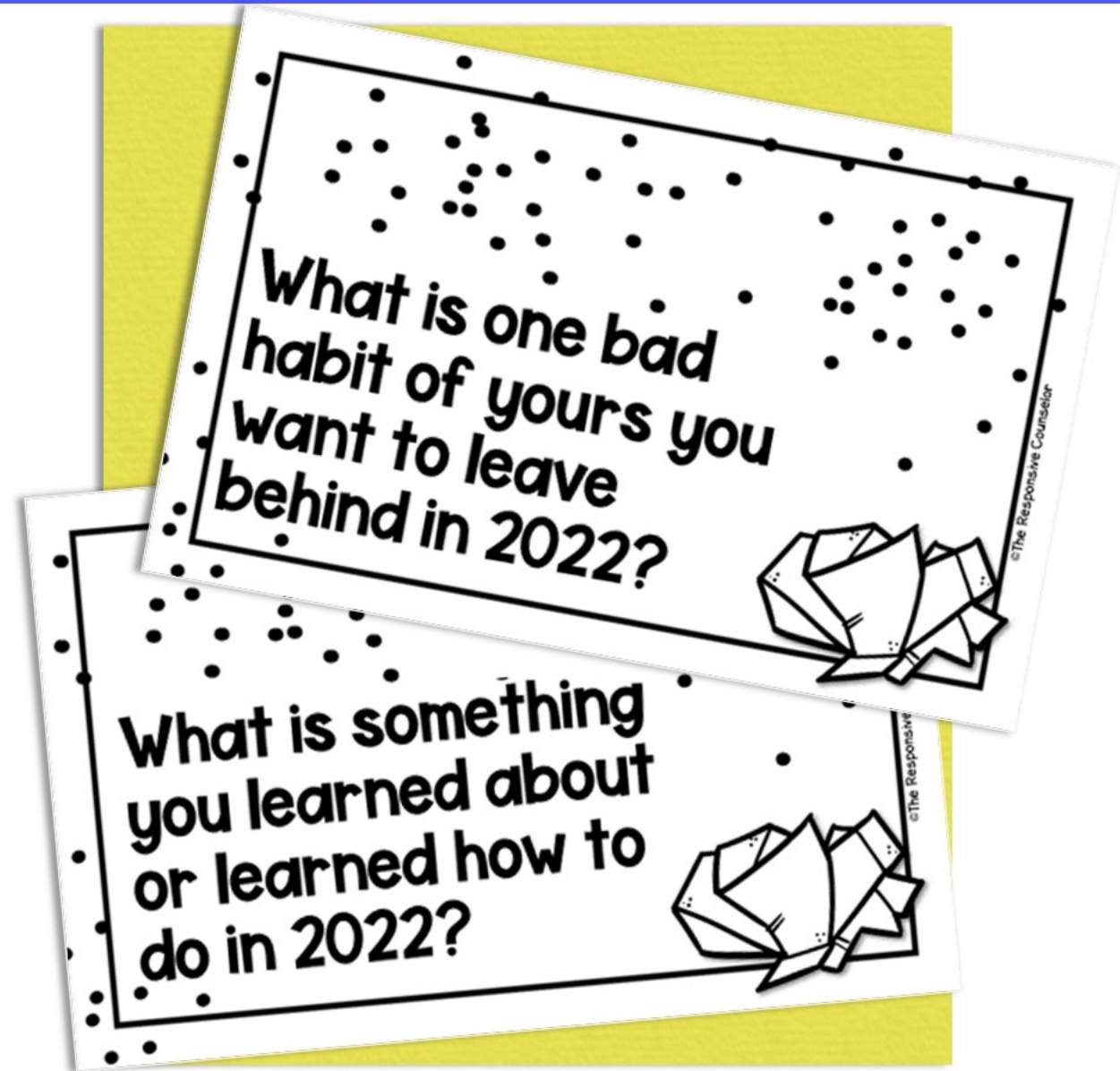
stand near or far from the chair
to show how much you agree



Engage and hook students at the very beginning with a few questions that activate their brains in the realm of looking forward and backward

processing + reflecting on 2022

Students play "Confetti Questions" – movement, sharing with classmates, and thinking about their experiences in 2022



looking forward hopefully to 2023

MY NEW YEAR'S RESOLUTION

Name: Example

Brainstorming time! What are some things you would like to change this year? What are some things you have control over that you would like to be different this year? Think about your learning, friendships, hobbies, life at home, etc. Think about the things you want to do more of, or be better at, or other goals to achieve.



- Read more books
- Get along with my brother more
- Get better at free throws in basketball

Pick one of those ideas above. Circle it, underline it, or star it!

What are some small things you can do to help make that happen? Action steps you can take that will help achieve the goal?

- Take a book in the car with me
- Quit my video games early so I can read before bed
- Ask the librarian to help me pick out books I'll actually like

©The Responsive Counselor

Now, put those together and write your resolution!
(Remember, keep it positive—write what you *will* do, not what you *won't* do).

This year, I will read at least one chapter book each month.

To do that, I will always carry a book with me, read before bed at night, and find books I'm interested in.

There's an idea that *visualizing* yourself achieving a goal can help you to actually do it. Sketch a picture below of yourself achieving your goal.



Four worksheets are included for students to create a resolution, pick a word of the year, identify what they want to do more and less of in 2023, or to think about how they'll take care of themselves in the new year

looking forward hopefully to 2023

MY WORD FOR 2023

Name: Example

Some people like to choose a word that they would like to be or a direction in the new year. On the back you write your words, or you can choose a word.

What is your word for 2023?

CREATIVITY

Why did you choose this word? I love

things but I don't really do it very much.

my word of the year because I think

What are some things that you will do

focused on your word? Draw instead

sometimes, and also try not to worry

"good" and instead just do it for the

MORE AND LESS COUNTDOWN

to do MORE Of in 2023:

at home

ster play with me

pack organized

to do LESS of in 2023:

my water bottle to school

last minute to do my homework

what other people think

to Say MORE in 2023:

rt my feelings. Please stop.

to Say LESS in 2023:

room!"

SELF CARE CONFETTI

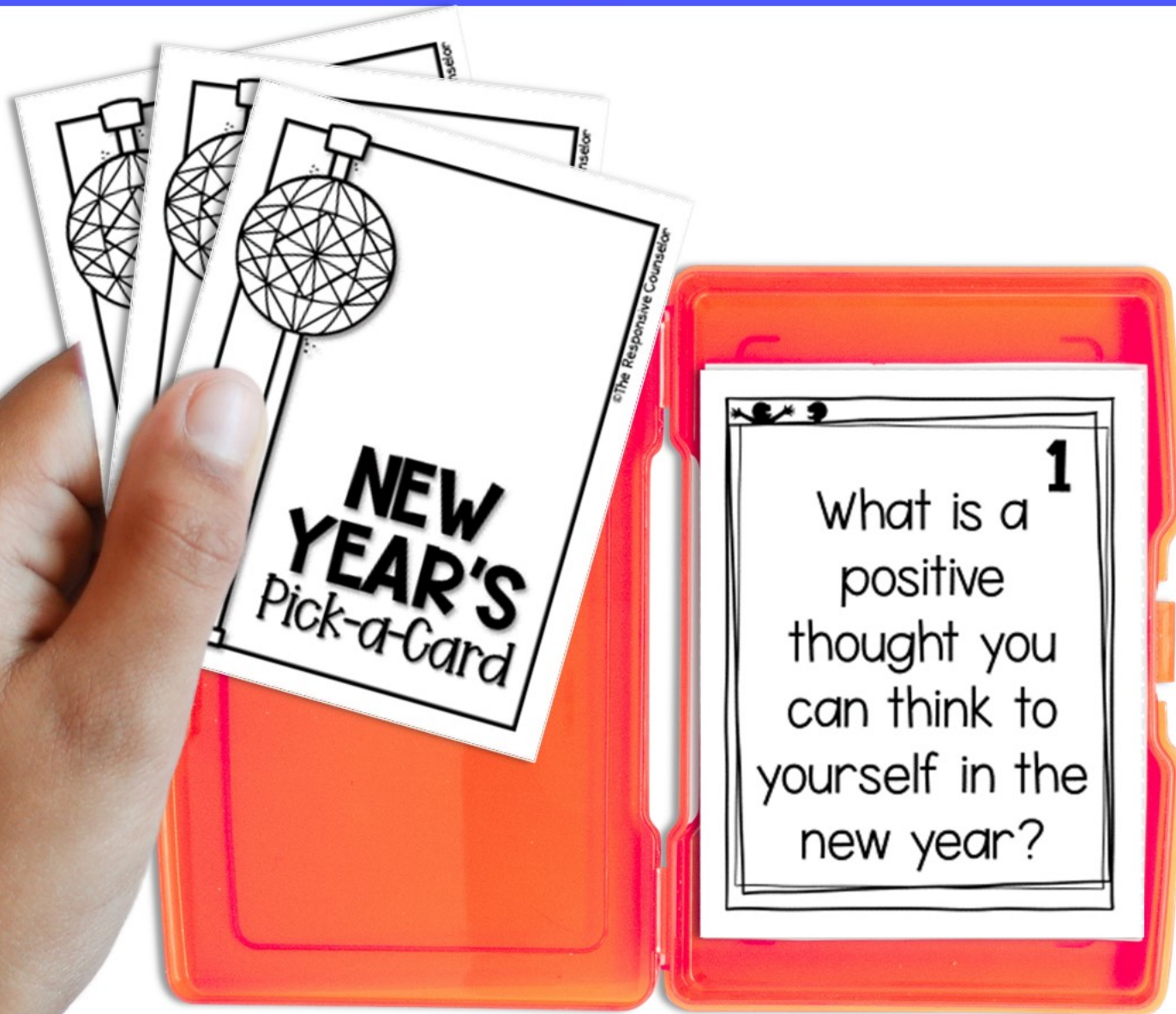
Name: _____

Color in the confetti of things that you will do to care for yourself this year. You can add your own ideas, too!



Four worksheets are included for students to create a resolution, pick a word of the year, identify what they want to do more and less of in 2023, or to think about how they'll take care of themselves in the new year

looking forward + backward



Have less time? Or just want to skip out on the energy of confetti questions and the sitting of worksheets? Use "Pick a Card!" instead to answer questions looking forward and backward!

written lesson plan

ASCA standards and CASEL competencies aligned

NEW YEAR'S SEL LESSON

Objective(s): Student reflect on the previous year, while also resetting for the new year.

ASCA Mindsets/Beliefs: Long and short-term goals.

CASEL Domains: Self-awareness, self-management, social skills, decision-making.

Additional Materials: None.

This resource has five parts:

- Opener: "Where I am now" (reflecting on last year)
- Activity "Confetti Qs" (looking forward)
- Choose which elements to use for your lesson.
- Have 60 minutes for worksheets, and
- Have 45 minutes to only do a few
- Have 30 minutes to do the rest.

***Prep according to necessary parts.

NEW YEAR'S SEL LESSON: 3-5

Where By the Chair

- "I'm going to read and discuss the slides and you're going to agree or disagree with the statements. Move *close* to the chair if you agree, the closer you are, the further you are if you disagree with it. Remember to maintain a respectful tone, stand, and don't interrupt."
- I am proud of...
- The 2022 year was...
- I went through...
- I want to...
- In 2023, I hope...
- screen...
- I am excited about...

Confetti Qs (cont.)

- Resolution: pick one, and write around it. For a completed...
- Word of the year: their theme that can apply that included
- More + Less Count: to do and say more completed worksheets ideas of what this
- Self-Care Confetti: can take care of themselves would be a good fit for included to add their

Pick-a-Card

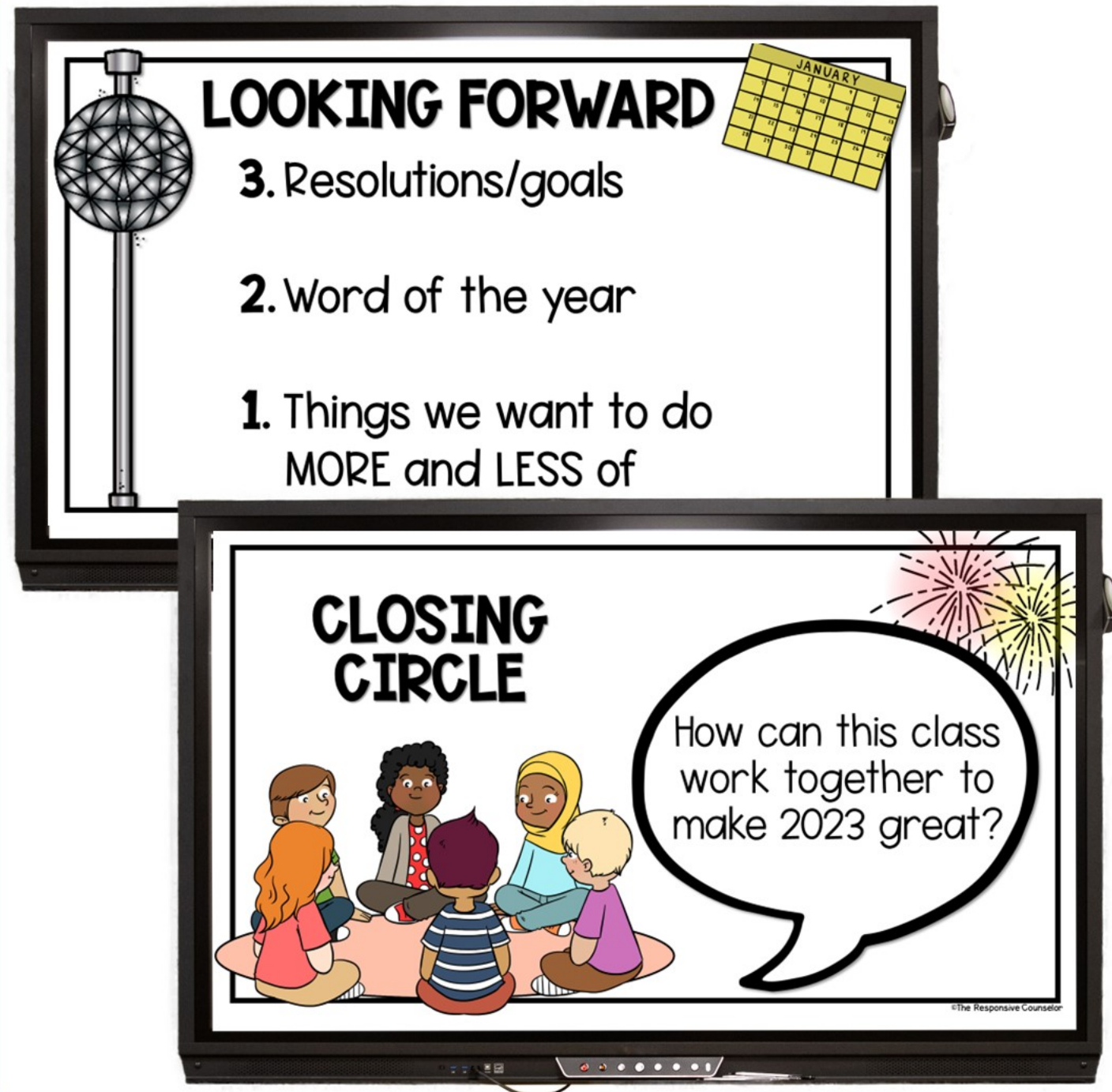
- Place students in groups of 4. If a group of 3 is needed, combine the 'fan' and 'respond' jobs.
- Students sit in a square with a job board placed between them.
- Students complete their jobs in order:
 - Person A fans the cards out and directs "Pick a card, any card!"
 - Person B picks a card and reads it aloud.
 - Person C answers the question.
 - Person D responds to Person C's answer ("Me too," "thank you for sharing," "My idea is...", etc.).
 - Put used question card in a discard pile.
- Rotate the jobs board (so everyone has a new job) and continue until all questions have been answered.

Closing Circle

- Gather students in a circle. Going around the circle, give each student a chance to answer or pass. Ask one or more of the following questions:
 - What person, place, thing, or memory are you most grateful for from 2022?
 - What is something good from 2022 you hope to take into 2023?
 - What is one big hope or goal you have for 2023?
 - How can this class work together to make 2023 a great year?

Comprehensive lesson plan including objectives, + activity directions

- no additional materials needed (other than writing utensils)
- use the slideshow to guide the lesson, or go completely tech-free
- example completed worksheets included for the three that include writing



LOOKING FORWARD

3. Resolutions/goals

2. Word of the year

1. Things we want to do
MORE and LESS of

CLOSING CIRCLE

How can this class work together to make 2023 great?

©The Responsive Counselor

The image shows a digital display with two slides. The top slide is titled 'LOOKING FORWARD' and features a list of three activities: '3. Resolutions/goals', '2. Word of the year', and '1. Things we want to do MORE and LESS of'. To the left of the text is a globe on a stand, and to the right is a yellow calendar for the month of 'JANUARY'. The bottom slide is titled 'CLOSING CIRCLE' and shows an illustration of five diverse children sitting in a circle on a pink rug. A large speech bubble to the right of the children contains the text 'How can this class work together to make 2023 great?'. In the top right corner of the slide, there are colorful fireworks. A small copyright notice '©The Responsive Counselor' is visible in the bottom right corner of the slide.

Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling & Mental Health

Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!

Let's Connect:

