

EVERYDAY HEROES CLASSROOM GUIDANCE UNIT

LESSON 1: INTRODUCTION

LET'S HAVE A SUPER YEAR!

OBJECTIVES:

- Student group will create list of "everyday hero" character traits
- Student will create super hero masks

OUTLINE:

- **Welcome:** Welcome students back to school! Reintroduce self for students who did not attend school previous year. "I am (name), and I am the school counselor!" Ask students to explain what the SC does and provide clarity where necessary. "I am here to help you! If you're having a hard time with something, having hard feelings, going through something at home or at school, and even if you want to celebrate something or share good times, I am here to listen!"
- **Discuss:** Ask students to name some of their favorite super heroes. (Allow responses with hand raises) "What are some of the things that make these super heroes super?" Write responses on chart paper. "Today we're going to talk about "everyday heroes." An everyday hero is someone who doesn't have any special superpowers, but they do amazing things in everyday life to make their school and community a great place!"
- **Read:** "Let's read a story about a couple of "everyday heroes." As I read, think about the things they are doing to be "everyday heroes."
- **Review:** "What did these everyday heroes do to make their community a better place" (encourage others, helping others, inviting/including others, showing respect)
- **Explain:** This year, students are going to be "everyday heroes" in first grade, especially for the younger Kindergarteners who are new to school just like they were last year. "What are some of the things that you can do this year to be an 'everyday hero' at school?" Write responses on another piece of chart paper. (Possible answers include: help younger kids in the lunchroom, show people where things are in the building, set a good example in the hallway, help keep the playground safe at recess, etc.) Praise students for their great ideas! "These are all wonderful ideas for ways that you can be an everyday hero for our school."
- **Activity:** Show students super hero mask exemplar (or create your own). Explain that students will now get the chance to make their own everyday hero super hero mask. On the masks, students will write or draw ways they can be everyday heroes. Circulate room and provide students tape for attaching dowel rod/straws to mask so that students can hold mask up to face like a masquerade mask. You may choose to take individual pictures of students with masks to hang in hallway or on bulletin board. While they work, students should think of their own "everyday hero" names.
- **Share:** Have students in a circle. One at a time, students will share their mask and their "everyday hero" name.
- **Wrap-up:** When students are finished, have all students hold mask up to face and say together, "Let's have a super year!" Thank students for their great work today and encourage them to look for ways to be everyday heroes this week.

MATERIALS:

- Everyday Hero story (PPT or PDF)
- Super Hero mask printables
- Super hero mask exemplar
- Small dowel rods, craft sticks, straws, or similar
- Scissors
- Tape
- Colored pencils, markers, crayons
- Chart paper
- Session objectives assessment checklist

ASCA STANDARDS ALIGNMENT:

- **Mindsets:** sense of belonging in school environment
- **Mindsets:** Positive attitude toward work and learning
- **Behavior:** Learning Strategies: Demonstrate creativity