Counselor Name: James Bierma  
Title of Lesson: Adaptation of "Be Helpful"

School: Saint Paul Public Schools  
Quarter: 3rd

Audience: ☒ Classroom  ☐ Small Group
Level: ☒ Primary (K-2)  ☐ Intermediate (3-5)
Target Grade: Kindergarten

COUNSELING STANDARDS

ACADEMIC
1. Students will acquire attitudes, knowledge and skills that contribute to effective learning in school and across the life span. ☐
2. Students will complete school with academic preparation essential to choose from a wide range of substantial post-secondary options, including college. ☐
3. Students will understand the relationship of academics to the world of work and to life at home and in the community. ☐

CAREER
4. Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions. ☐
5. Students will employ strategies to achieve future career goals with success and satisfaction. ☐
6. Students will understand the relationships between personal qualities, education, training and the world of work. ☒

PERSONAL/SOCIAL
7. Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others. ☐
8. Students will make decisions, set goals, and take necessary action to achieve goals. ☐
9. Students will understand safety and survival skills. ☐

COUNSELING COMPETENCY(IES)
.Identify jobs within the classroom.

ARIZONA STANDARDS FOR:
Reading:
Writing:
Math:

MATERIALS/RESOURCES:
Chalk board
Markers
Berenstein Bears: Lend a Helping Hand

ACTIVITY:
Ask the class: What does the word helpful mean; what is something you have done to be helpful; how did the person feel when you
helped them; how did you feel when you helped them?

Read, *Lend a Helping Hand*. Have the students draw a picture of students being helpful in the classroom. Create a list of classroom jobs from the pictures that have been generated by the students.

**EVALUATION:**

**Pretest/Postest:** Ask the students to list jobs within the classroom.

*How did the student change as a result of this lesson?* The students will develop a greater understanding of how their personal contribution to the classroom is important to them and to their community.

**Information/Comments/Follow-up:**

REVISED 07/13/04