

o MUSIC city COUNSELOR

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o

www.musiccitycounselor.com

ASCA Mindsets & Behaviors:

Category 1: Mindset Standards

- M 1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being.
- M 2: Sense of acceptance, respect, support, and inclusion for self and others in the school environment.

Category 2: Behavior Standards

- B-SMS 1: Responsibility for self and actions.
- B-SMS 2: Demonstrate self-discipline and self-control.
- B-SS 2: Create positive and supportive relationships with other students.
- B-SS 9: Demonstrate social maturity and behaviors appropriate to the situation and environment.

DIRECTIONS:

This lesson will take approximately 30 minutes to complete.

1. Review the instructional posters that teach students about "Hero Choices" and "Zero Choices." Hero Choices are safe, helpful, and kind. Zero Choices are unsafe, unhelpful, and unkind.
2. Play the behavior sorting game with students.
3. Complete any of the included coloring pages or worksheets with students.
4. Give the certificate to students who are "caught making Hero Choices."

Sorting Game:

Full color and black/white materials are included for you so please print the pages that best match your printing needs!

First, please print the sorting mat and behavior cards. Please cut out the behavior cards.

If you are using this activity with a large group of students, I recommend displaying it on a document camera/projector so the whole class can see it.

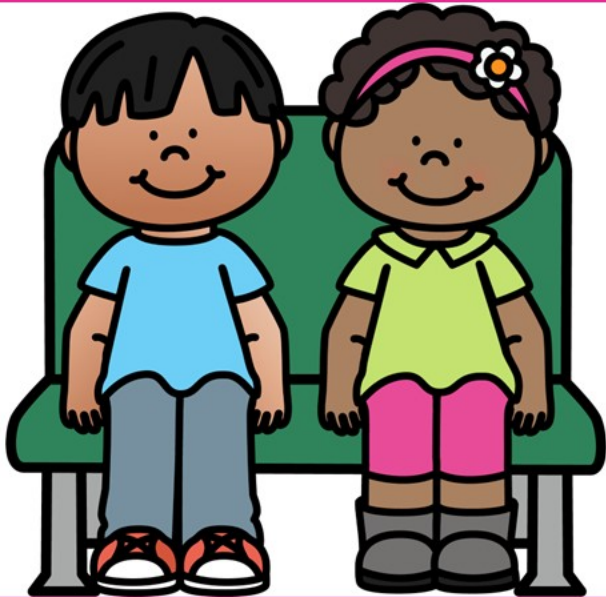
48 scenario cards are included so in a standard elementary class you have enough cards for each child to have multiple turns.

If playing with a whole class of students, I like to have students take turns coming up to the front of the room, choosing a behavior card, and showing it to the class. I suggest displaying their card on the document camera so everyone can see it. Then, I ask the child to explain what they think is happening on the card. Then, the child places the card on the "Hero Choice" side of the mat if the scenario shows a positive behavior, OR on the "Zero Choice" side if the scenario shows a negative behavior. I like to process each behavior with my students and talk through why it is a Zero Choice or a Hero Choice. If it's a Zero Choice, we discuss what the student could do better next time.

If playing with a small group or individual student, the activity can be played the same way, without the need for the document camera.

Posters

HERO CHOICES



SAFE



HELPFUL



KIND



ZERO CHOICES



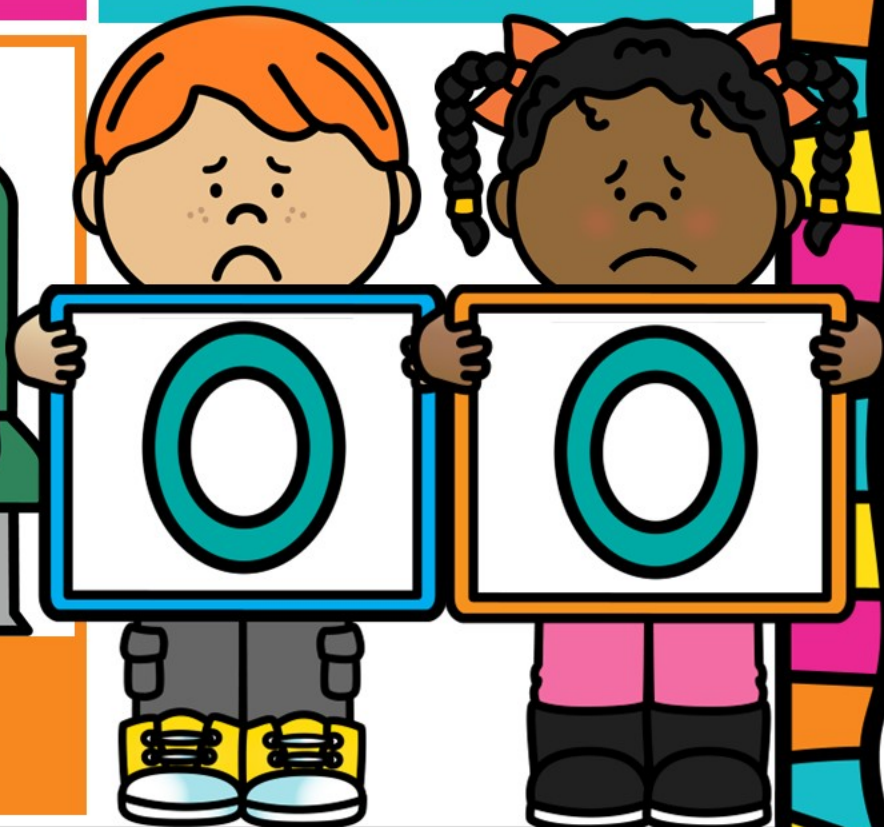
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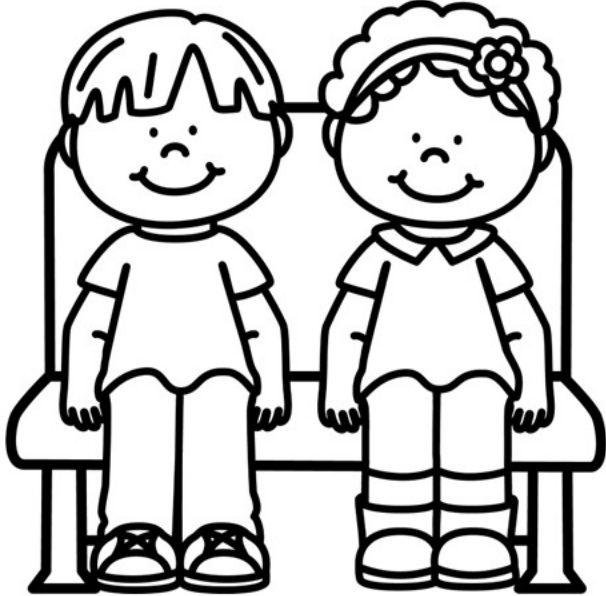
UNHELPFUL



UNKIND



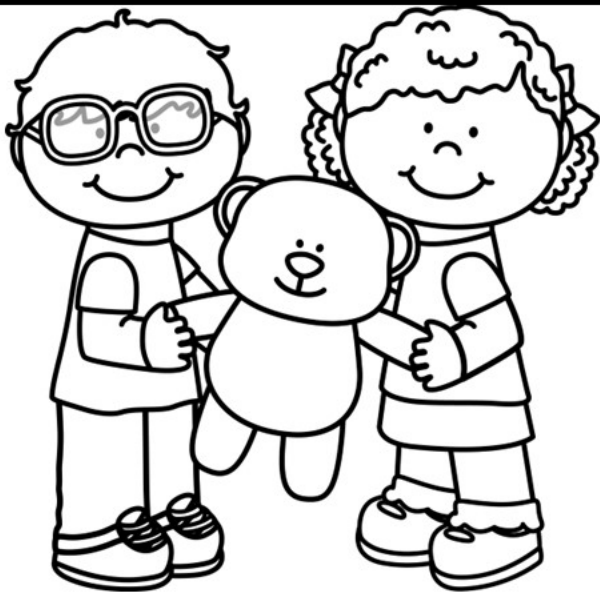
HERO CHOICES



SAFE



HELPFUL



KIND



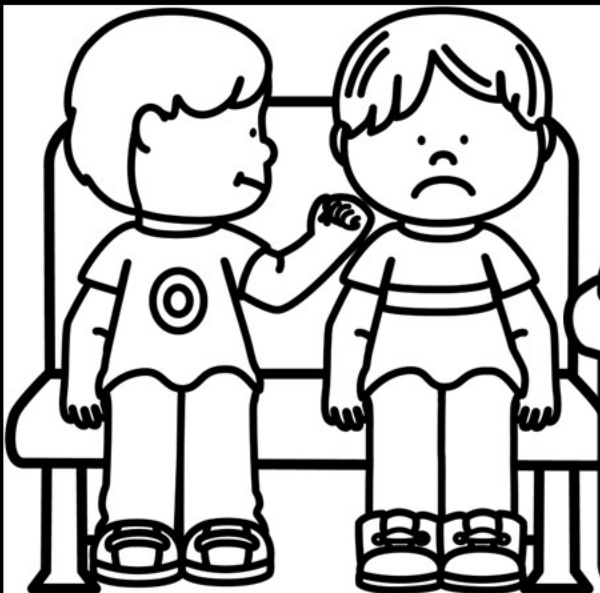
ZERO CHOICES



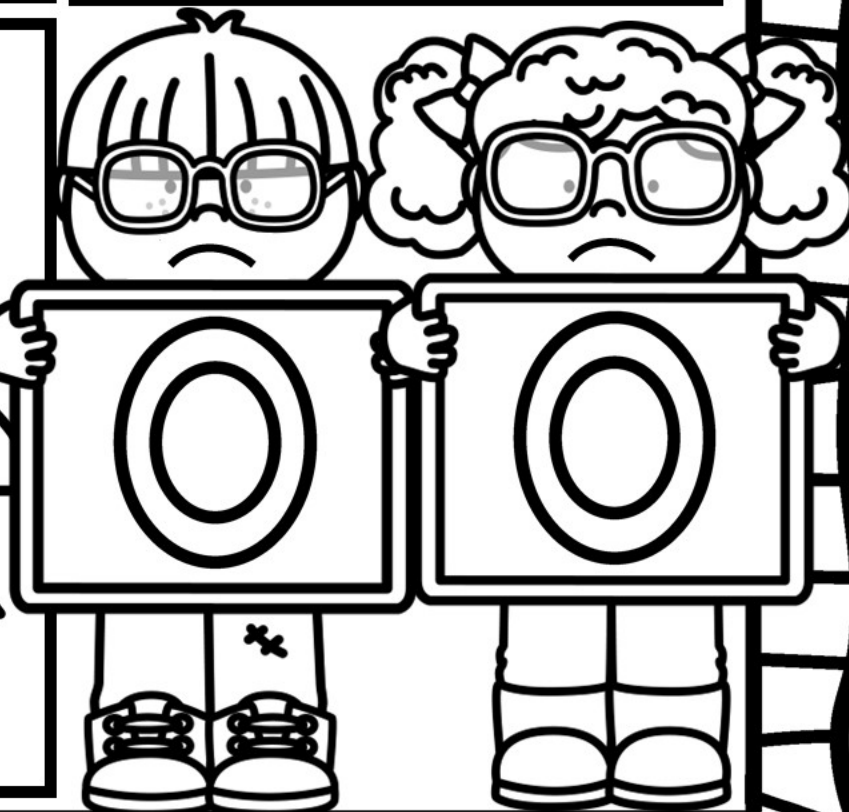
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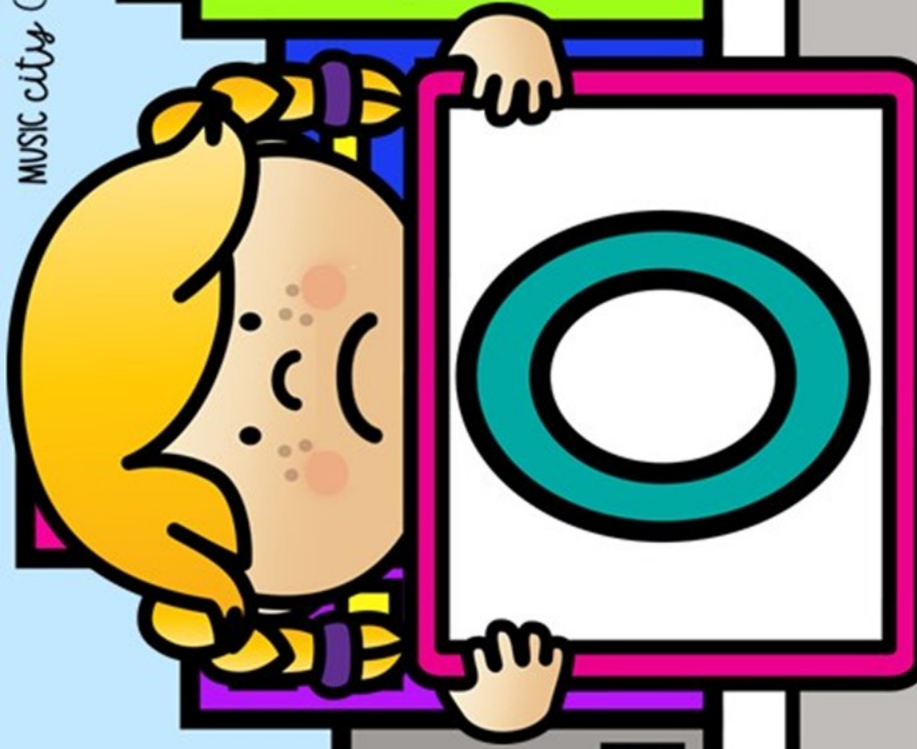
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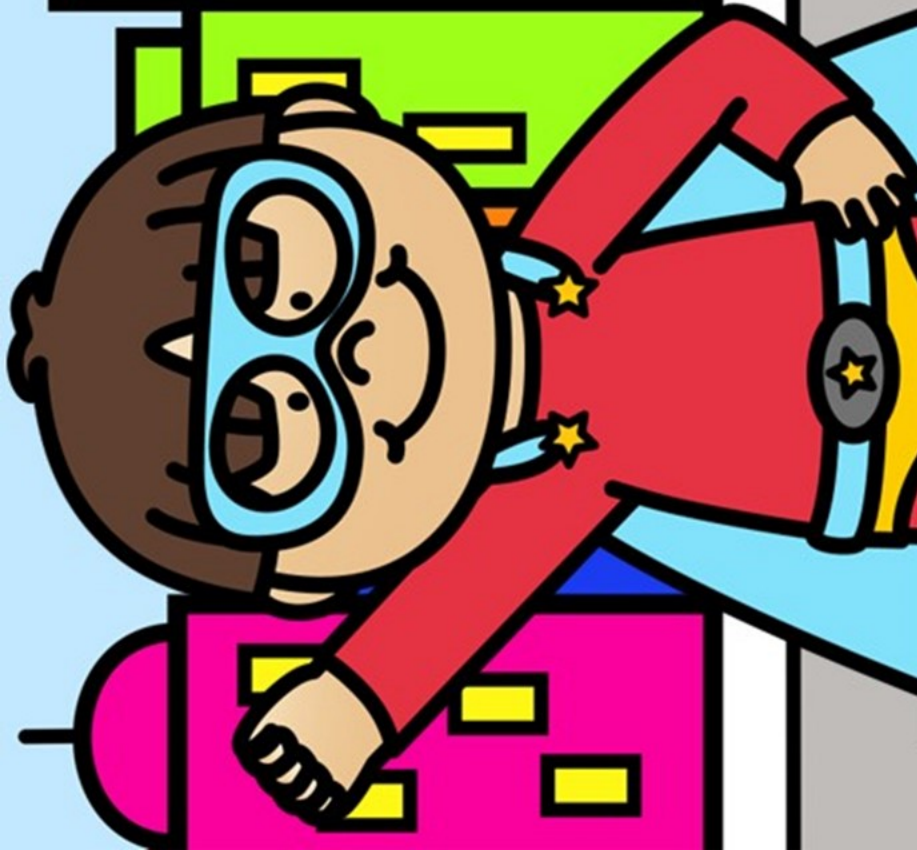
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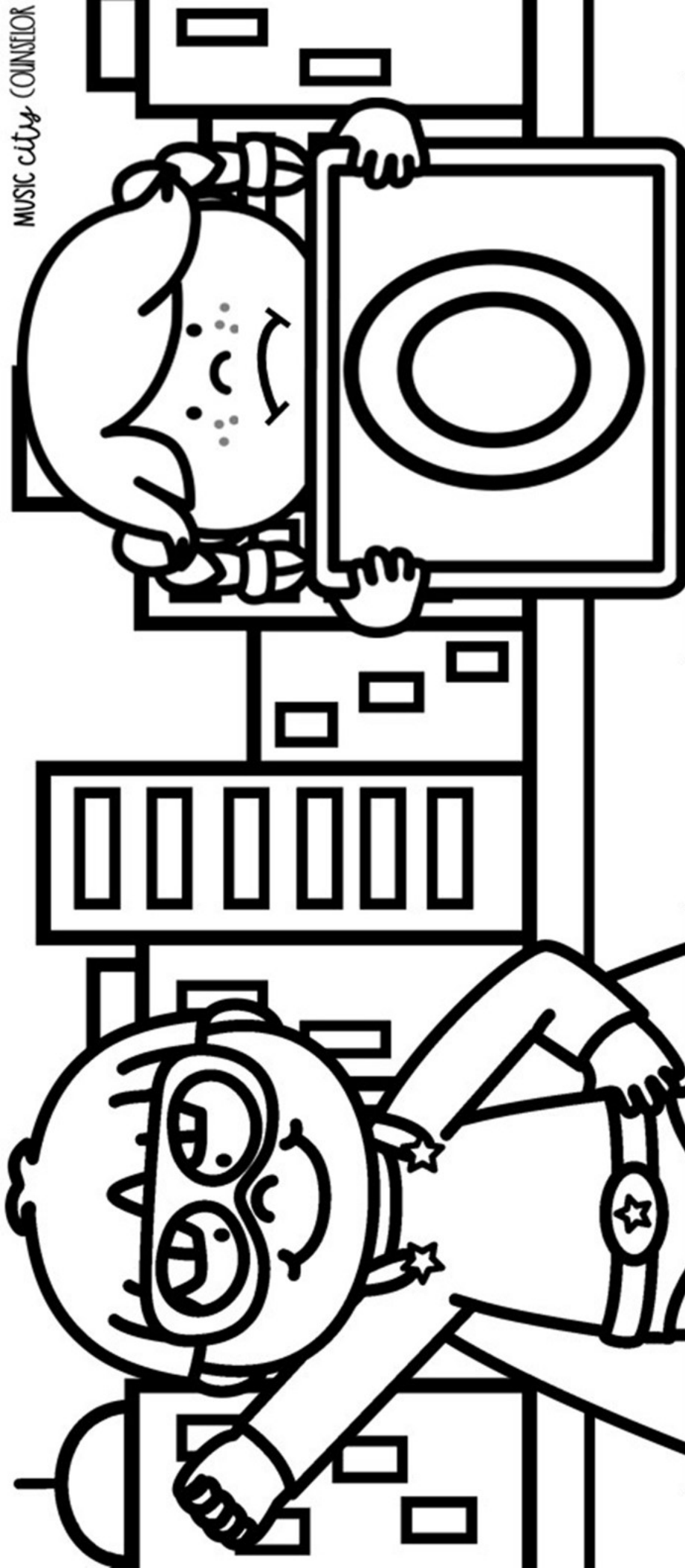


Sorting Mat



OR



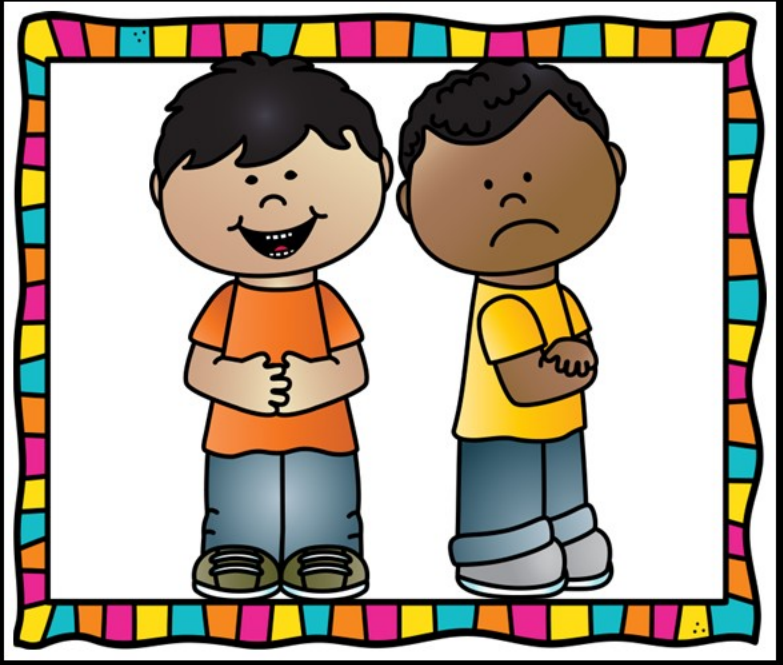


**HERO
CHOICE**

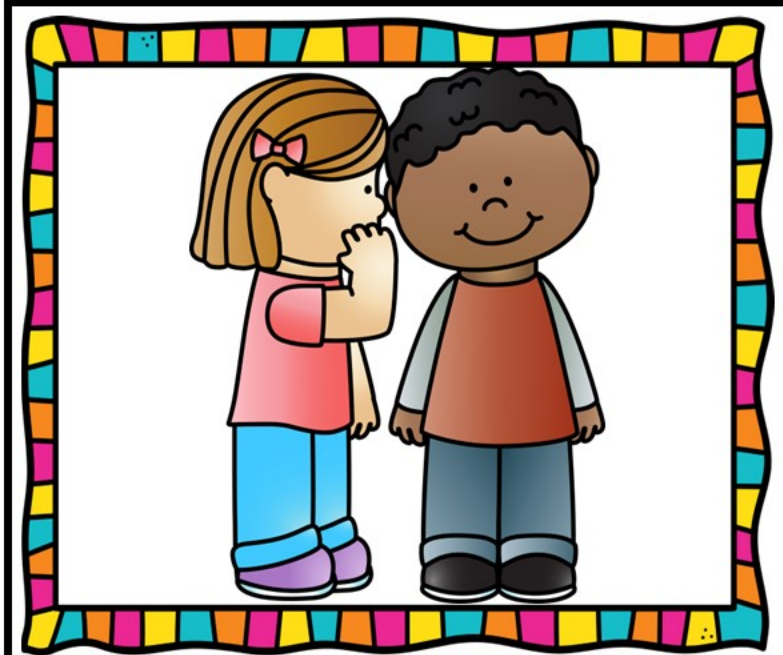
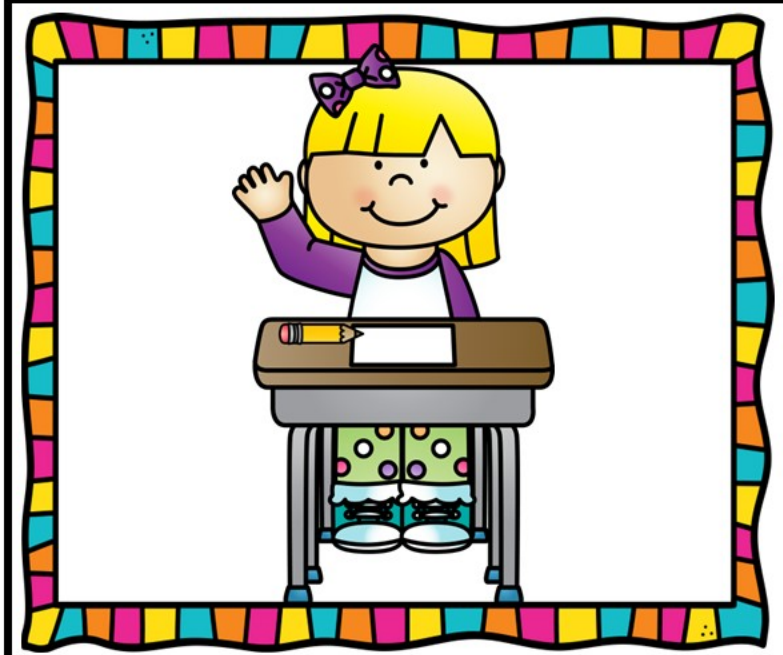
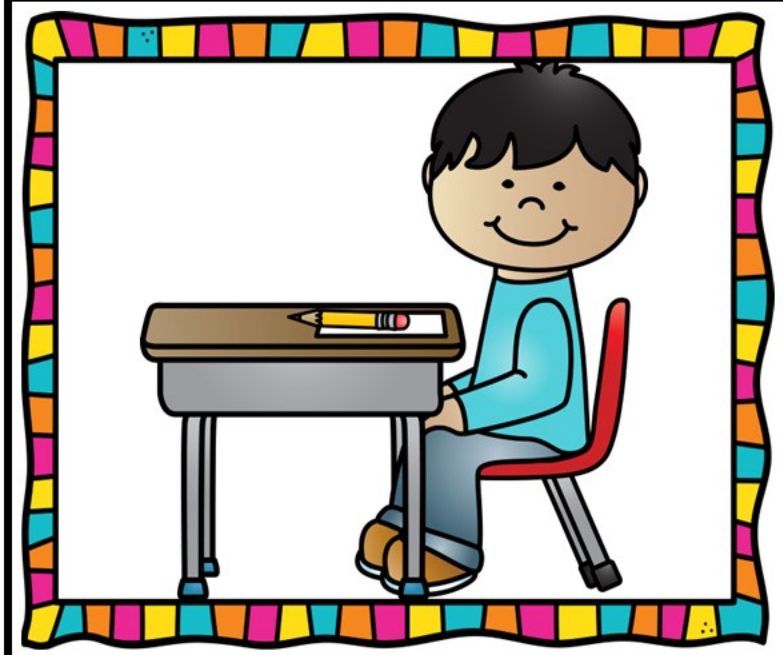
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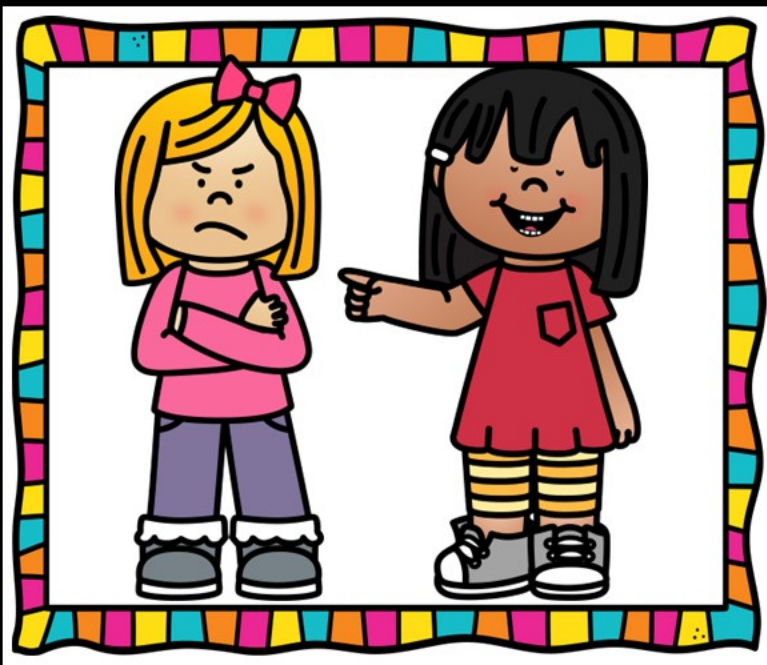
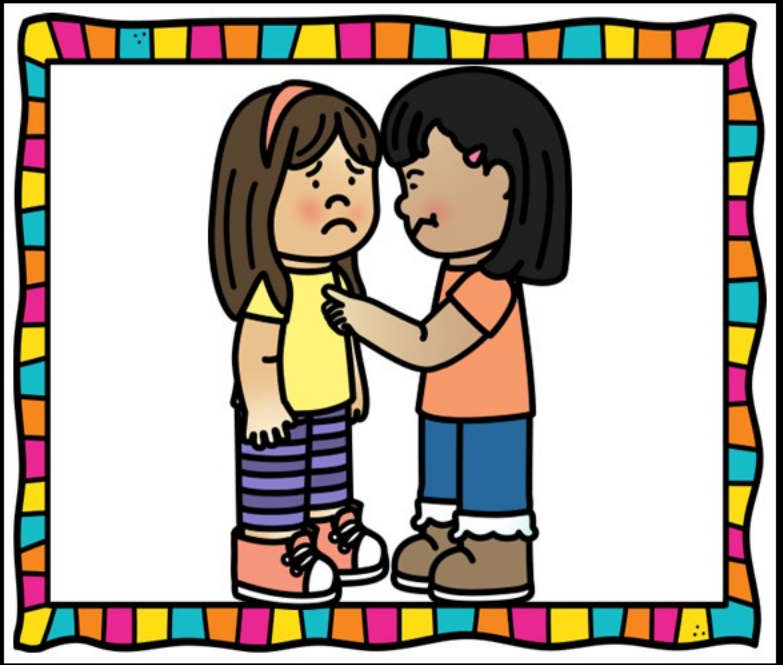
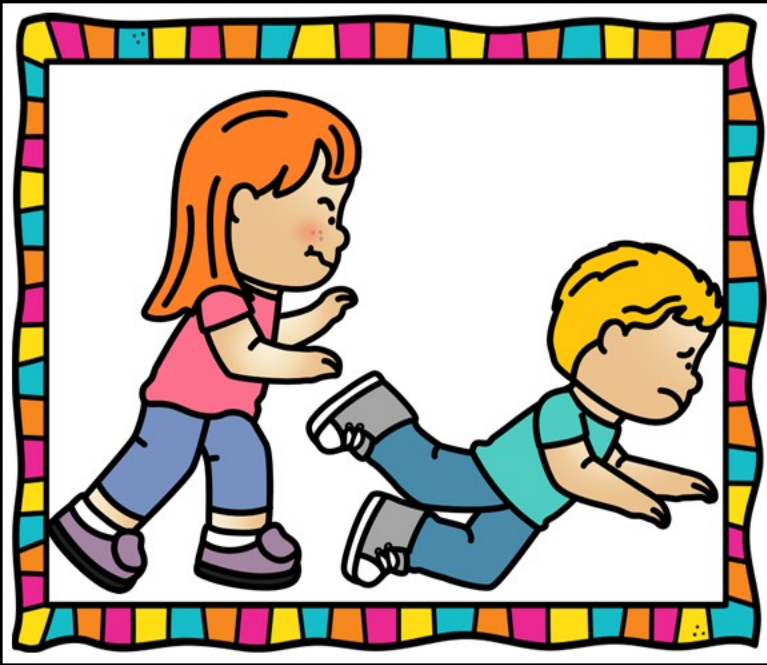
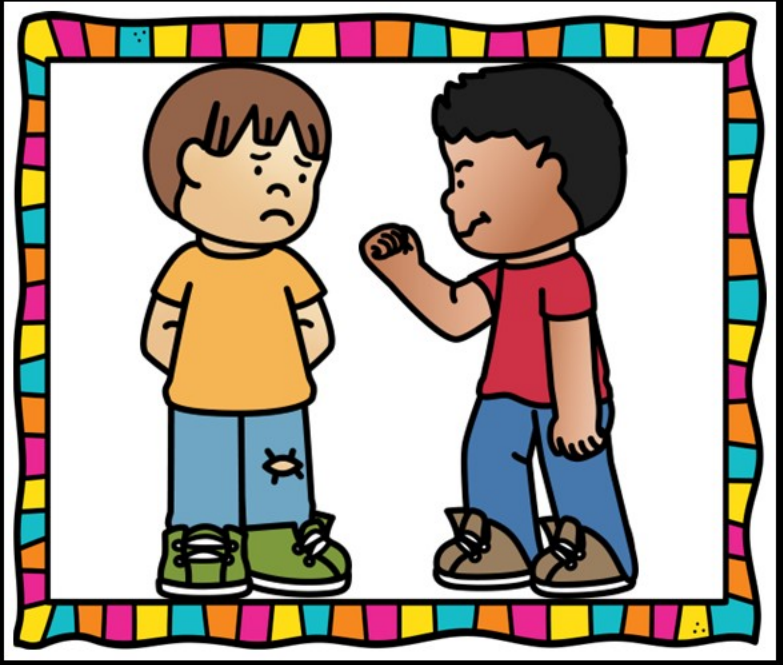
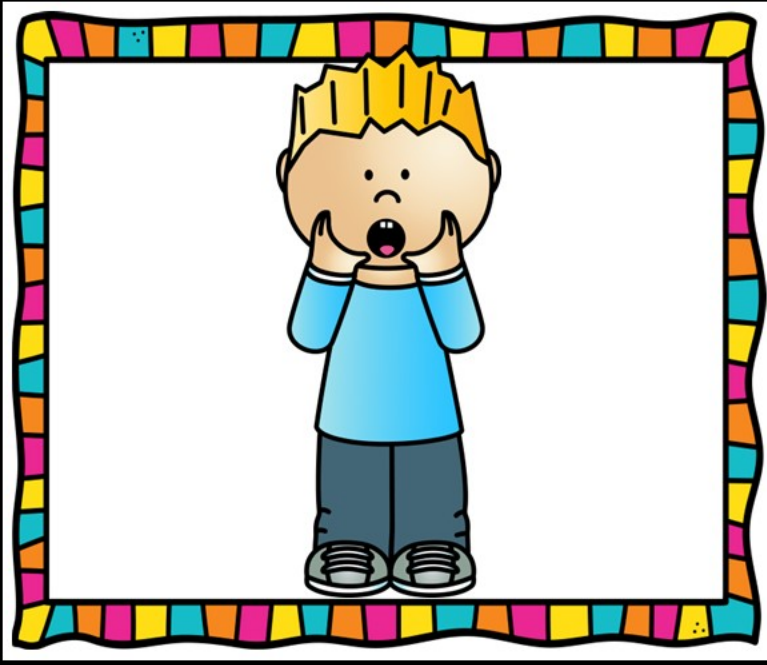
**ZERO
CHOICE**

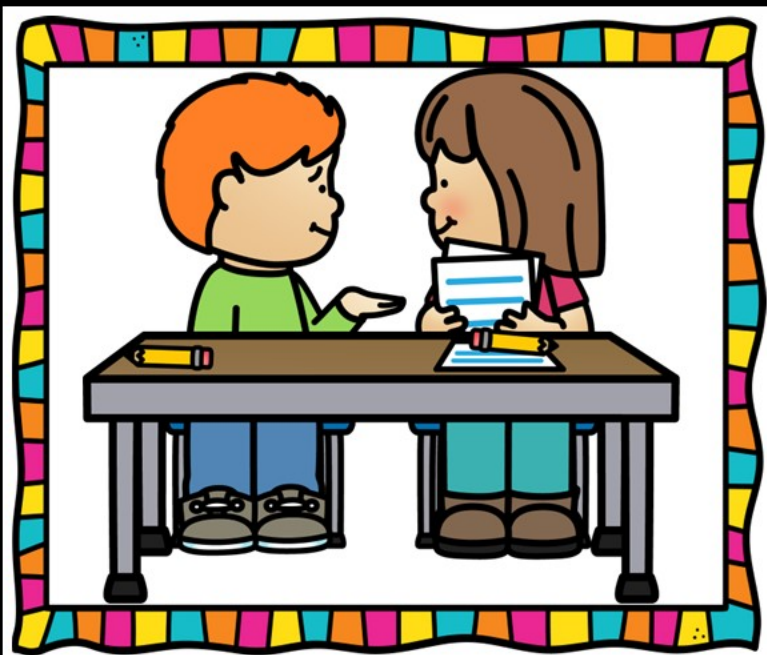
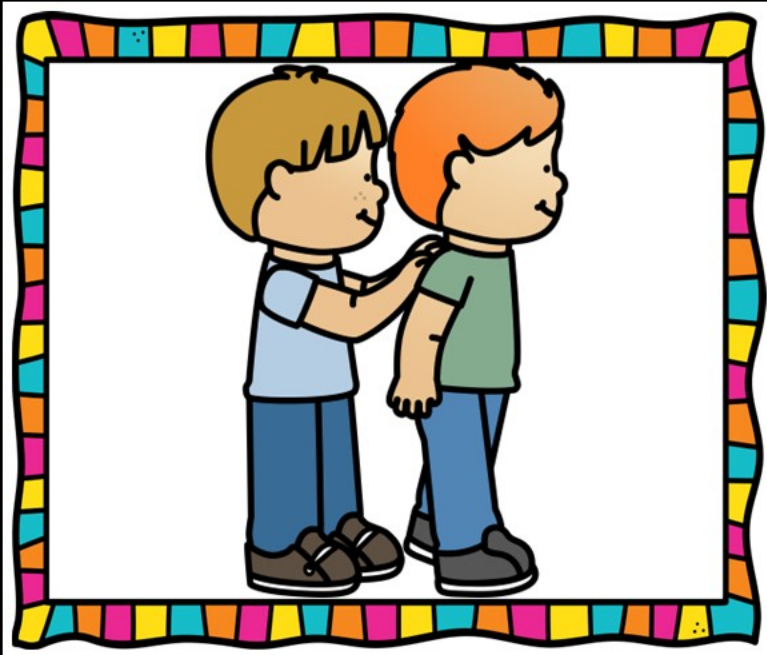
Sorting Cards

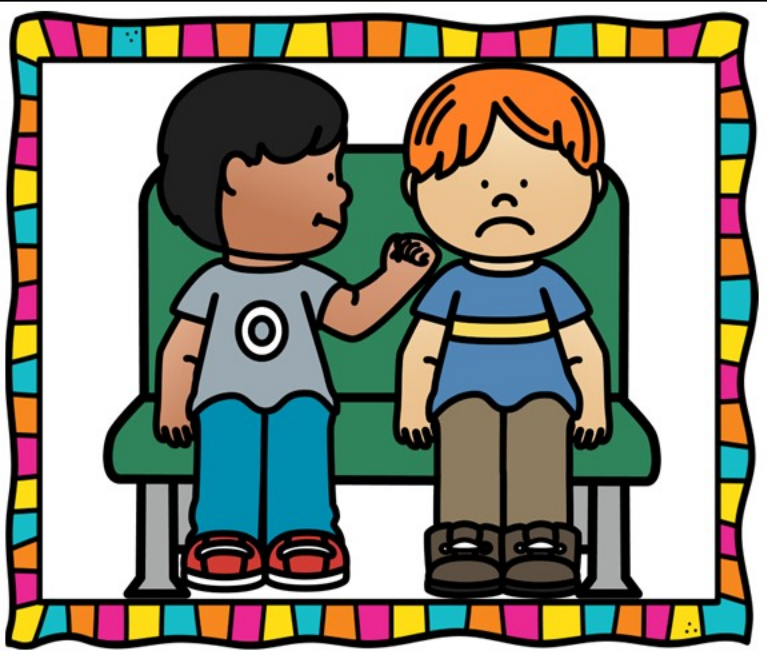


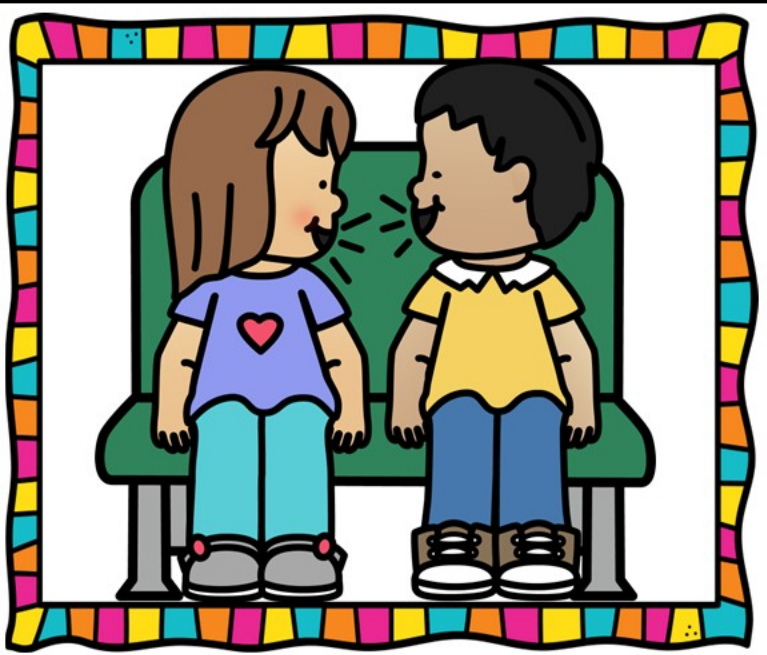
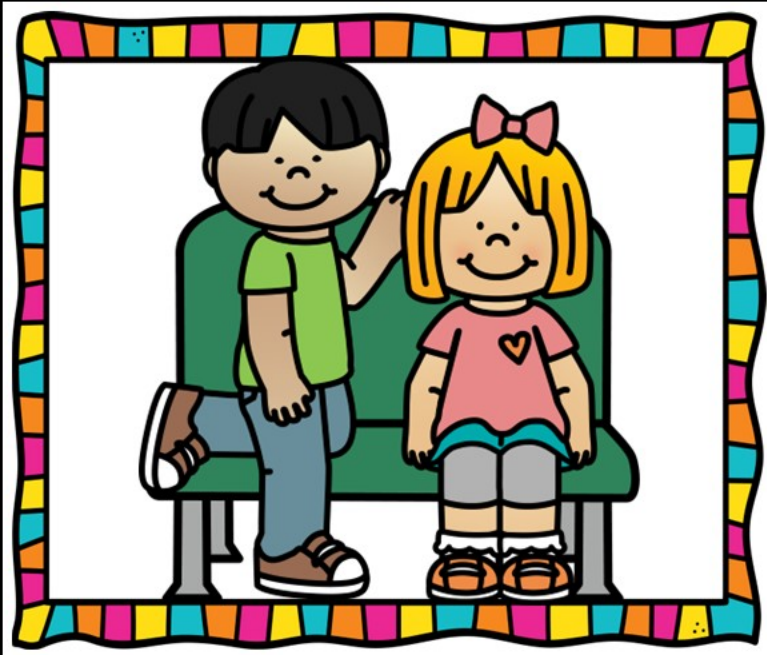


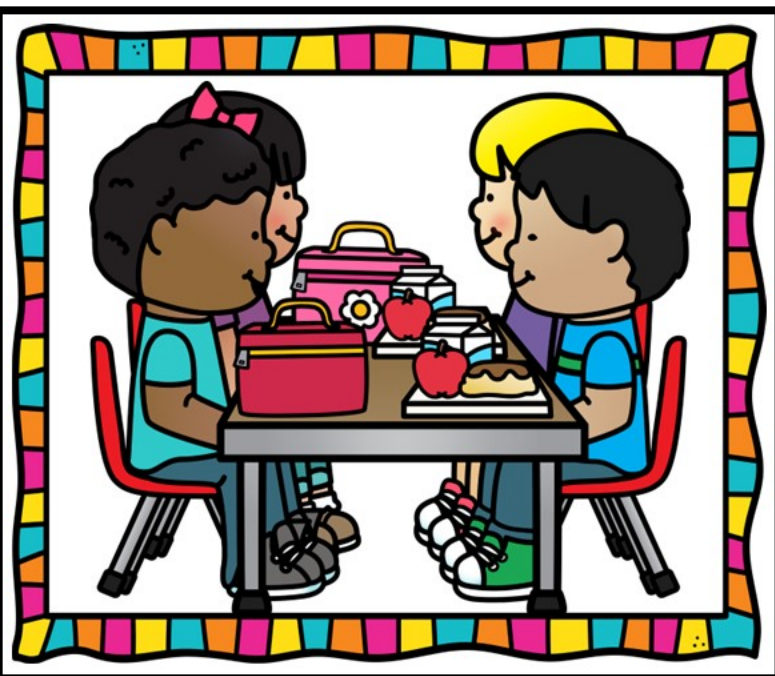


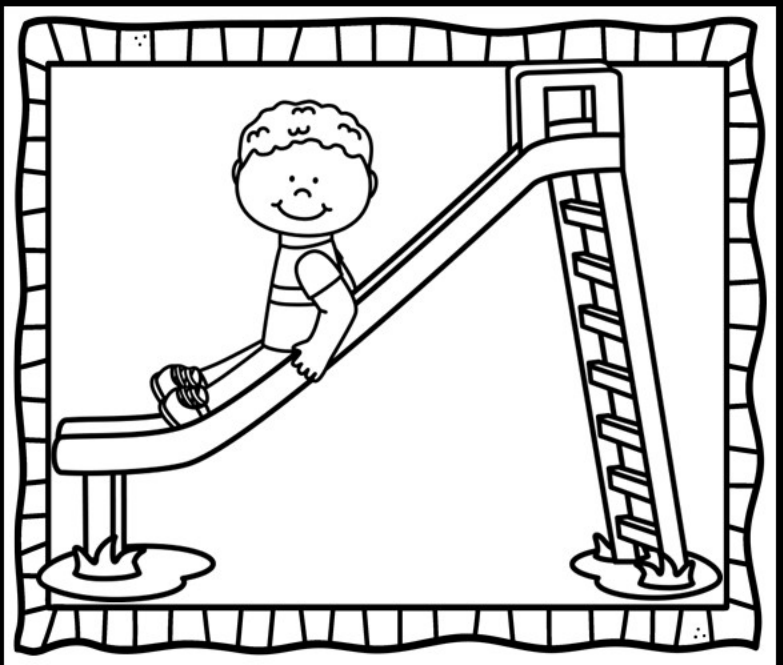
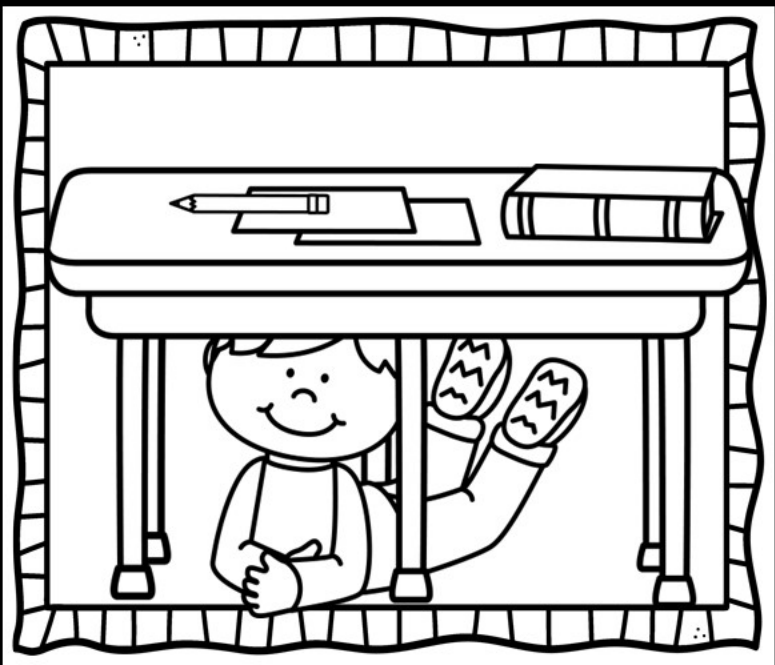
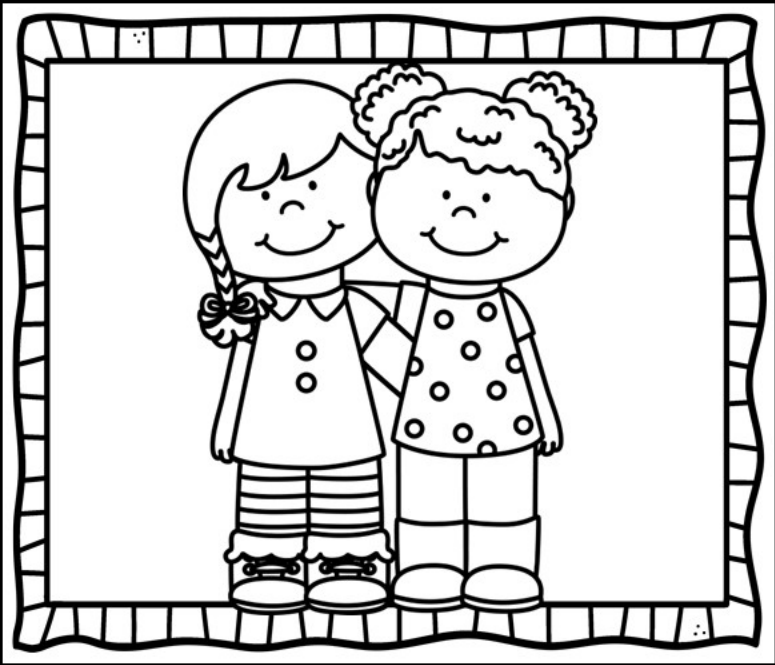
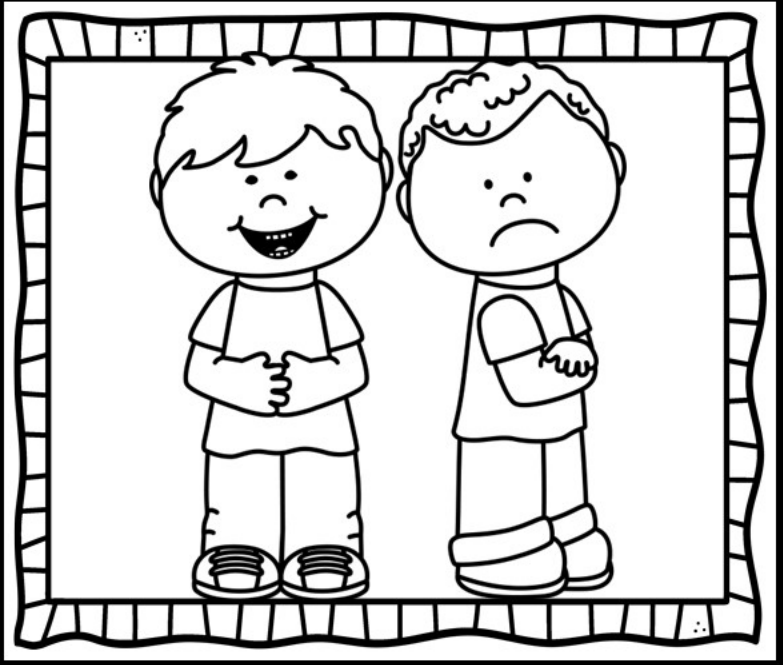
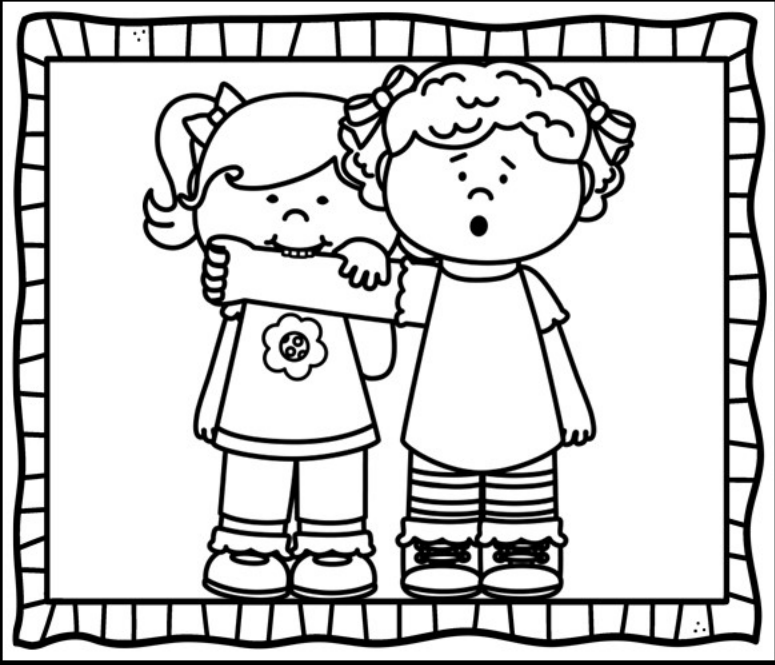


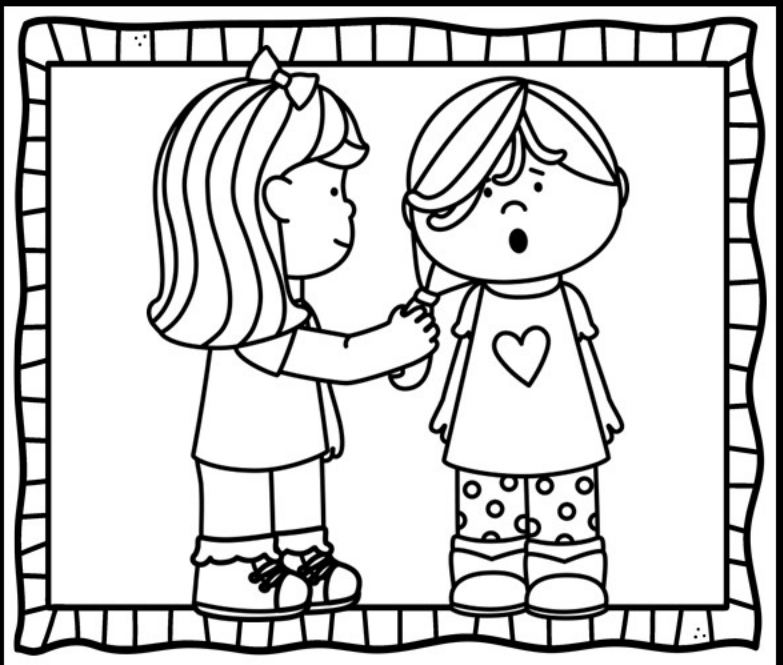
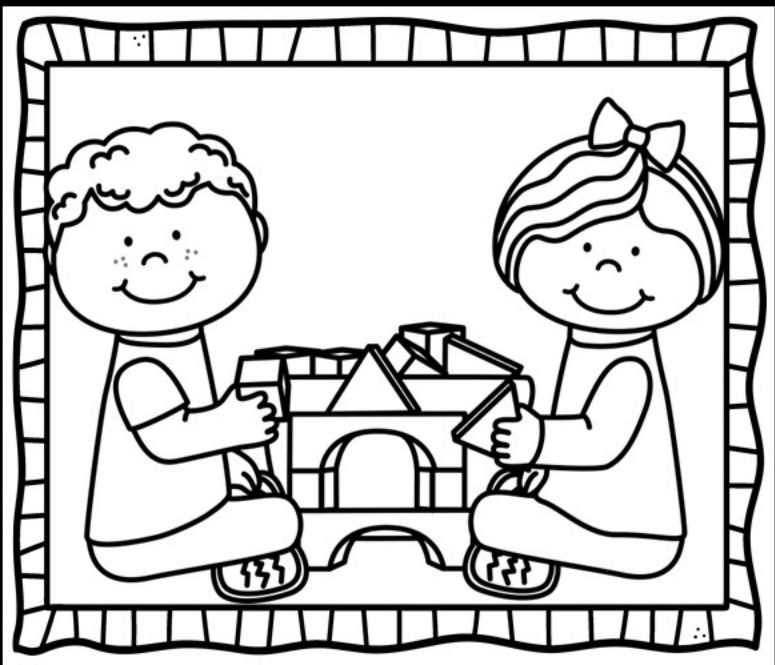
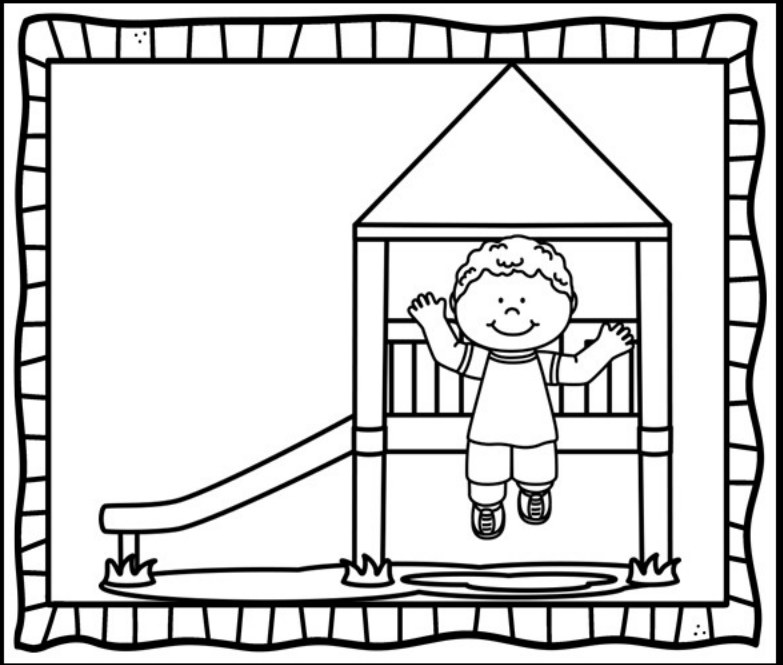
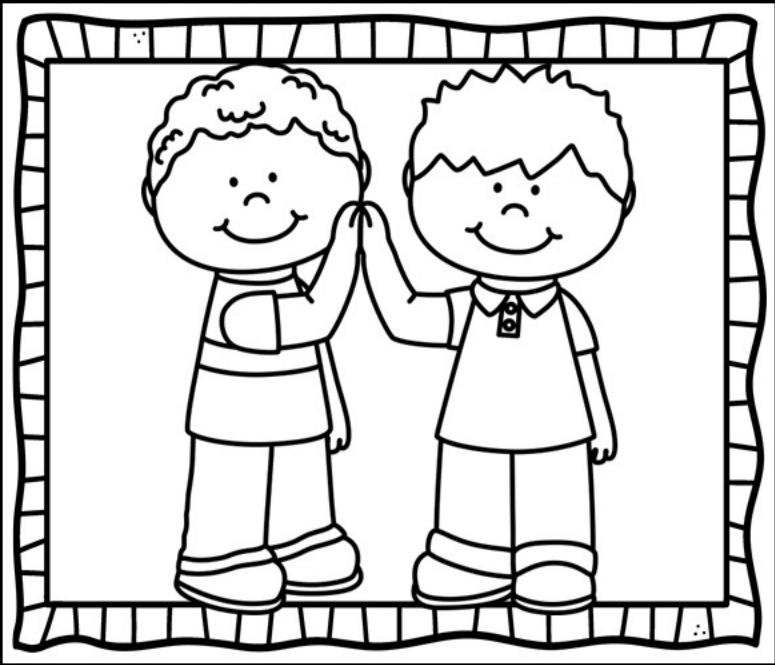
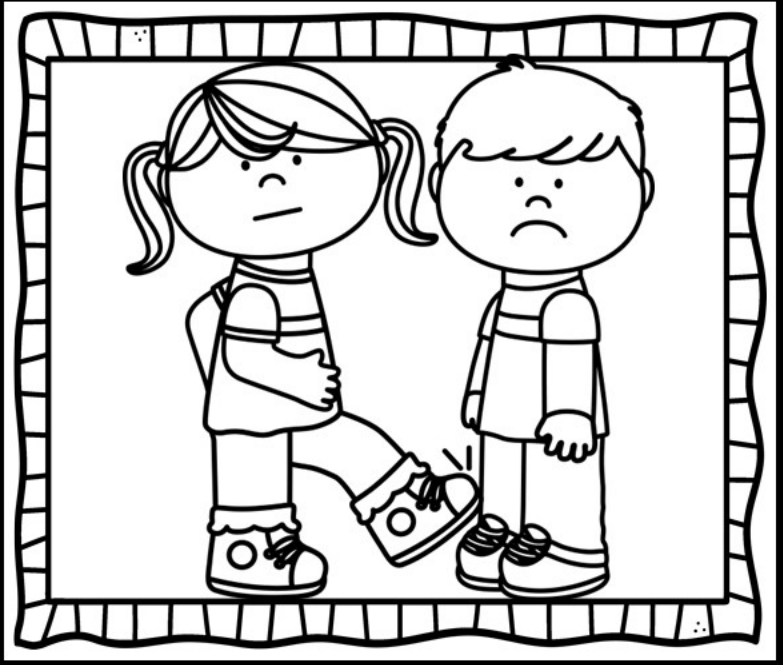
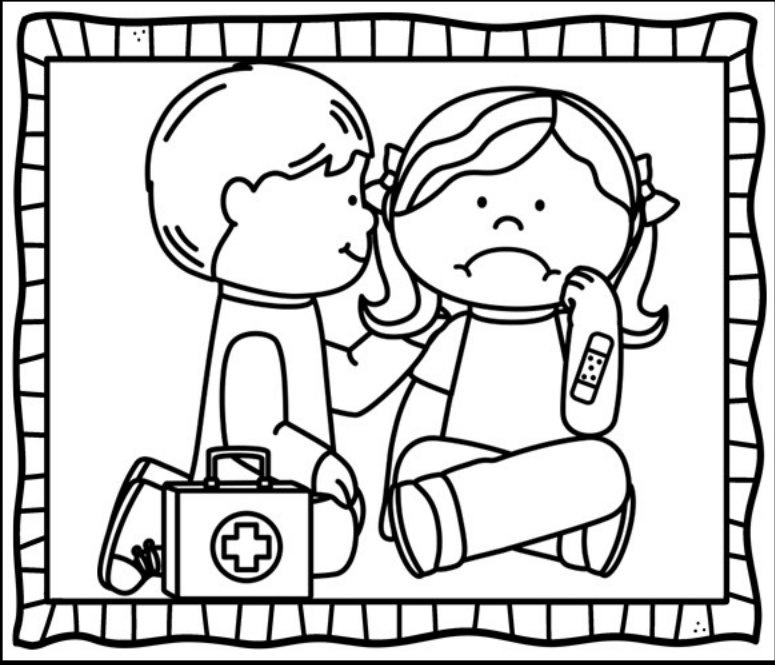


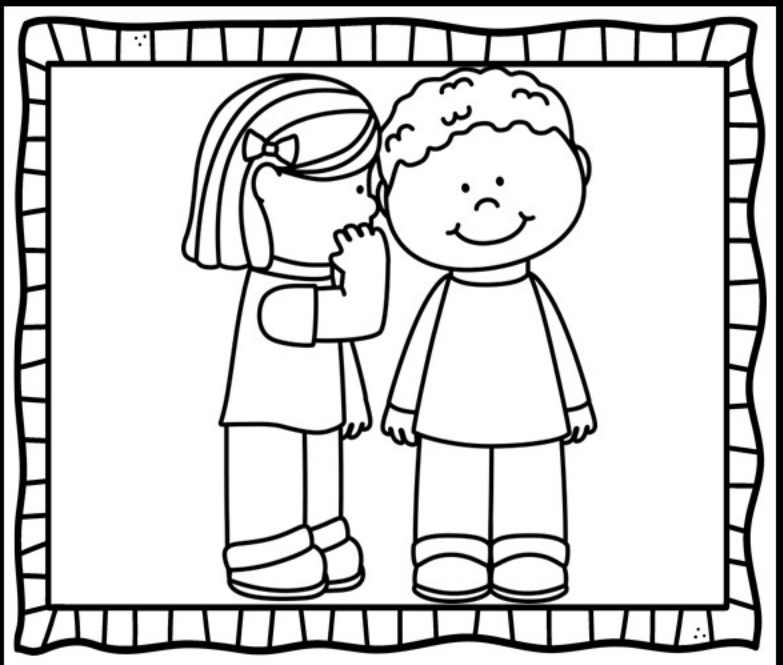
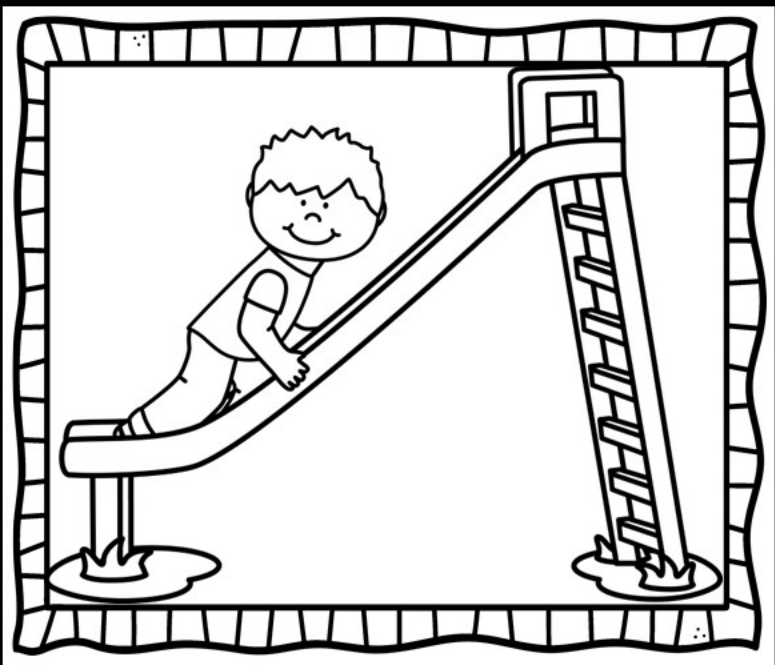
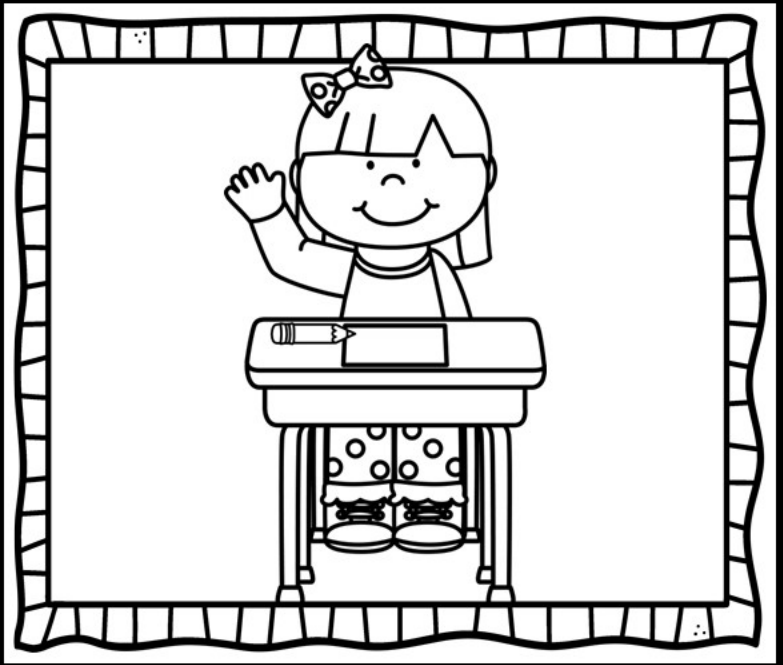
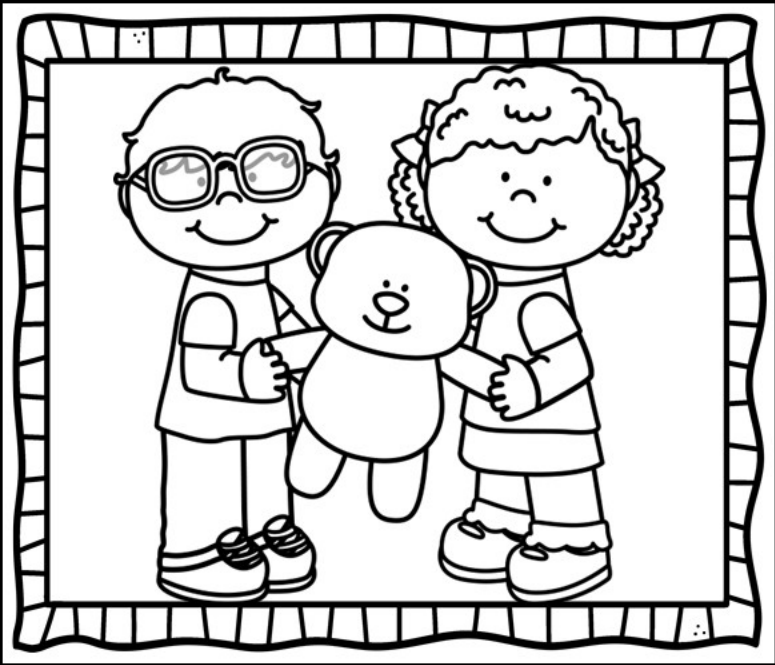
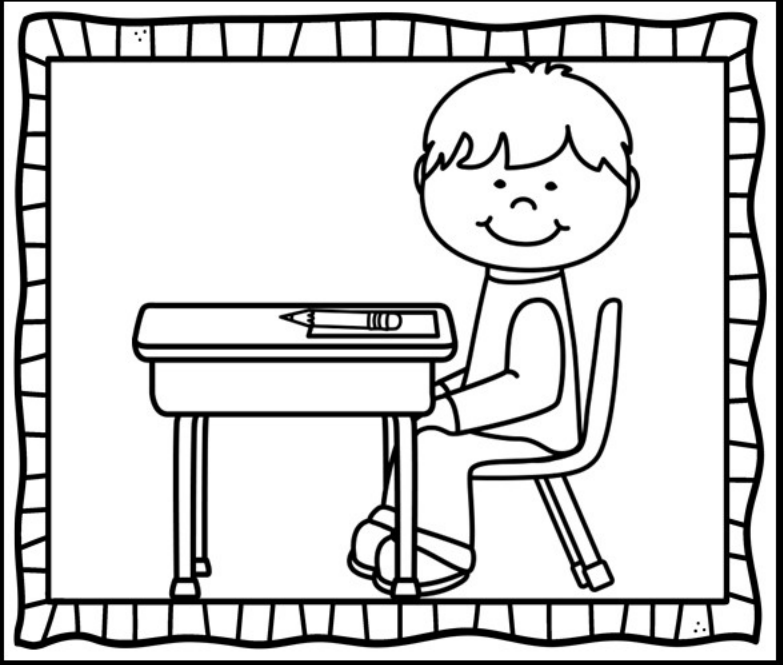
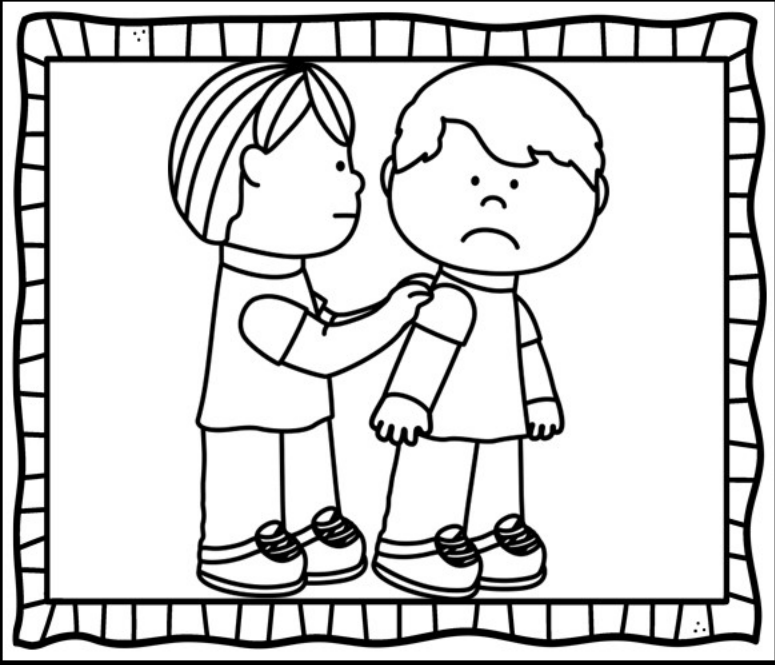


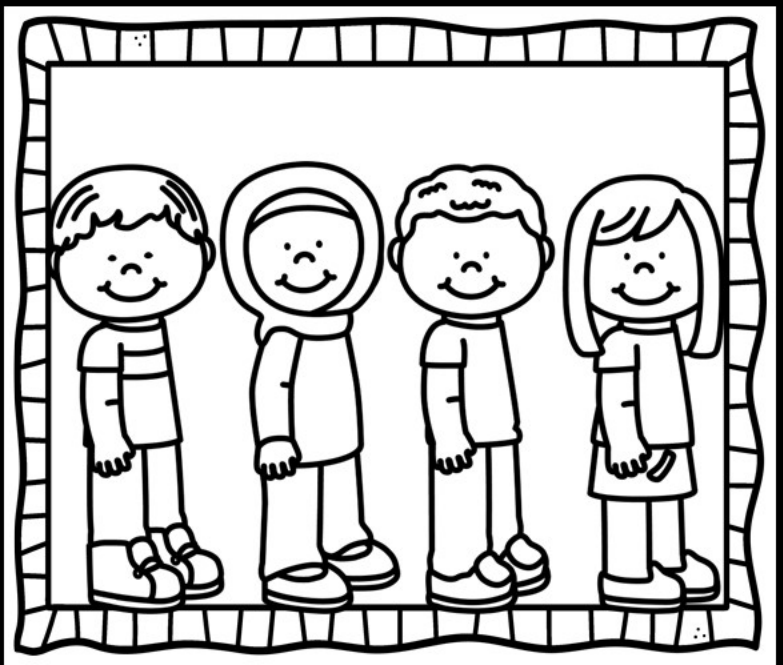
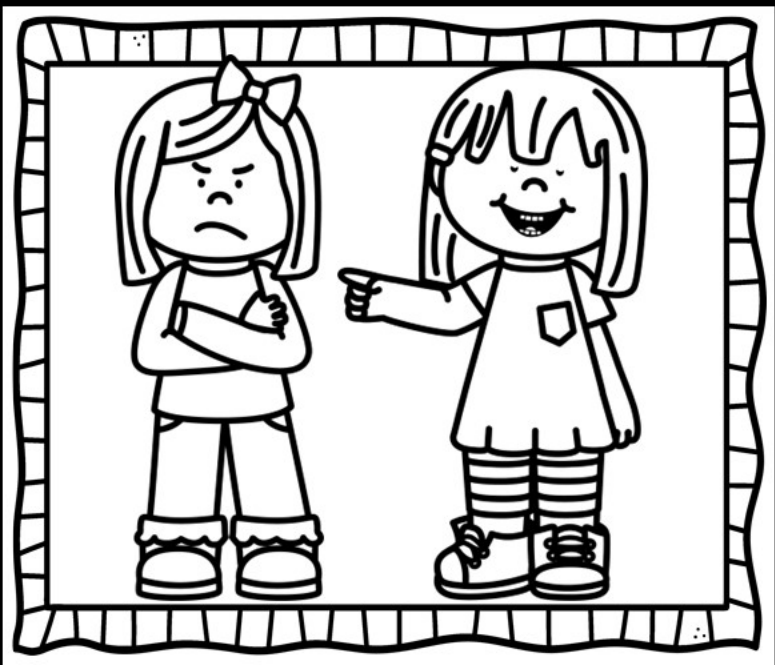
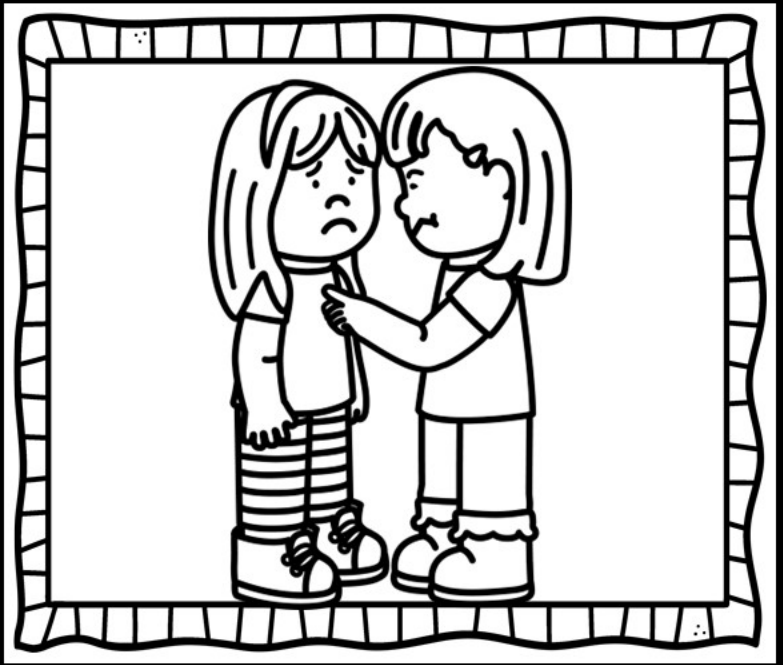
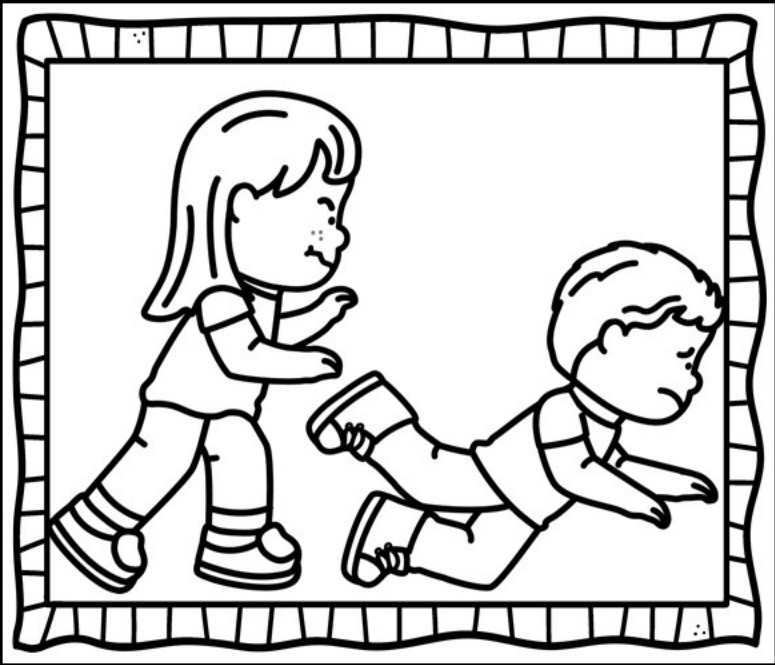
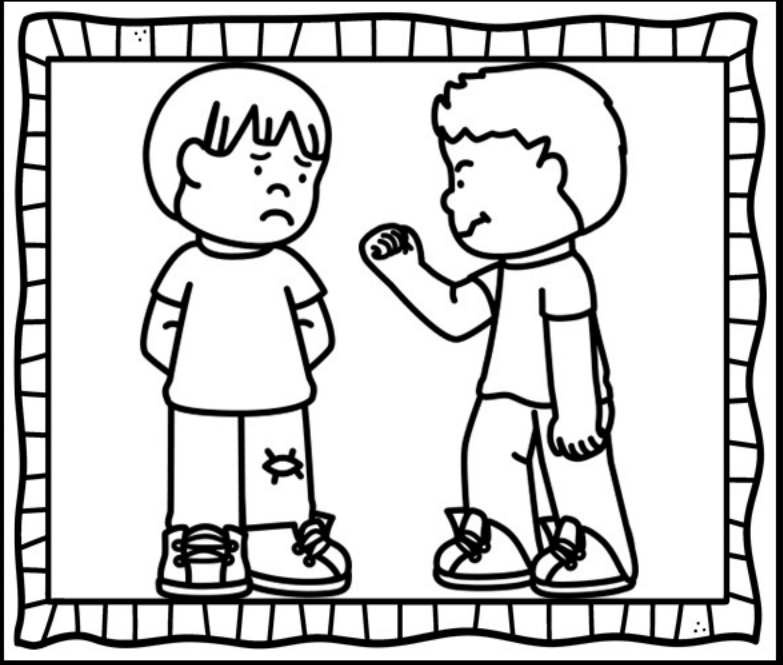
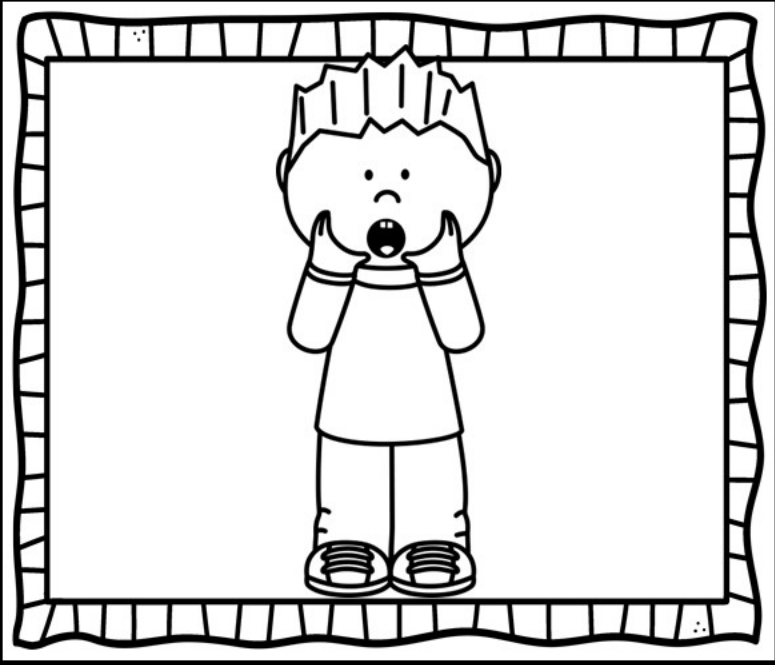


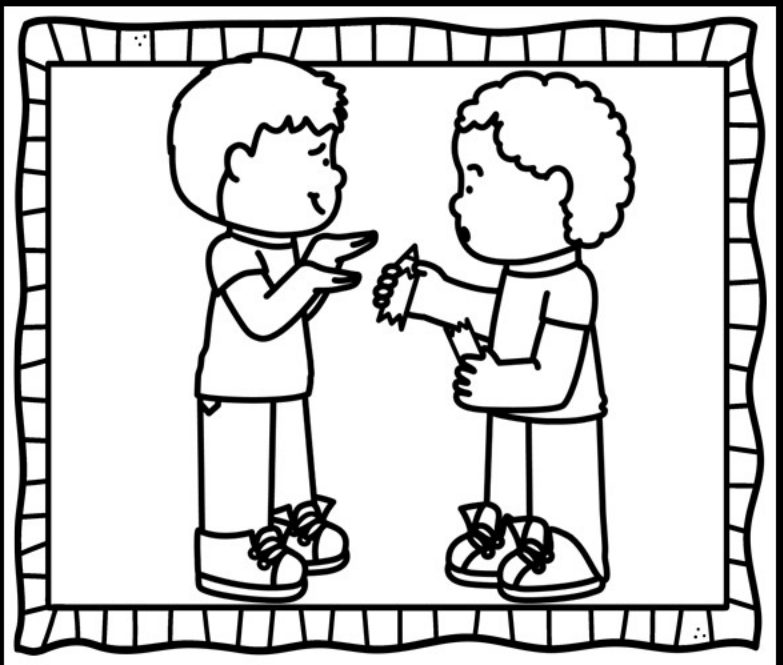
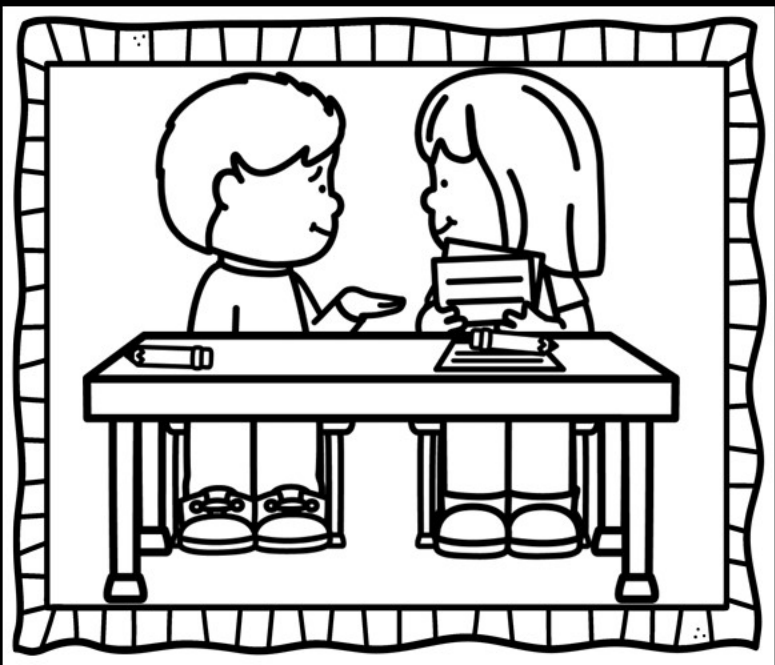
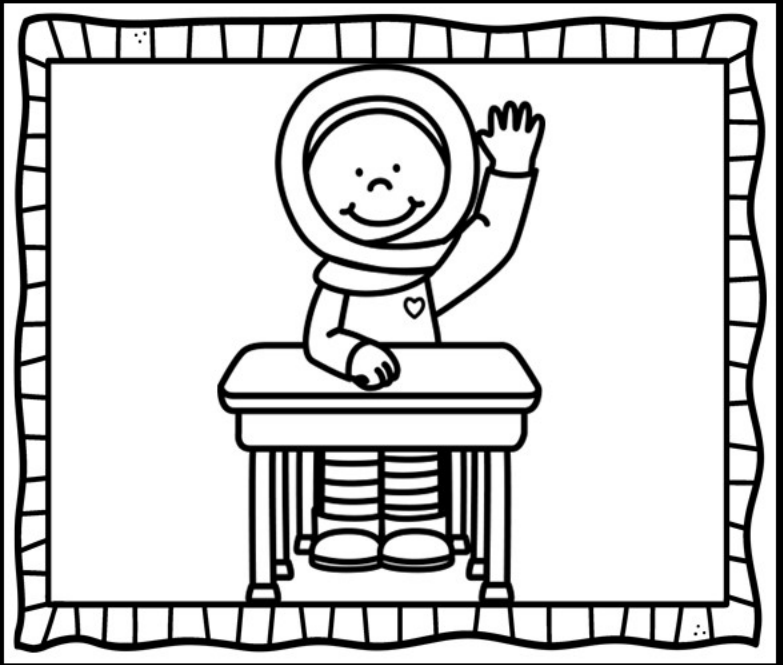
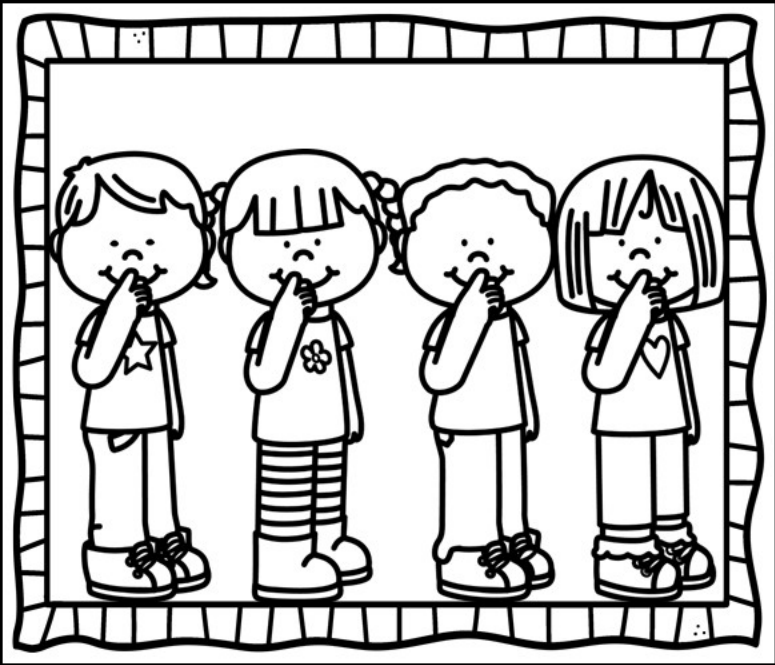
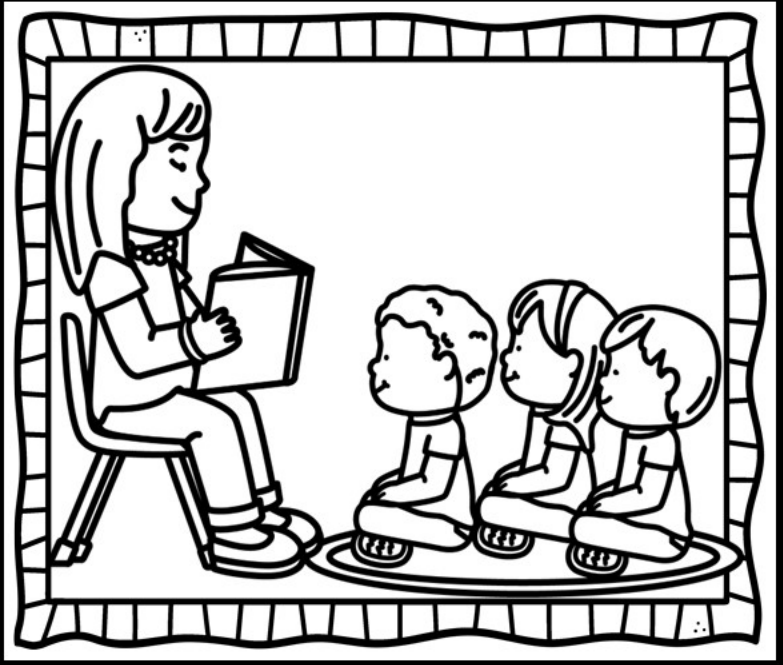
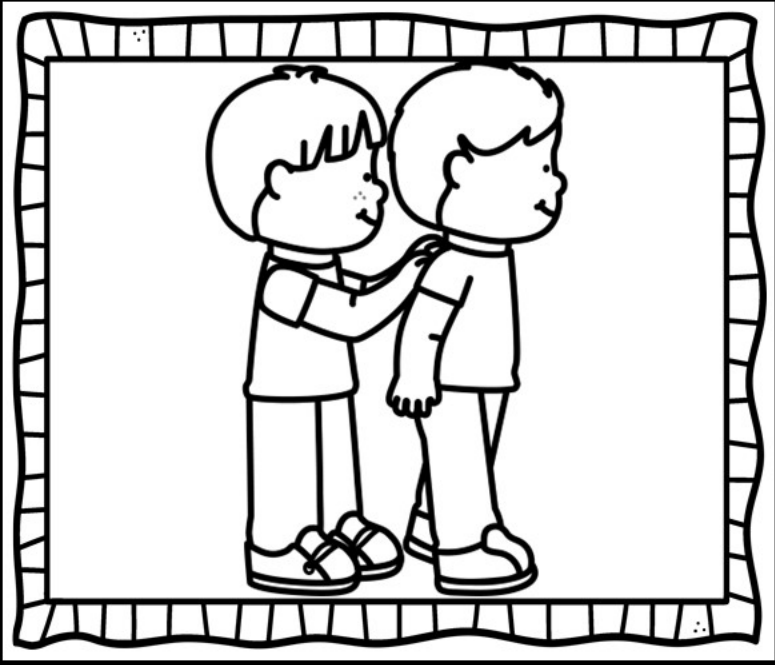


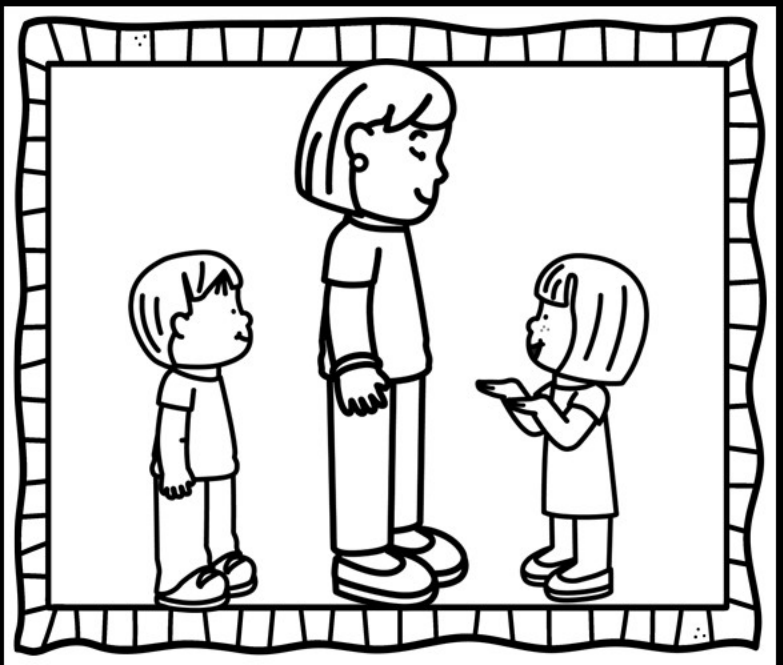
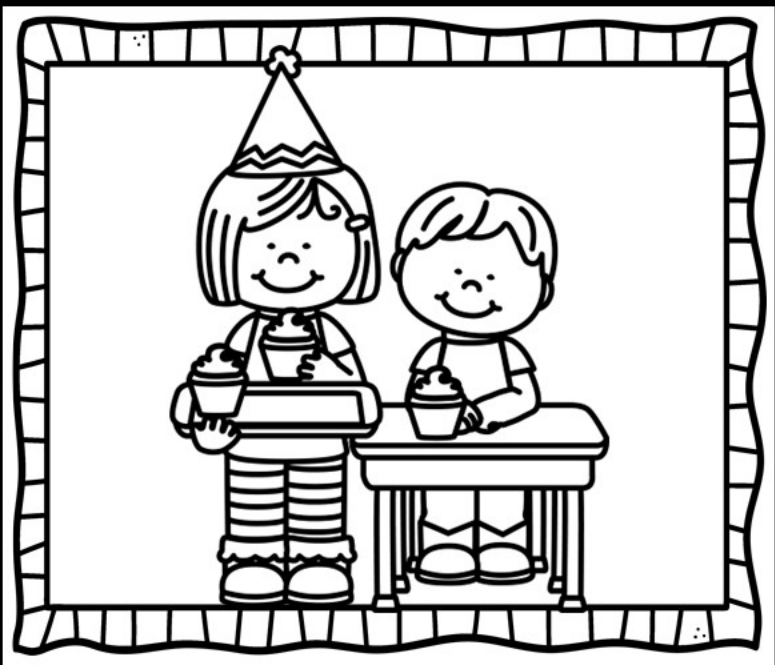
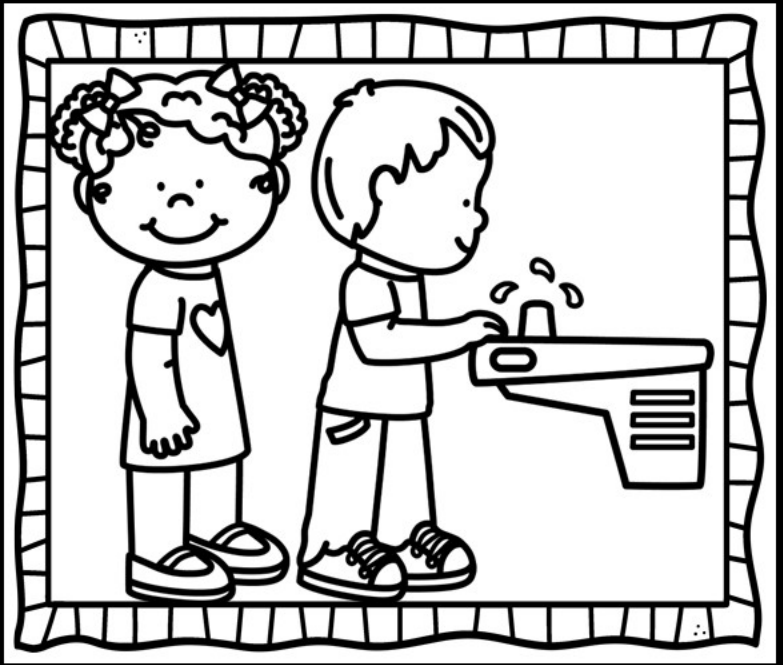
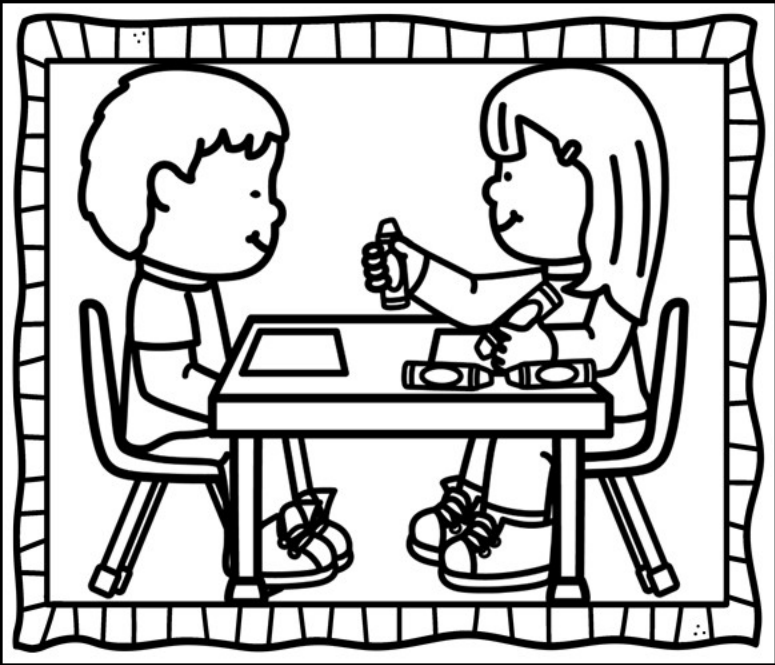
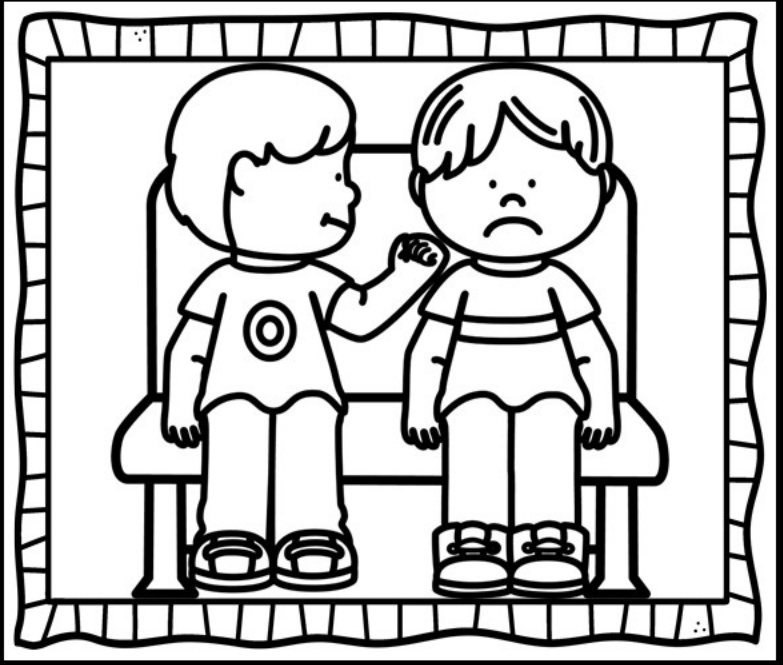
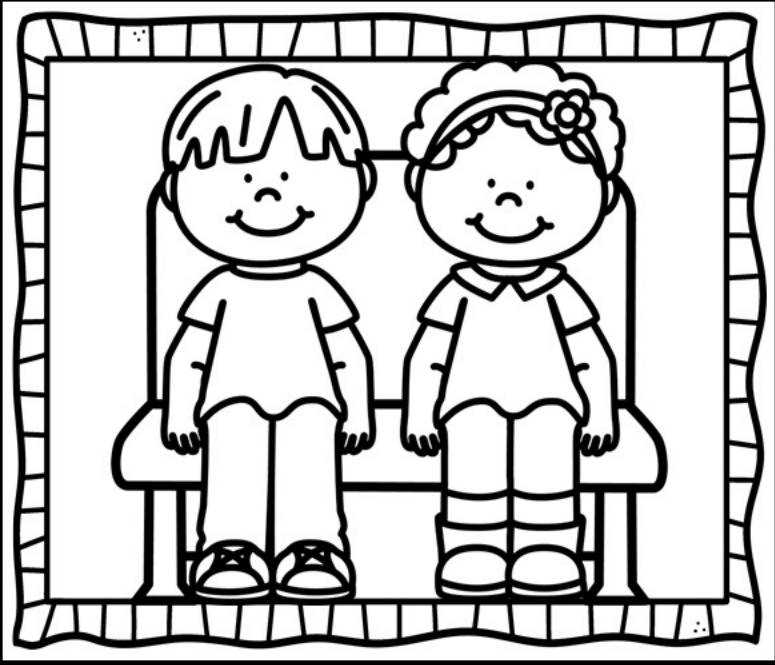


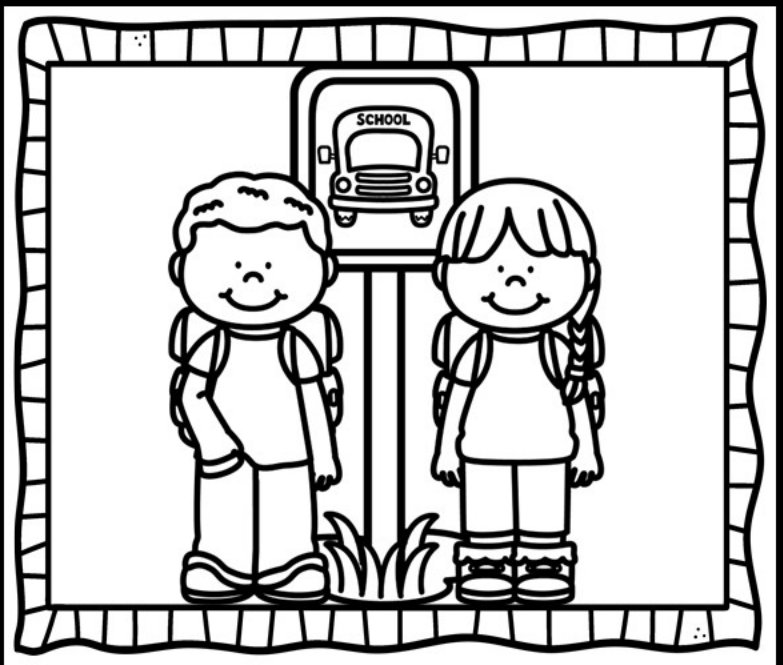
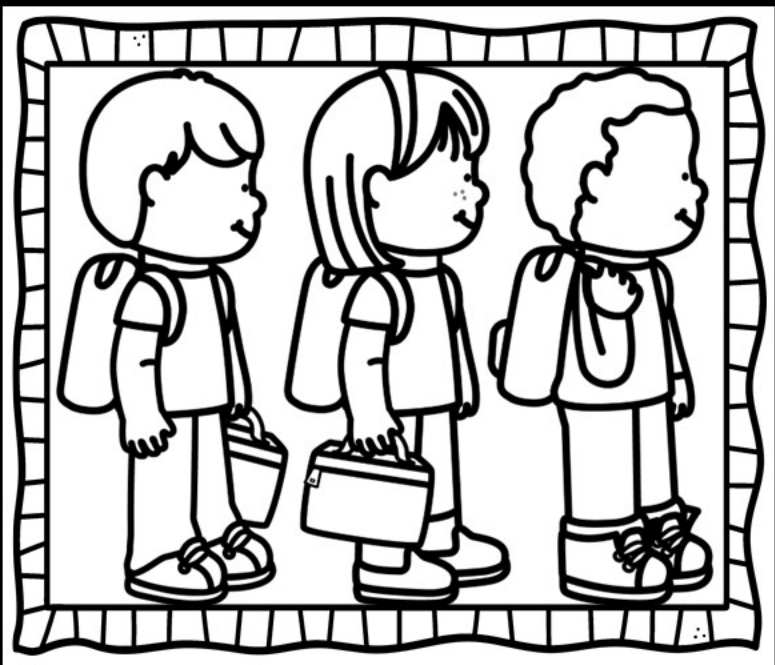
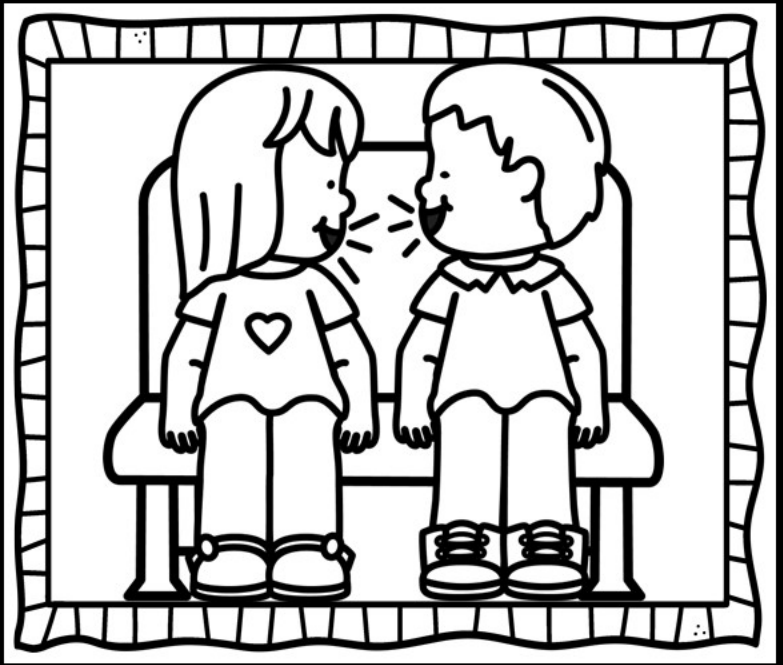
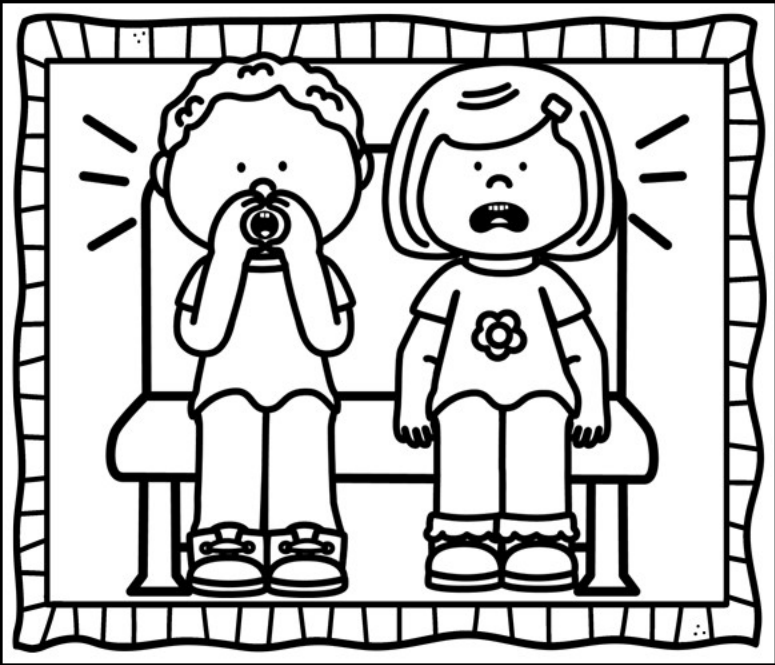
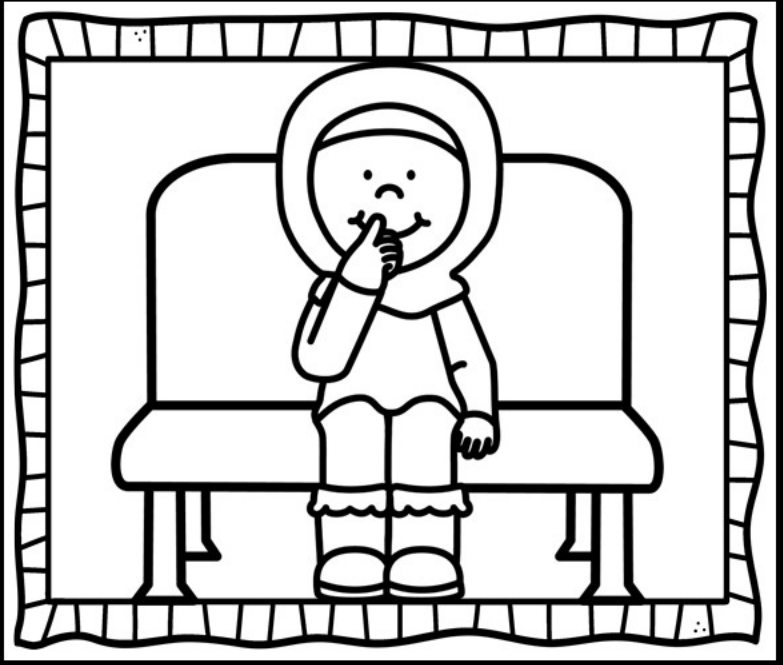
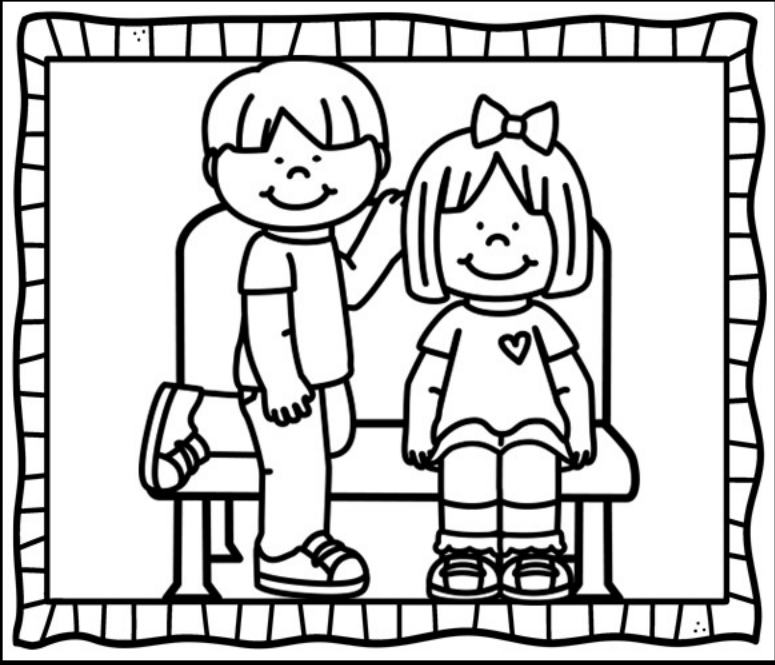


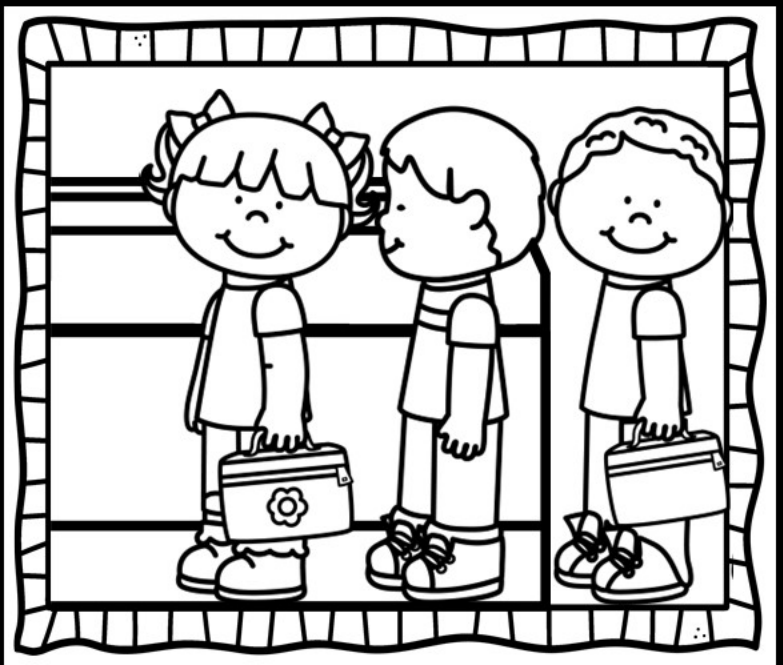
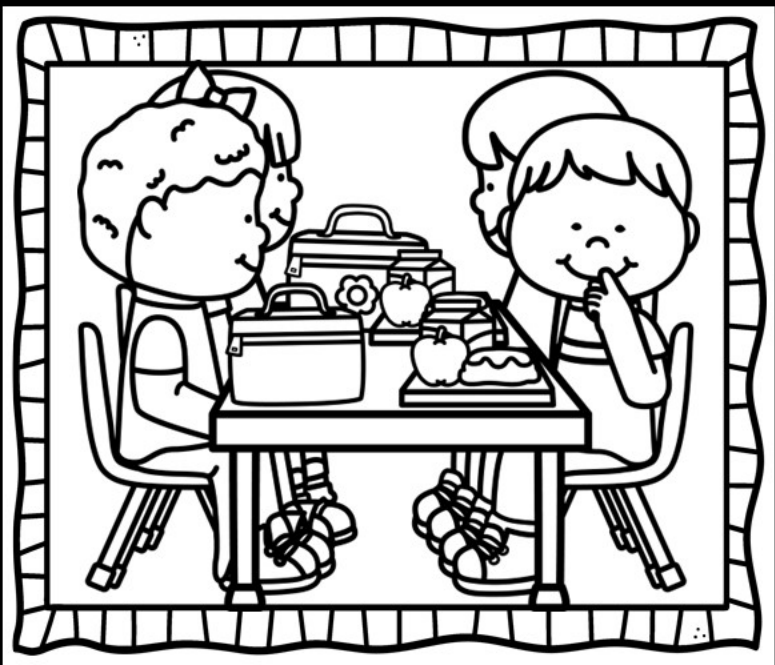
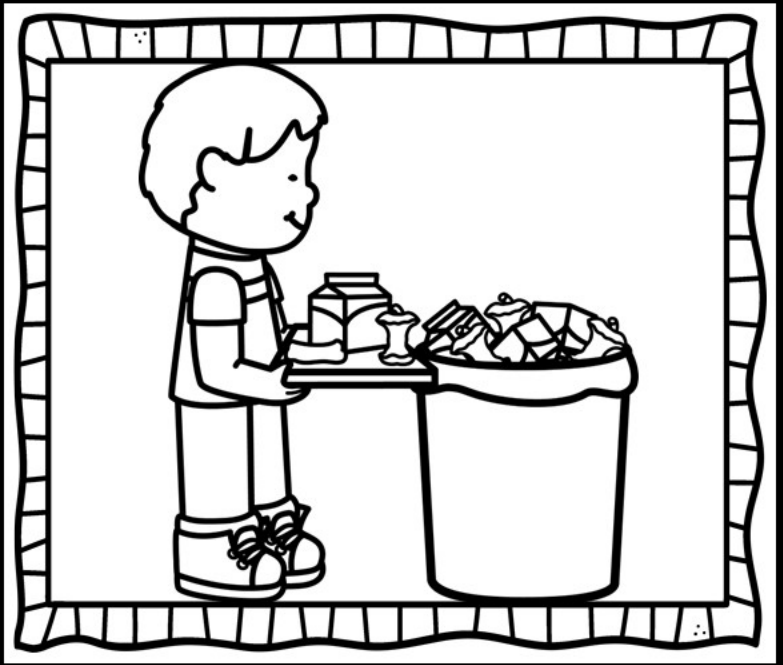
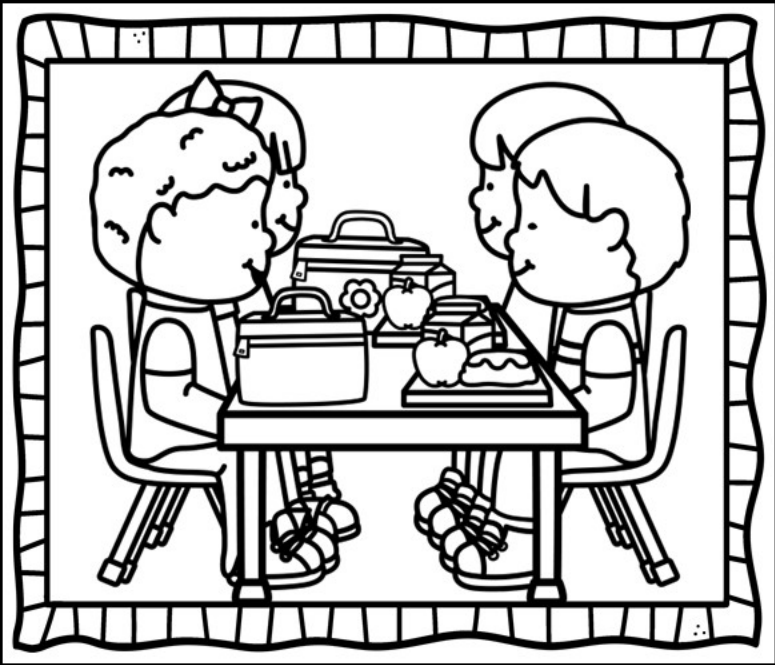
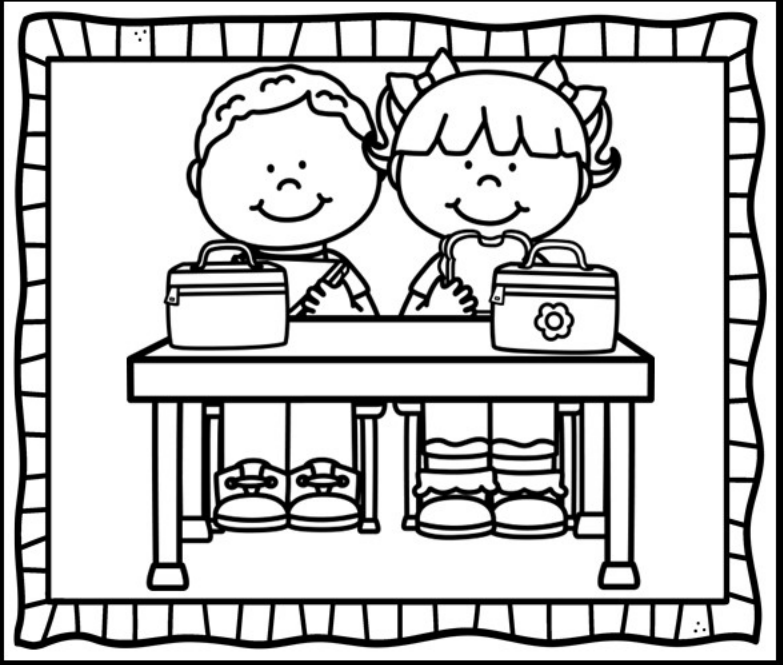
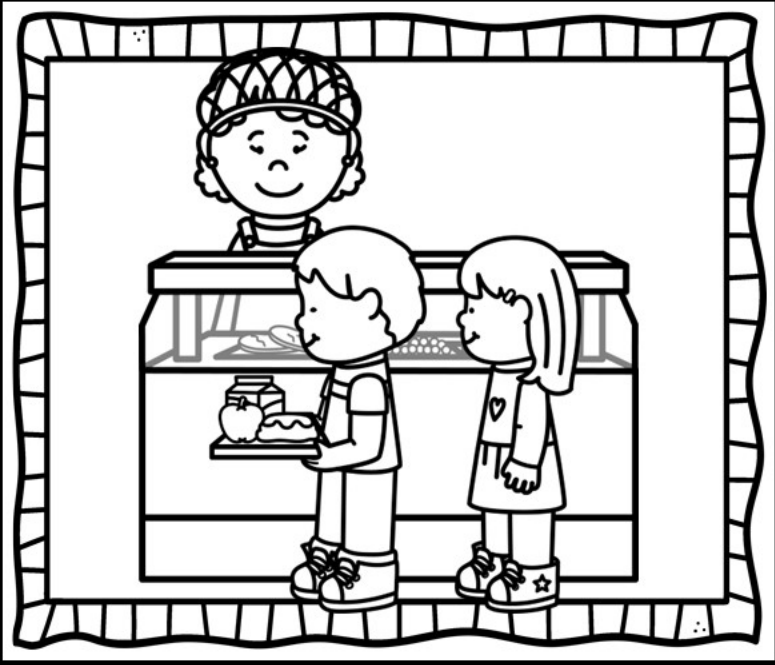








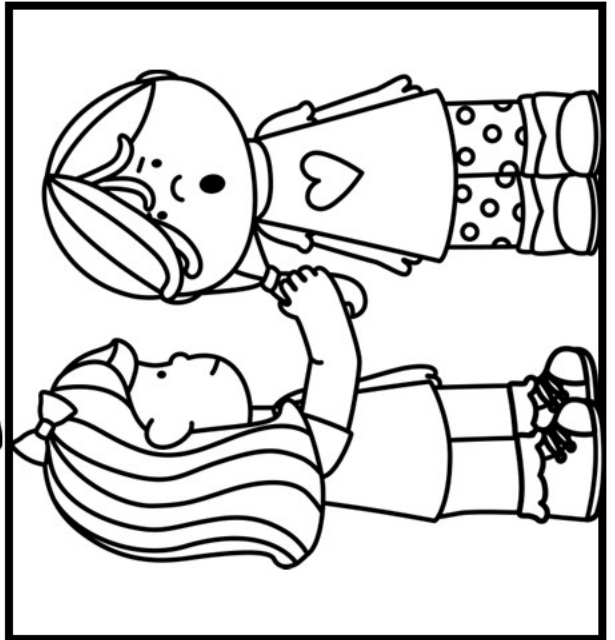
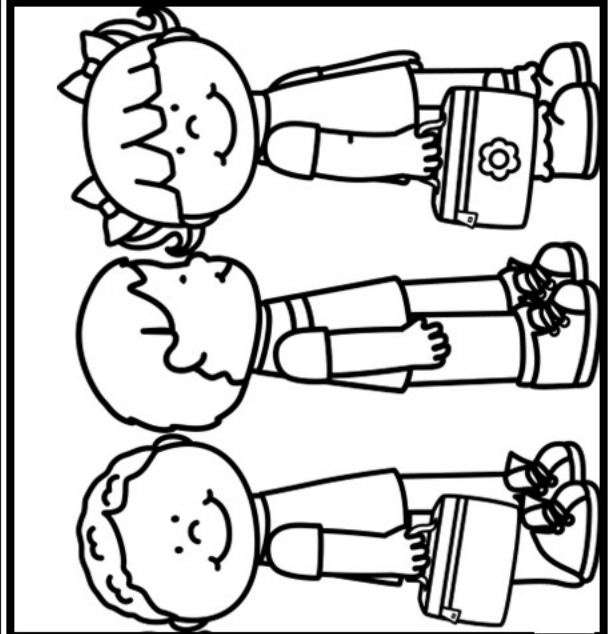
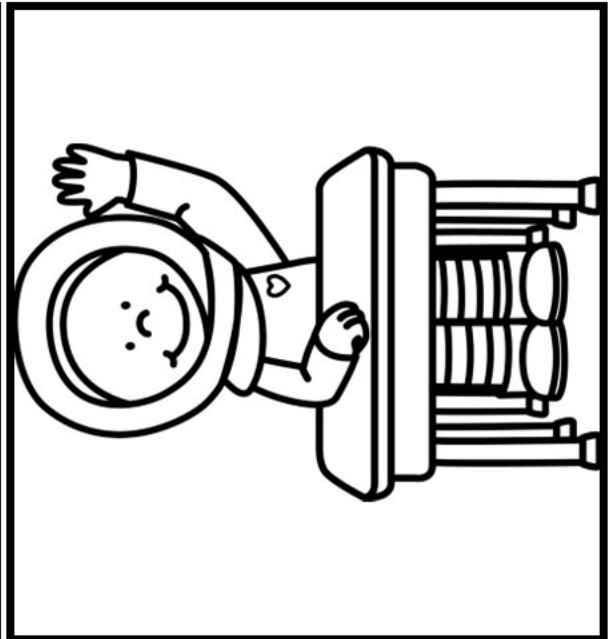
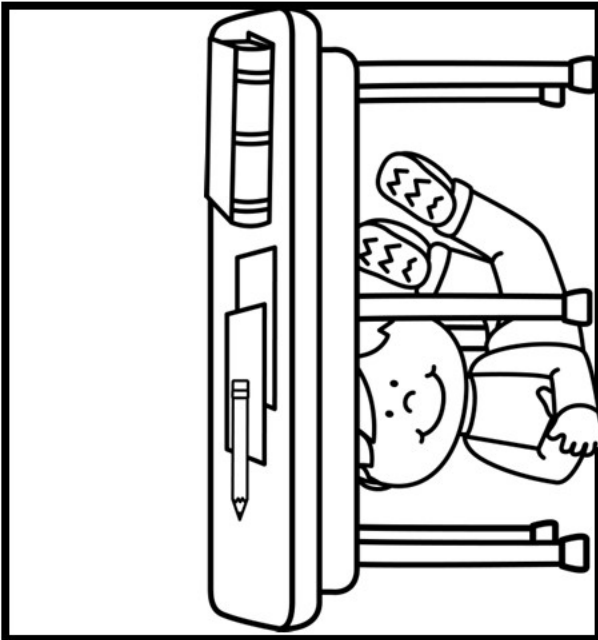
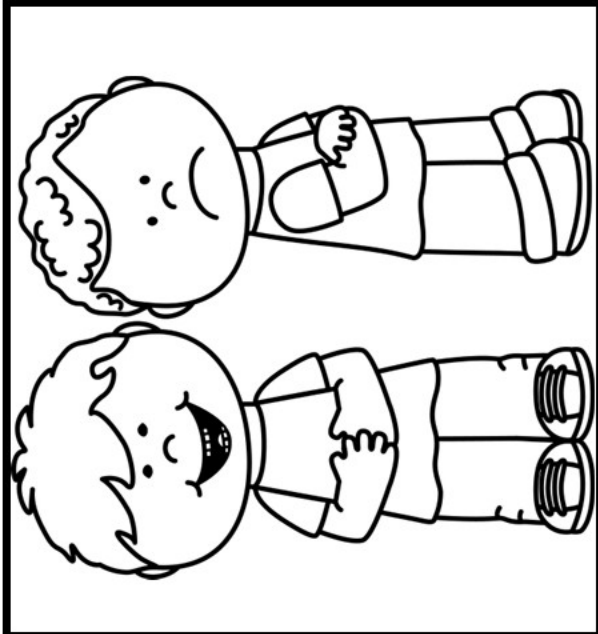
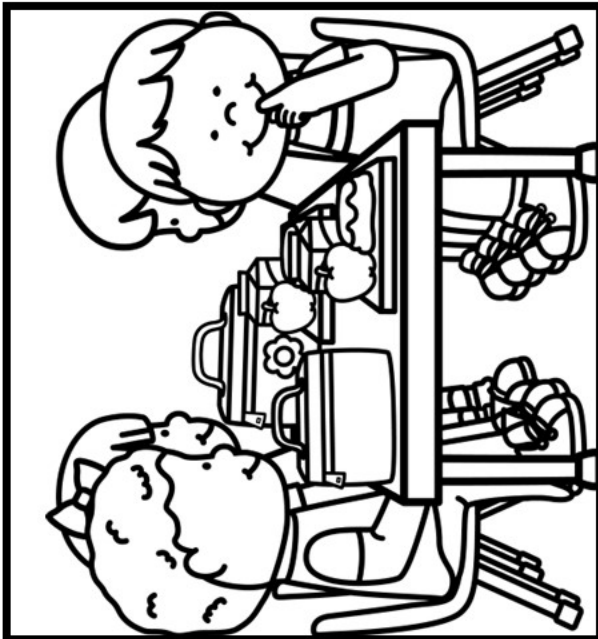




Worksheets & Coloring Pages

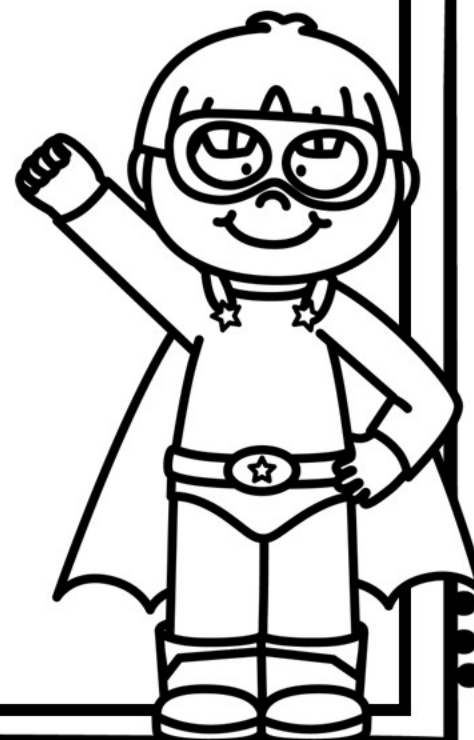
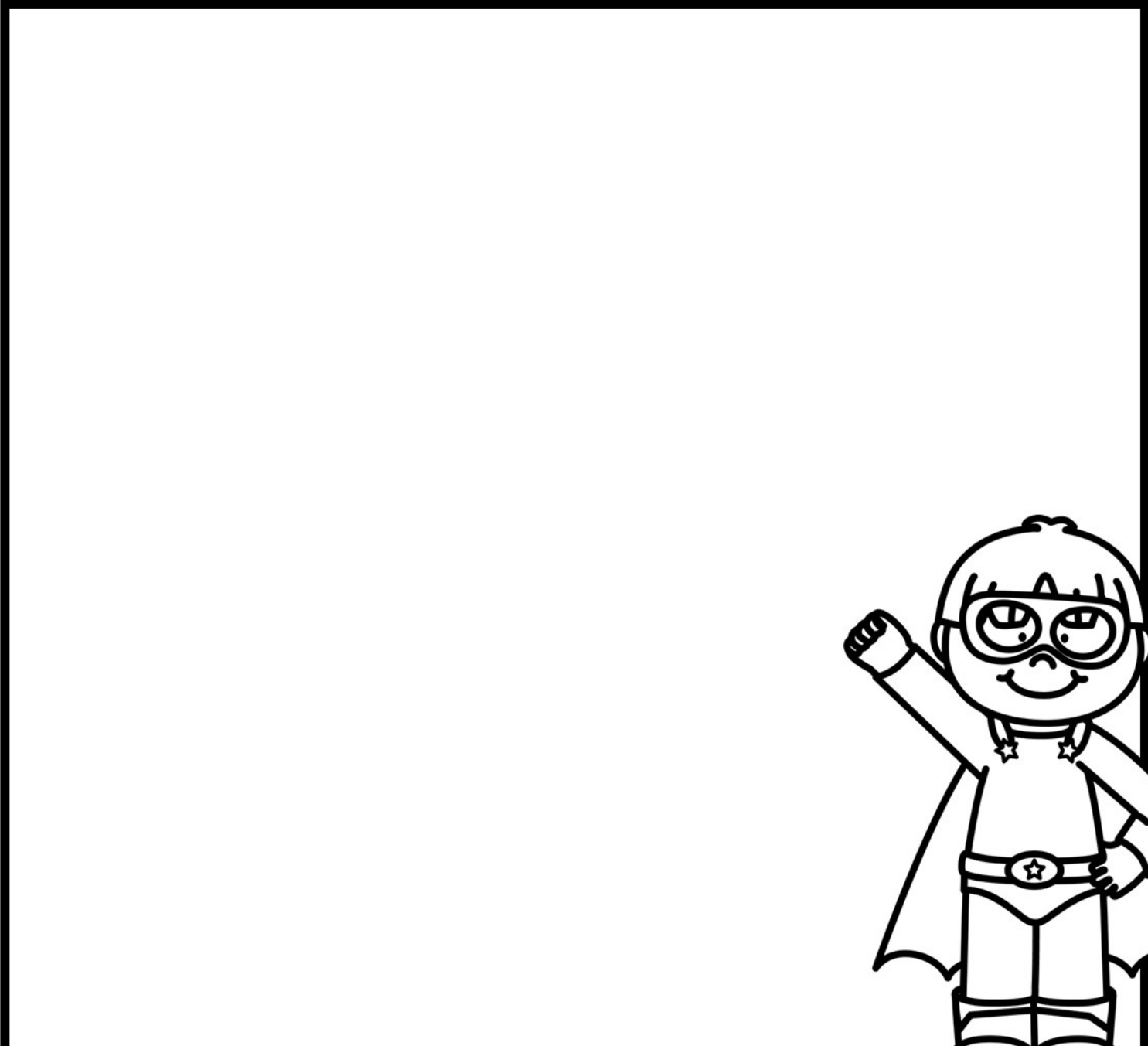
Name: _____

Color the pictures that show HERO CHOICES.



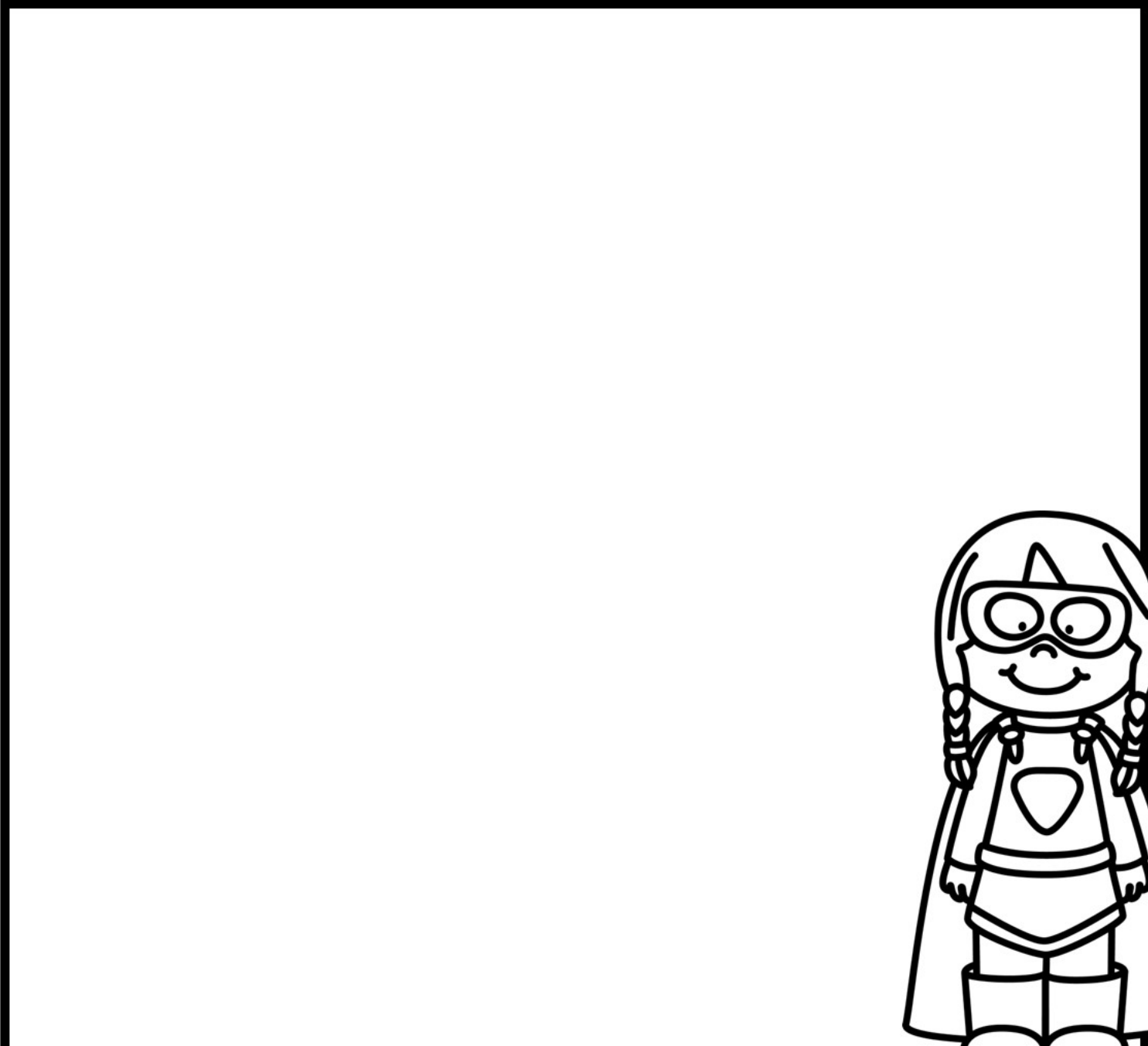
Name: _____

Write and draw about a time when you made a
HERO CHOICE.



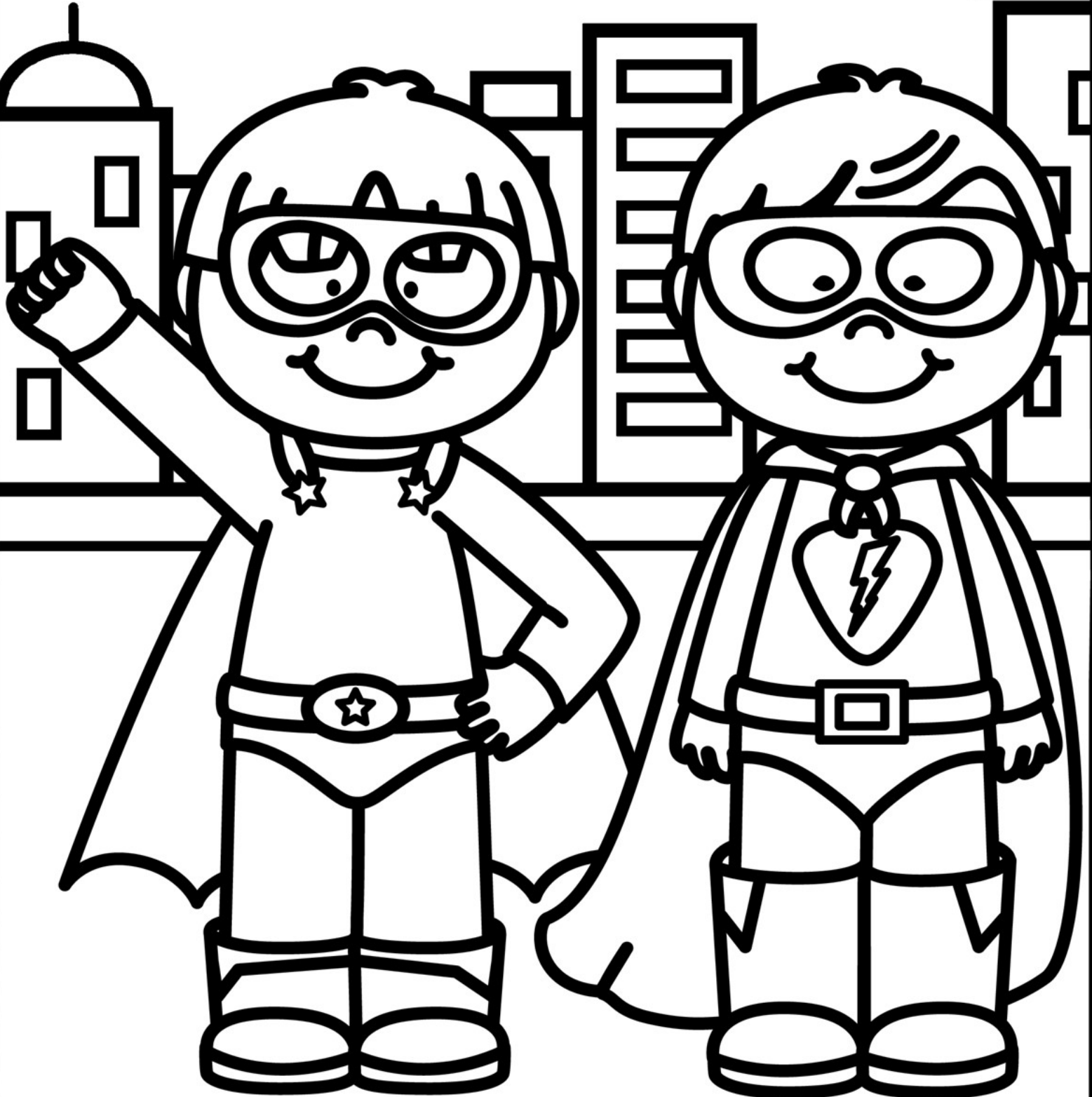
Name: _____

Write and draw about a time when you made a
HERO CHOICE.



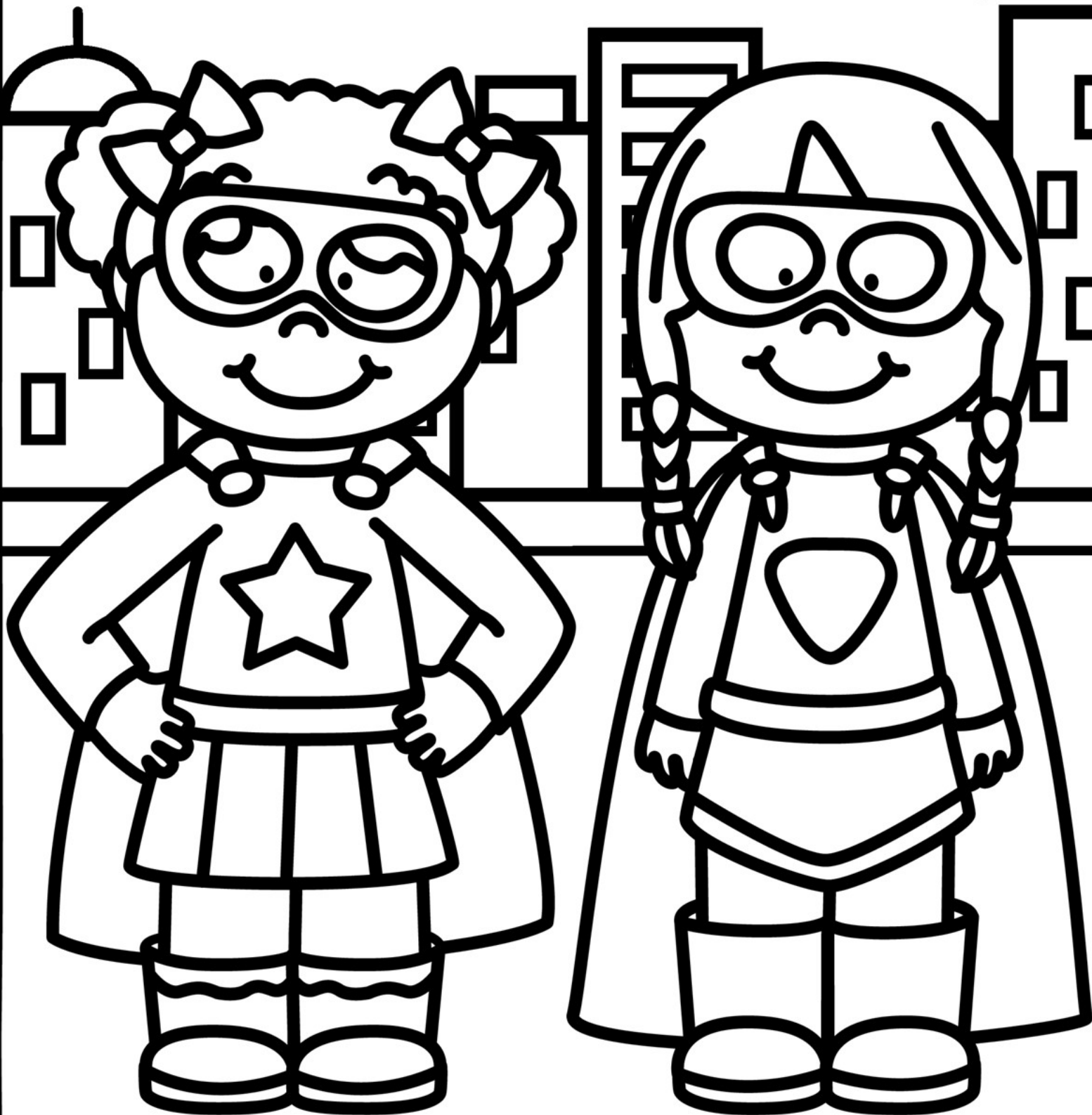
Name: _____

I can make HERO CHOICES!



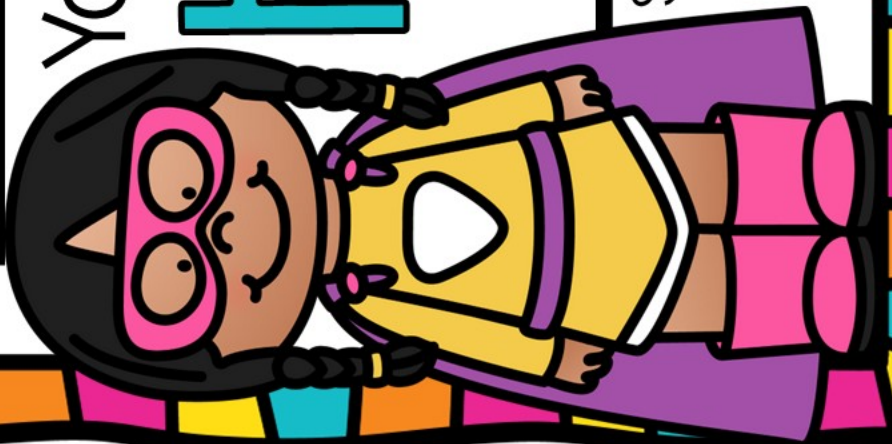
Name: _____

I can make HERO CHOICES!



Certificate

CONGRATULATIONS!

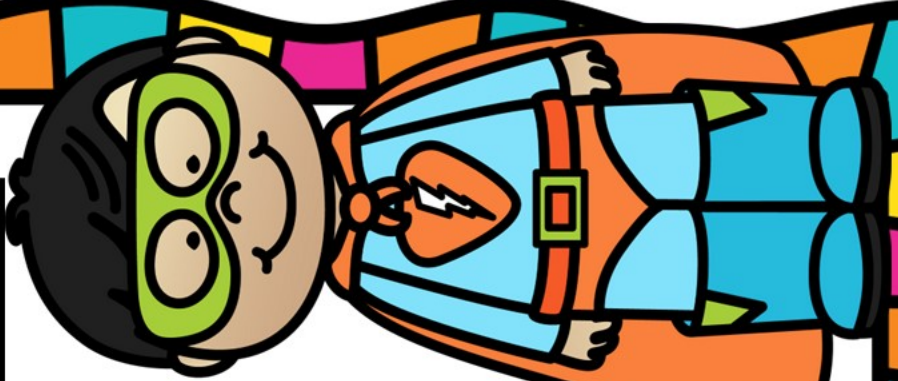


You were caught making a

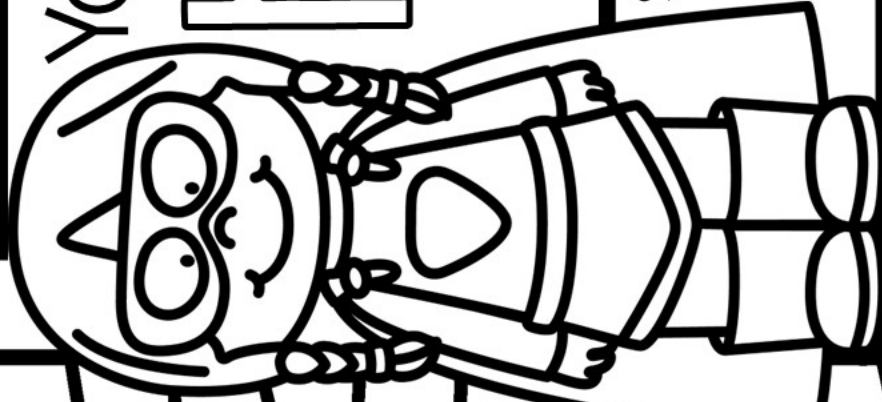
HERO CHOICE!

Signature

Date



CONGRATULATIONS,

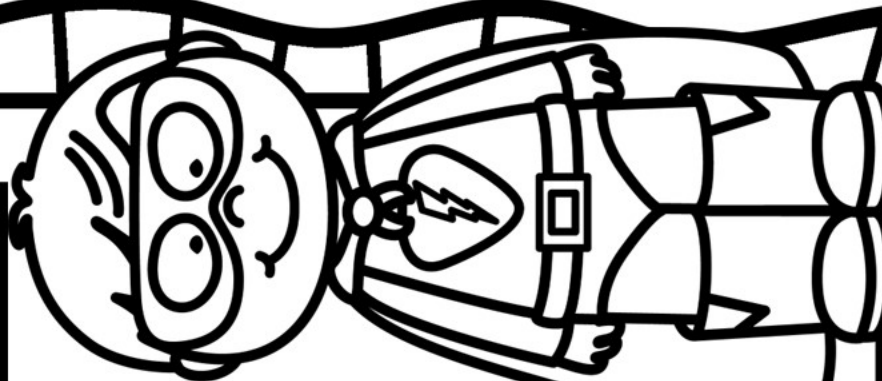


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Signature

Date



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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments! I'd love to hear from you!

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