Unit 7: Coping Skills and Strategies Copied from: 1. Guidance K-6, Copied on: 02/21/22

Content Area: **Guidance**
Course(s): **Guidance K-6**
Time Period: **March**
Length: **20 Days**
Status: **Published**

Unit 7: Coping Skills and Strategies

Department of Curriculum and Instruction

Belleville Public Schools

Curriculum Guide

K-6 School Guidance

Unit 7: Coping Skills and Strategies

Belleville Board of Education

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Board Approved: September 23, 2019

Unit Overview

Unit 7 covers four topics:

- Stress Management techniques
- Relaxation techniques
- Importance of determination/dedication
- Reflection of character education word-of-the-month and related quotes

Enduring Understanding

Definition of Coping Skills: Coping skills are strategies that are applied to both learning and Social Emotional Development. They are helpful in achieving success in school and are essential in managing and coping with situations throughout one's life.

Definition of the Character Education Word-of-the-Month: Perseverance

Perseverance is working hard without giving up.

Essential Questions

- How can I learn from my mistakes?
- How do I manage my time to achieve academic success and reduce stress?
- What are relaxation techniques and how can they be used in school?
- How do I display/demonstrate perseverance?

Exit Skills

By the end of Unit 7, students will be able to:

- Demonstrate and use test anxiety strategies
- Apply stress management techniques
- Utilize relaxation exercises
- Understand the meaning of perseverance

New Jersey Student Learning Standards (NJSLS)

New Jersey School Counselor Association Framework

1.2	Self-confidence in ability to succeed
1.6	Positive attitude toward work and learning
2.A.3	Use time-management, organizational and study skills
2.A.6	Set high standards of quality
2.B.5	Demonstrate perseverance to achieve long- and short-term goals
2.B.6	Demonstrate ability to overcome barriers to learning

Interdisciplinary Connections

CAEP.9.2.4.A.1	Identify reasons why people work, different types of work, and how work can help a person achieve personal and professional goals.
CAEP.9.2.4.A.4	Explain why knowledge and skills acquired in the elementary grades lay the foundation for future academic and career success.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

Learning Objectives

Students can:

- Students will become self-directed and independent learners
- Accept mistakes as essential to the learning process
- Learn that perseverance helps individuals meet their personal goals
- Use relaxation techniques and self-management strategies

Suggested Activities & Best Practices

School counselors will conduct age appropriate lessons and activities each month for assigned grade levels. Lessons will be based on monthly themes and the character education word-of-the-month.

Assessment Evidence - Checking for Understanding (CFU)

- Compare / Contrast
- Do Now
- Exit Tickets
- Higher-order Questioning / Rich Discussion
- Illustration
- Journals
- Learning Center Activities
- Pre-tests and Post-tests
- Questionnaires
- Quick Write
- Self-assessments
- Surveys
- Teacher Observation Checklist
- Turn-and-Talk / Share-out
- WIK / WINK

Primary Resources & Materials

- District Policies
- NJ School Counselor Association Resources
- Student / Parent Handbook
- Teacher-created Curriculum

Ancillary Resources

Consider www.bccls.org to borrow books from cooperating libraries; requested books are sent to your local library

Anchor Texts for this Unit:

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- Read-aloud Stories
- Teacher-created Handouts

Technology Infusion

- Google Classroom
- SMART Board Tech

Alignment to 21st Century Skills & Technology

TECH.8.1.5.A	Technology Operations and Concepts: Students demonstrate a sound understanding of technology concepts, systems and operations.
TECH.8.1.5.A.CS1	Understand and use technology systems
TECH.8.1.5.B.CS1	Apply existing knowledge to generate new ideas, products, or processes.
TECH.8.1.5.B.CS2	Create original works as a means of personal or group expression.

21st Century Skills/Interdisciplinary Themes

- Civic Literacy
- Creativity and Innovation
- Critical thinking and Problem-solving
- Cultural Awareness
- Health Literacy
- ICT (Information, Communications and Technology) Literacy
- Life and Career Skills
- Media Literacy

Differentiation

- Small-group instruction
- Centers-based instruction
- Multisensory approaches
- Problem-based learning
- Goal-setting with students
- Tiered open-ended activities

Special Education Learning (IEP's & 504's)

Use the Pacer Center Action Information Sheet for research-based ideas on accommodations and modifications

- Allow for open-note/open-book assessments
- Check classwork frequently for understanding
- Conduct preview of content, concepts, and vocabulary
- Consider behavior management plan
- Implement accommodations/modifications as dictated in the student's IEP/504 plan
- Modified test content/format
- Modified written assignments
- Multi-sensory presentation
- Pre-annotate text
- Preferential seating
- Promote pair work
- Provide extended time on various assignments
- Provide printed/online copies of lesson notes
- Secure attention before providing instruction/directions
- Use assistive technology

English Language Learning (ELL)

- Allow for multiple student revisions
- Allow for open-note / open-book assessments
- Allow multiple forms of student products (projects, models, slide-shows, etc.) to demonstrate student learning
- Ask and give information using key words
- Demonstrate listening comprehension by responding to questions
- Develop basic sight vocabulary
- Differentiate assessments to reflect selected objectives
- Express ideas in single words
- Leverage computer spell checker
- Modify reading assignments to correlate with lexile level
- Peer tutoring / Peer note-taking
- Speak using content area vocabulary in context
- Teacher-created Study Guide
- Use prior experiences to understanding meanings
- Use videos, illustrations, pictures, and drawings to explain or clarify

At Risk

- Allow for multiple student revisions
- Allow for open-note / open-book assessments
- Allow multiple forms of student products (projects, models, slide-shows, etc.) to demonstrate student learning
- Allow students to select from given assignment choices
- Differentiate assessments to reflect selected objectives
- Mark students' correct and acceptable work, not the mistakes
- Peer tutoring / Peer note-taking
- Promote student collaboration on in-class / outside class assignments
- Reduce lengthy outside reading assignments
- Teach key aspects of a topic - eliminate non-essential information
- Teacher-created Study Guide
- Use authentic assessments with real-life problem-solving
- Use videos, illustrations, pictures, and drawings to explain or clarify

Talented and Gifted Learning (T&G)

- Allow gifted children to create and publish a class newspaper to distribute
- Allow students to work at a faster pace
- Complete activities aligned with above grade-level text using Benchmark results
- Create a plan to solve an issue presented in the class or in a text
- Debate issues with research to support arguments
- Involve students in academic contests
- Promote advanced problem-solving
- Set individual goals
- Utilize exploratory connections to higher-grade concepts
- Utilize project-based learning for greater depth of knowledge

Sample Lesson

Unit 7: Coping skills and strategies, Lesson 7-1

Character Education Trait: Perseverance

Objective: Students will identify stressors and utilize appropriate coping skills and strategies

Learning Activity:

K-3: Learn relaxation techniques to help cope with daily stressors

4-6: Recognize stressors and develop appropriate coping skills

Summary/Closure: