

Grace & Courtesy

at Hill View Montessori
Kindergarten & Lower Elementary
(Led by Bridget Sears, School Counselor)

September: Introducing Feelings/ Identifying Emotions

Kindergarten :

- Week 1-Identifying Basic Emotions
- Week 2- Exploring Facial Expressions
- Week 3- Recognizing Emotions in our Bodies
- Week 4-Sharing our Feelings

Lower EL:

- Week 1- Exploring Emotions
- Week 2-Connecting Emotions to the Body
- Week 3- Expressing Emotions Appropriately
- Week 4-Emotional Intelligence

October: Self Awareness/ Self-Management (impulse control)

Kindergarten:

- Week 1- What makes me unique?/ Sharing our Interests
- Week 2- Celebrating our Strengths
- Week 3-Strategies for Staying Calm
- Week 4- What is Self-Control?/ Reflecting on our choices

Lower EL:

- Week 1-Identifying My Strengths/ Exploring My Interests
- Week 2-Identifying My Values
- Week 3- Managing Strong Emotions
- Week 4-Practicing Impulse Control

November: Self-Confidence

Kindergarten:

- Week 1- Speaking Up with Confidence
- Week 2-Believing in Myself
- Week 3- The Power of Compliments
- Week 4- Self Reflection

Lower EL:

- Week 1- Self Advocacy
- Week 2- Taking Pride in my Accomplishments
- Week 3- Recognizing Others' Accomplishments
- Week 4- Reflection on my Growth

December: Responsible Decision Making

Kindergarten:

- Week 1-Making Good Choices /Considering Consequences
- Week 2- Respecting Differences
- Week 3- Practicing Responsible Behavior (sharing/turn taking)
- Week 4- Owning up to Mistakes

Lower EL:

- Week 1- Understanding Choices and Consequences
- Week 2- Doing the Right Thing (Ethical Decision making)
- Week 3- Practicing Responsible Behavior
- Week 4- Owning up to Mistakes/ Making Amends

January: Friendship Skills (Social Etiquette skills-Grace and Courtesy)

Kindergarten:

- Week 1- What is a friend?
- Week 2- How to be a good friend
- Week 3- Making new friends
- Week 4- How to be polite/ utilizing kindness

Lower EL:

- Week 1-What makes a good friend?
- Week 2-Building relationships/ maintaining them
- Week 3- Effective communication
- Week 4- The power of social etiquette

February: Growth Mindset

Kindergarten:

- Week 1- What is a growth mindset?
- Week 2- Embracing challenges
- Week 3- Learning from mistakes
- Week 4- The power of positivity

Lower EL:

- Week 1- Understanding Mindsets
- Week 2- Embracing Challenges
- Week 3- Practicing Persistence/ Learning from Mistakes
- Week 4- Celebrating Effort and Progress

March: Empathy and Inclusion

Kindergarten:

- Week 1- What is Empathy?
- Week 2-Showing Kindness and Compassion
- Week 3- Welcoming New friends/ Practicing Including Others
- Week 4- Exploring Curiosity

Lower EL:

- Week 1- What is Empathy?
- Week 2- How to be Compassionate and Supportive
- Week 3- Welcoming and Including Others
- Week 4- Celebrating Diversity

April: Perspective Taking/ Conflict Resolution

Kindergarten:

- Week 1- What is Perspective?
- Week 2- Understanding Different Perspectives
- Week 3- Communicating Needs and Finding Solutions
- Week 4- Resolving Conflicts Appropriately

Lower EL:

- Week 1- Understanding Different Perspectives
- Week 2- Considering Feelings and Experience
- Week 3- Communicating Needs and Finding Solutions
- Week 4- Resolving Conflicts with Empathy

May: Resilience and Perseverance

Kindergarten:

- Week 1- What is Resilience?
- Week 2- Bouncing Back from Challenges
- Week 3- Staying Motivated
- Week 4- Recognizing Success

Lower EL:

- Week 1- What is Resilience?
- Week 2- Bouncing Back from Challenges
- Week 3- Staying Motivated
- Week 4- Recognizing Success and Supporting Each Other

June: Gratitude and Appreciation

Kindergarten:

- Week 1- What is appreciation and how do we show it?
- Week 2- Reflection/ Gratitude for school year

Lower EL:

- Week 1- What is appreciation and how do we show it?
- Week 2- Reflection/Gratitude for school year

Grace & Courtesy

at Hill View Montessori

Upper Elementary

(Led by Carla Vaughan, School Social Worker)

August- Introduction to Grace & Courtesy group and Get to know your Social Workers(1 week)

September- Respect, Responsibility & Self (5 weeks)

1. Respect & Responsibility
2. Empathy
3. Self-Confidence
4. Self-Acceptance
5. Integrity and Honesty (to self and others)

October- Boundaries and Consent (beginning of Growth Mindset) (4 weeks)

1. Boundaries
2. Consent
3. Growth Mindset
4. Growing your Brain

November- Growth Mindset (3 weeks)

1. Positive Self-Talk
2. Mistakes & Failures
3. Feedback & Criticism

December- Generosity & Mindfulness (3 weeks)

1. Review Growth Mindset
2. Generosity and Service
3. Mindfulness

January- Emotional Regulation & Friendship (4 weeks)

1. Self-Control & Emotional Regulation
2. Friendship- Healthy vs Unhealthy
3. Friendship- Reliability & Friendship Pyramid
4. Review

February- Gratitude & Problem Solving (3 weeks)

1. Gratitude
2. Problem solving steps
3. Conflict Resolution & Assertiveness

March- Fairness & Leadership (4 weeks)

1. Fairness (Equality, Equity & Justice)
2. Work Ethic & Perseverance
3. Leadership
4. Creativity

April- Self-Advocacy & Group Work (3 weeks)

1. Self-Advocacy
2. Group Work
3. Mental & Physical Health

May- Communication & Acts of Kindness (4 weeks)

1. Communication styles & skills (verbal and non-verbal communication)
2. Random Acts of Kindness activities
3. TBD based on end of year student needs
4. TBD based on end of year student needs

June-

1. TBD based on end of year student needs
2. TBD based on end of year student needs