

Guidance Lessons- Week of April 13th

Early Childhood and Kindergarten:

This week's lesson is about ways to stay safe and healthy during this time! The following information comes directly from the Sesame Street in Communities website under the topic: Health Emergencies.

Talking About COVID-19 With Children

Facing a health emergency brings up feelings of stress, uncertainty, and confusion, especially for young children. While we don't want to overload them with information, we can try to answer children's questions honestly. And we can always offer comfort. There are simple ways to talk about COVID-19 with young children:

-Ask children what they've heard about COVID-19. This will help you share only the information that they need right now.

-Ask them how they feel about it. Assure them that all their feelings are okay.

-Explain that COVID-19 is a virus that can make some people very sick, but there are ways to protect ourselves and others.

-For example, we can...

- wash our hands with soap and water for 20 seconds;

- say hello in new ways, such as waving from afar, tapping toes, or wiggling;

- help prevent the spread of germs by sneezing or coughing into the bend of our arm; and

- stay indoors and keep a safe distance from others.

Remember, your children look to you for guidance and comfort. You have a great opportunity to show them that even in times of unease, you can still find joy in the little moments you share. You're in this together.

If you are able to, please share the following videos with your children and help reinforce these healthy habits.

Video 1: Washing your hands- [Health Emergencies - Sesame Street in Communities](#)

Video 2: How to cover your sneeze or cough -[Health Emergencies - Sesame Street in Communities](#)

1st Grade

Parents/Caretaker, please read this aloud to your children.

What do you want to be when you grow up? This is something we talk about in guidance every year! Talk with a grown up about what you would like to be when you grow up. What kinds of jobs can you think of? A veterinarian? A dancer? A school nurse? Have a grown up or an older sibling brainstorm as many jobs as you can think of, and talk with them about why you would or wouldn't like to have those jobs. If you're able to, watch the following video, which is a reading of a silly book about jobs:

[When I Grow Up by Al Yankovic djj](#)

2nd Grade

Parents/Caretaker, please read this aloud to your children.

What do you want to be when you grow up? This is something we talk about in guidance every year! Talk with a grown up about what you would like to be when you grow up. What kinds of jobs can you think of? A veterinarian? A dancer? A school nurse? Have a grown up or an older sibling brainstorm as many jobs as you can think of, and talk with them about why you would or wouldn't like to have those jobs. If you're able to, watch the following video, which is a reading of a silly book about jobs:

[When I Grow Up by Al Yankovic djj](#)

3rd Grade

Hello, 3rd grade! Normally during this time of the year we would be talking about college and careers in our guidance classes. This week, I would like you to talk with an adult you know about their job. This could be a parent, a grandparent, an aunt or uncle-- you could even email me, your teacher, or Mr. K to talk about our jobs! Since we are all trying our best to stay home and keep everyone safe, you will have to talk to someone who lives in your house or contact another adult by phone or email. I will provide you with a few questions to start, but I would love you to add a few more of your own.

1. What is your job and how long have you been there?
2. What is your favorite part of your job?
3. What is the most challenging part of your job?
4. Did you have to go to college to get your job, or some other type of training? For how long?

Try to come up with at least 2 other questions to ask. After you're done, reflect on what you heard. Did you learn anything about this career field that surprised you?

Feel free to email me at erika.mardock@ops.org if you have questions or want to say hi!

4th Grade

Hello, 4th graders! Normally during this time of the year we would be talking about college and careers in our guidance classes. This week, let's just start to explore what careers you are interested in. What do you want to be when you grow up? Make a K-W-L chart about a career you are interested in. You can write a chart on your sheet of paper that looks like this:

<i>Career:</i>		
What do I know?	What do I want to know?	What have learned?

Once you come up with what you already know (for example, let's say you want to be a hairdresser. You might already know that a hairdresser works in a salon, can own their own business, etc.). In the second column, write questions you have about the job. For example, maybe you want to be an engineer and you don't know how long you will have to go to school. Or, maybe you want to work in a clothing store and you want to know how much money you would make. Any questions you have, write them down. We will work on the third column next week! Feel free to email me at erika.mardock@ops.org

5th Grade

Hello, 5th grade! This week I would like you to try to focus in on what you are grateful for right now. This is a stressful time for all of us, and you might be focused on all the fun things you are missing out on right now. One of the things I've been doing is making a list of all the positive things that happen every day. Some days it is easier than others, but when I stop and reflect on the day I can always find a few things to be thankful for. This week, I challenge you to practice gratitude before you go to bed every night. You don't have to write your list down (although I like to!) but at least take a moment to think about the bright spots in your day. I would love for you to email me and tell me what made it on your list! You can reach me at erika.mardock@ops.org.

Watch the following video for inspiration:

[Practicing Gratitude \(and 10 things I'm grateful for\)](#)