



A S C A W E B I N A R S E R I E S



AMERICAN
SCHOOL
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Virtual Elementary School Counseling How-to

Webinar Presenter: Sarah Kirk
Webinar Date: April 16, 2020



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Virtual Elementary School Counseling How-to

A S C A W E B I N A R S E R I E S



Learning outcomes:

- After viewing this webinar you should be able to:
 - Discuss best practices when working with elementary students and families in a virtual setting.
 - Identify various technology tools and resources to aid you in your virtual elementary counseling.
 - Describe at least one lesson you can use when counseling your elementary students.




About Me

- Sarah Kirk
- Elementary School Counselor in Oklahoma (8 years)
- RAMP Recognition



AMERICAN SCHOOL COUNSELOR ASSOCIATION ASCA WEBINAR SERIES



A graphic with a light pink background. In the center is a white rounded rectangle with a red border. The text "HELLO I'M" is written in bold black uppercase letters on a red background at the top. Below it, "trying my best" is written in a black cursive font on a white background. In the bottom right corner, "@ARTSYAFFIRMATIONS" is written in a small, light pink font.

AMERICAN SCHOOL COUNSELOR ASSOCIATION ASCA WEBINAR SERIES

SOME DAYS OTHER DAYS



A cartoon illustration. On the left, a person with brown hair, wearing a red long-sleeved shirt and blue pants, stands with their hands on their hips, wearing a red cape. On the right, a red cape lies flat on the ground. The text "SOME DAYS" is written above the person, and "OTHER DAYS" is written above the cape on the ground. In the bottom right corner, "@DECADEZODDONES" is written in a small, light pink font.



My Goals for This Hour

- Leave with one or two ideas that you can implement to deepen your work



Long Term vs. Short Term Viewpoint

“

RELATIONSHIPS before rigor

GRACE before grades

PATIENCE before programs

LOVE before lessons

Brad Johnson
EDUCATOR

edutopia



Not all of this is brand new

- The “new normal” may seem like it is not normal at all but in many ways, we can use what we already know about our job as a school counselor



Thoughts As We Get Started

- Think about your specific population, not someone’s on Instagram or Facebook
- Basic needs first priority
- Focus on relationship
- Not overwhelming
- Think about your yearly/monthly/weekly calendars before COVID-19
 - In what way can they stay the same?
 - Frequency of lessons
 - Topics of lessons (lesson plans)



ASCA Elementary School Counselor Toolkit

- [Link to my Google Doc](#)
- [Link on ASCA's Website](#)



Areas of Focus

- Three Domains
 - Social/Emotional
 - Academic
 - College/Career
- School-Wide Support/Resources
- Tiered Supports
- Collaborative Approach
 - Parent Support/Resources
 - Staff Support/Resources
- Tech Tools



Social/Emotional

- Already created lessons
 - [“Leader in Me” Seven Habits of Happy Kids Videos](#)
 - [“Captain Compassion” Bullying Prevention Video](#)
 - [“Centervention” SEL Games/Lessons](#)
 - [Kansas’ Social Emotional Development Lessons \(on Padlet\)](#)
 - [“Worry Warriors” Counseling Lesson Series \(and other counseling lessons\) from Counselor Keri](#)
 - [My mini Counseling Lessons on YouTube](#)
 - [School Counselor, Sammi Borders’ Read Alouds](#)



Social/Emotional

- Share recording of books
 - Books About Feelings:
 - [The Color Monster](#)
 - [In My Heart](#)
 - [Glad Monster, Sad Monster](#)
 - [My Many Colored Days](#)
 - Books About Kindness:
 - [Be Kind](#)
 - [We’re All Wonders](#)
 - [Kindness is Cooler, Mrs. Ruler](#)
 - [Have You Filled a Bucket Today?](#)



Social/Emotional

- TV shows that encourage SEL
 - [Sesame Street](#)
 - [Sesame Street do Growth Mindset](#)
 - [Sesame Street: The Power of Yet](#)
 - [Sesame Street: Exploring Emotions](#)
 - [Little Children, Big Challenges](#)
 - [Daniel Tiger](#)
 - [Daniel Tiger and Empathy](#)
 - [Daniel Tiger and Anger](#)
 - [Daniel Tiger and Using Your Words](#)
 - [Daniel Tiger and Sharing](#)



Social/Emotional

- Spanish Resources
 - Recursos en Español
 - [Daniel Tiger: Usa las palabras](#)
 - [Daniel Tiger: Enojado](#)
 - [Daniel Tiger: Compartir](#)
 - [Yoga para niños en Español](#)
 - [Yoga para niños en Español](#)
 - [Respirar para niños en Español](#)
 - Cuentos Para Niños
 - [Chrysanthemum](#)
 - [El Pez Pucheros](#)
 - [Como Estas](#)
 - [Ish](#)
 - [El Punto](#)

Social/Emotional

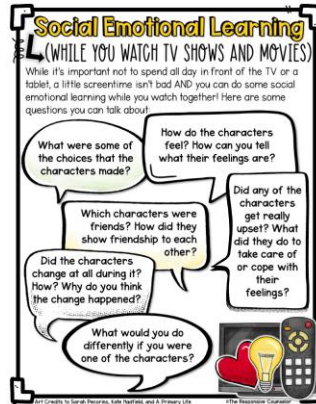


Image created by @theresponsivecounselor

Social/Emotional

- Mindfulness
 - [Yoga 4 Classrooms cards](#)
 - [“My Happy Place” Activity \(Mindfulness\)](#)
 - Have kids read through the prompt and slowly think about their “happy/safe place”. This is a great activity to also practice deep breathing and being in the “here and now”. Once kids have imagined a place in their head, have them draw their happy/safe place. They can then put this up in their calm/cozy corner, in their room, etc.



Social/Emotional

- Bullying Prevention
 - [Teasing and Bullying are Different](#)
 - How is teasing different from bullying?
 - Can you think of a time teasing turned into bullying?
 - [What To Do When You See Bullying](#)
 - The video gave a lot of examples of what you can do when you see bullying. Which one did you like most?
 - Can you think of a time that you saw bullying? What could you do if it happens again?
 - [When Online Gaming Gets Mean](#)
 - Have you ever had an experience when someone was mean during an online game?
 - If so, what did you do?
 - Why do you think people are mean online?



Academic

- Organizational Skills
 - [Planning and Organization for Kids](#)
 - [Being Organized](#)
 - Discussion questions to ask after video lessons
 - Do you think you are organized? Why or why not?
 - What is one thing you could do today be more organized?
 - How is being organized for virtual school different from in-person school?



Academic

- New Learning Platforms
 - [Is your child new to Zoom? Check out this video!](#)
 - [Is your child new to Google Classroom? Check out this video!](#)
 - Discussion questions to ask after video lessons
 - How are you feeling about using online learning platforms?
 - What are you most excited about? What are you most worried about?
 - Do you feel comfortable using technology to talk to your teacher and classmates? If not, what could I do to help you feel more comfortable?



College/Career

- Career Exploration
 - [“_____ in the Real World” video series](#) about how the subjects we learn in school are tied to various professions
 - [“A Day in the Life of a _____” video series](#) very short videos from professionals in various fields
 - What was the most fascinating thing about that job?
 - What would be the hardest part of that job?
 - How much school is required for that job?
 - Is that a job you would want? Why or why not?
 - [Witty We](#) offers online Courses for Kids on STEM, Economics, Business, Law, Health, Life Skills, Career exploration and college level enrichment
 - [Future Doctors](#)
 - [Future Entrepreneurs](#)
 - [Future Lawyers](#)
 - Any many more!
 - [Kuder Galaxy PK-5th College and Career Lessons](#) (made for parents but could be used by the counselor)
 - [Galaxy Curriculum PK-5th College and Career Lessons](#)



School-Wide Support/Resources

- Virtual Spirit Days/Week
- Morning Announcement Videos posted on Facebook
- Scavenger Hunts-- have students find three random things in their house each day/week and post a picture if they find all of the items
- “What’s Up Wednesdays” or “Lunch Bunches” for any students to join in for a conversation with the counselor
- Join community circles or morning meetings
- “Joy Jars”
- [“COVID-19 Time Capsules”](#)
- Create a Google Form that students can self-refer to talk to a counselor in addition to check-ins with high need students



Tiered Supports

- Tier One
 - Recorded Lessons, Read Alouds, SEL Resources, etc.
- Tier Two
 - Small Groups
- Tier Three
 - Individual check ins
 - Students on behavior or safety plans, students who have been inpatient, DHS involvement, frequent fliers, students with therapists (if they are not continuing services), etc.
 - Social Stories with students
 - Collaborate with teachers– who are they concerned about?



Collaborative Approach

- Parent Support/Resources
 - Sharing at home coping strategies (great stuff on TpT!)
 - Sharing at home (easy to implement) SEL ([here is what I created](#))
 - [Create a quiet/safe place or calm corner at home](#)
 - “Coffee with the Counselor” on Zoom
 - Create a Google Form that parents can self-refer to talk to a counselor or refer their child to talk to a counselor
- Staff Support/Resources
 - Self-Care Ideas
 - Morale Boosters (dress up days, daily memes, etc.)
 - Check in!



Tech Tools

- For Video Recording:
 - Zoom
 - YouTube
 - ScreenCastify
 - [NearPod](#)
 - GetEpic.com (digital library)
 - Google Meets
 - If you are uploading onto a Google platform (Classroom, Docs, Sites, etc.), recording on a Google platform is easiest
 - Record yourself as if you were teaching a lesson-- ask questions, pause for answers, etc.



Tech Tools

- For Conferencing with Students, Parents, and Staff:
 - Zoom
 - Easy to use, can break into breakout rooms for discussion with smaller groups, can record
 - Google Voice
 - Allows you to contact families without using your personal number (Warning: I got suspended from my account for sending the same message (checking in with students) to too many numbers. It got flagged as spam and shut down my account.)
 - Doxy.me
 - Free telemedicine software (for one-on-ones)



Tech Tools

- For Sending Out Information:
 - Smore
 - Free platform to make professional-looking newsletters
 - Google Classroom
 - Class Dojo
 - Seesaw



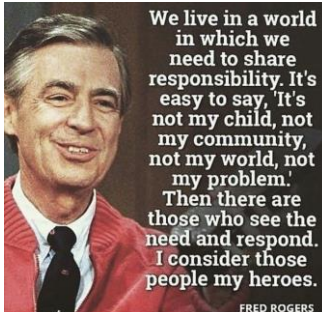
No Tech, No Problem?

- How can we think outside of the box for our students without access to reliable technology?
 - [Great resource](#)



YOU GOT THIS.

From the bottom of my heart, thank you for being there for your students during this time and always.





References

- AMAZING School Counselors:
 - Alessia Bulsara @alessintime
 - Sara @theresponsivecounselor
 - eri @counselorkeri
 - Missy Smith @schoolcounselingsmith
 - Kelly Curtis at WSCA
 - Sarah Flier at WSCA
 - Counselor Chelsey



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