


Counselor Lesson: Week 7

Self-Image and Transitioning to Junior High

For parents: As we embark on the final week of virtual learning, take a minute to reflect on all that you learned- about yourselves, about your family as a whole, and about your children as learners. A fun activity that you could do with your family is to make a time capsule capturing your unique experience. Click [here](#) for an idea on a Quarantine Time Capsule. However, you can make this your own. Take some time to reflect on all that you have experienced and made it through.

Guidance Lesson

<p>Our guidance lesson this week will focus on building a positive self-image by embracing your uniqueness and your strengths.</p>	<p>Our guidance lesson this week will focus on the transition from elementary to junior high.</p>
<p style="text-align: center;"><u>PreK-4:</u> Self-Image</p>	<p style="text-align: center;"><u>5th Grade:</u> Transition to JH</p>
<p>Self-image is known as how you see yourself when you look in the mirror. It is how you see yourself as an individual. It is also how you see yourself as a friend, classmate, learner, brother, and so on. It is important that when you look in that mirror, you focus on the positive parts of yourself so that you can build self-esteem and do well in the many different parts of your life. So, take a minute to think: How do you see yourself when you look in the mirror?</p>  <p>Click here to watch the following video of a read-aloud by Peter H. Reynolds titled Be You. Think through the following questions:</p> <ul style="list-style-type: none"> • Which pages are most related to you? • What would be in your “Be You” book? • The message of the story is to take pride in who you are. What about yourself makes you the most proud? <p style="text-align: center;">Brag Bag Activity</p> <ol style="list-style-type: none"> 1. Find a bag of any kind in your house, or you can alternatively create a brag board using paper. 2. Fill the bag or poster with your strengths- list things you are good at or proud of. This is your chance to brag about yourself. 3. Ask a family member to fill your brag bag with things that they think you do well or things that make them proud of who you are. Take some time to read through what they wrote and reflect on it. If you can see what they say as a way that you can view yourself, add it to your board. 	<p>Click here to hear many common concerns when entering junior and advice from kids in junior high.</p> <p>The transition to junior high is different for everyone. However, there are some of the new experiences that everyone will share:</p> <ul style="list-style-type: none"> • New Location • New People • New School Subjects • New Activities • More Teachers <p>Some of the most common changes students will be facing:</p> <ul style="list-style-type: none"> • <i>More Teachers and classes</i> • <i>Lockers - to use in PE or between classes</i> • <i>More library access</i> • <i>Following a schedule</i> • <i>Daily PE instead of recess</i> • <i>Extra-Curriculars</i> <p>Which of these changes are most exciting for you? Which of these changes are you most concerned about? Talk these through with your parents or a trusted adult.</p> <p>Here are four helpful hints for students about to transition to Junior High School:</p> <p>Hint #1: Get A Sneak Peek - check out your campus web site and attend Junior High transition events Hint #2: Get Organized - think about how you will learn your schedule and organize your class work Hint #3: Get Active - enjoy your elective and consider joining clubs Hint #4: Get Help When You Need It - reach out for support, we're here for you!</p> <ul style="list-style-type: none"> • Teachers • Counselors • Coaches

4. If able, ask friends or relatives to help fill your brag bag.
5. Post this somewhere you can see it and add to it through time to see how much you grow and change and learn about yourself.



This is an example of a brag board. Click on the image for a printable sheet to start your brag board.

Family Activity

Spend some time as a family looking over the Junior High website and write down things that interest you.

Have a family discussion about this new information.

Discussion Topics:

- What are you most excited about when you think about Junior High?
- What information would you like to learn about Junior High before you start?
- How do you feel about making new friends and leaving some behind?
- What activities would you like to do in Junior High?

Optional, Additional Activity:

Practice using a locker combination on a lock at home. This will help our students familiarize themselves with combination locks for potential Junior High locker use.

Helpful hint: Encourage your child to use combination locks by reminding them that this is a great way to protect their personal belongings such as cell phones during school.

Click [here](#) to watch this video and think about how this message relates to the lesson you learned today. You have learned a great deal about yourself this school year, but also in these last weeks of virtual learning. Take this with you as you embark on new journeys and new learning. Be you!