

CL-18A

Celebrating My Growth

Grades K–1

Intrapersonal Effectiveness

Look How I've Grown

Students review the year's skills with a picture game, learn what changes and what stays the same in the next grade, and practice three summer safety moves.

HOOK
3 min

TEACH
5 min

PRACTICE
9 min

WRAP-UP
3 min

OPTIONAL EXTENSION
+10 min · Skill Show

BIG IDEA Skills go with you! New teacher, new room, same helpers.

1 I CAN

- ☐ match a story character's problem to a skill that helps.
- ☐ tell what changes in the next grade and what stays the same.
- ☐ show three summer safety moves.

KEY WORDS / PALABRAS CLAVE

skill	habilidad
practice	practicar
change	cambio
helper	ayudante
helmet	casco
shade	sombra

2 MATERIALS

- ☐ A stuffed animal or puppet to be Adrián (optional)
- ☐ Projector page (p. 4) on the document camera, or copied onto chart paper
- ☐ Worksheet (p. 5), one per student, and crayons or pencils
- ☐ Extension: Skill Show page (p. 6)
- ☐ Family letter (p. 7), one per student

PREP · 5 MINUTES

- Teach by June 2: the cycle is short (Memorial Day, May 31; students' last day, June 3).
- Practice the six skill signals and the three summer safety moves once.
- Copy p. 5 and p. 7, one per student. Print p. 4 and p. 6 once.

3 STANDARDS

Texas Model 5th ed., 2018	Intrapersonal Effectiveness
ASCA Standards Mindsets & Behaviors, 2021	B-SMS 10 Ability to manage transitions and adapt to change · B-SMS 9 Personal safety skills
Health TEKS K §115.12(b)(4)(B) · Gr 1 §115.13(b)(4)(A)	discuss the meaning of goals and identify at least one health-related goal (K) / discuss ways to be kind to self and how to identify areas for growth (Gr 1). Used with a story character's summer safety goal and skills that grow with practice.
Health TEKS K §115.12(b)(8)(B)	identify the purpose and demonstrate the proper use of protective equipment such as seat belts, booster seats, and bicycle helmets
Health TEKS K §115.12(b)(10)(A) · Gr 1 §115.13(b)(11)(A)	name safe play environments (K) / describe the difference between safe and unsafe environments (Gr 1)
PE TEKS Gr 1 §116.13(b)(14)	explain how, with practice, challenges in physical activities can turn into successes
Character traits TEC §29.906(b)(5)	responsibility, including accountability, diligence, perseverance, self-management skills, and self-control

4 THE LESSON

HOOK 3 min

SAY "Today we'll talk about story characters, not real people. We'll use the names in the stories. This is Adrián. He is a story character in kindergarten. School is almost over. Adrián says, 'Next year I'll have a new teacher and a new room. What if I forget all my skills?'"

SAY "A skill is something you get better at when you practice. Adrián practiced a lot of skills this year."

ASK "Do Adrián's skills stay here in this room?" (No!) "Skills go with you! Let's help Adrián pack his skills."

TEACH 5 min

DO · 2 MIN Show the projector page. Point to each skill picture and read it; the class echoes it and shows its signal. Then everyone "packs" it into a pretend backpack and zips it.

SAY "A change is when something new happens. Next year every class gets a new teacher and a new room. Some things stay the same: our school helpers, like the counselor, the nurse and the librarian, and all the skills you packed." Chant three times: **New teacher! New room! Same helpers!**

SAY "Summer is coming. Here are three summer safety moves." Read each one and teach its move:

- 1 **Swim only with a grown-up watching.** Move: swim with your arms, then point two fingers at your eyes.
- 2 **Drink water and find shade.** Move: pretend to sip, then make a roof over your head with your arms.
- 3 **Wear a helmet on bikes and scooters.** Move: pat the top of your head and "click" the strap under your chin.

Say "school helpers," not staff names; jobs can change over the summer.

PRACTICE 9 min

DO · 2 MIN Which skill can they use? Read each one. Students point to the skill on the projector page and show its signal.

- CALM** 1. "Ethan's paint spills. His face gets hot."
- YET** 2. "Ramón can't hop on one foot yet."
- THANKS** 3. "The nurse puts a bandage on Elena's knee."
- TELL** 4. "On the playground, Eli sees a kid push someone again and again."

Key: 1 Smell the flower, blow out the candle · 2 Say "yet!" · 3 Say thank you! · 4 Tell a trusted adult.

DO · 7 MIN Worksheet. Help students write their name. Read each Part 1 item; students draw a line to the skill. Read Part 2; students circle SAFE or NOT SAFE. In Part 3, students draw Adrián wearing a helmet and copy *helmet*.

Answer key. Part 1: Owen's tower → Use a calm-down tool · Karla and the nurse → Say thank you! · Sergio can't tie shoes yet → Say "yet!" · Two kids, one ball → Share and take turns. Part 2: Safe 1, 4; Not safe 2, 3. Part 3: Adrián with a helmet.

WRAP-UP 3 min

SAY "Remember Adrián? He was worried he would forget his skills. What can we tell Adrián?" (Skills go with you!) "Adrián has a summer goal: wear his helmet every time he rides his scooter."

CHECK "Show me the summer safety move for swimming." (Swim arms, then point to your eyes: only with a grown-up watching.) Give the family letters to the teacher for take-home folders.

Short on time? Review four skills, read practice items 1 and 4 only, and do worksheet Part 2 together.

5 OPTIONAL EXTENSION · 10 MINUTES

Skill Show. Show page 6 on the document camera. Students stay in their seats.

- 1 Show the skills: point to each card. The class says the skill with you and shows its move (3 minutes).
- 2 Who needs a skill? Read a line; students point to the card and show the move. Try: "A kid finds a bottle with no label" (2) · "Two kids want the same swing" (4) · "A kid's tower falls, and his fists get tight" (7) · "A friend holds the door" (3) (5 minutes).
- 3 Last round: show the three summer safety moves at the bottom of the page. Then everyone packs all the skills into a pretend backpack and says, "Skills go with you!" (2 minutes).

No running and no touching: students show the moves in their seats. Children only show the skill, never the problem.

6 SUPPORT EVERY LEARNER

EMERGENT BILINGUALS

Pictures and moves work in any language. Point out cognates: *practice / practicar, grade / grado*. Let partners name the skill in Spanish first. Frame: "___ can ___."

EXTRA SUPPORT

Read every item aloud and point to each picture. Students may point instead of drawing lines. In Part 3, students may draw only, and you can write the word with them.

STRETCH

Ask: "Why does a skill get easier when you practice?" Early finishers draw Adrián using a second summer safety move.

7 QUICK CHECK

During practice: if many students point to the wrong skill, replay that skill with one more Adrián example before the worksheet.

After class: I sort the worksheets into "all right" and "not yet," then send them home through the teacher the same week; this is the last cycle of the year.

The worksheet is about story characters, not the child, so it is fine to collect.

8 PICTURE BOOKS (OPTIONAL)

The Dot by Peter H. Reynolds (Candlewick, 2003).

Spanish edition: *El punto* (2025). Vashti thinks she can't draw. One small dot, and a teacher who believes in her, help her keep trying.

The Magical Yet by Angela DiTerlizzi (Disney-Hyperion, 2020). Spanish edition: *El mágico aún*. The Yet, a magical friend, helps a child keep trying at hard things. Ties back to "Say 'yet!'"

The lesson works without a book. Preview any book before you read it to a class.

9 KEEP IT GOING SCHOOLWIDE · CYCLE 18

MORNING ANNOUNCEMENT

EN "Good morning, Yellow Jackets! We learned so many skills this year, and skills go with you! This summer, swim only with a grown-up watching, drink water and find shade, and wear a helmet on bikes and scooters."

ES "¡Buenos días, Yellow Jackets! Este año aprendimos muchas habilidades, ¡y las habilidades van con ustedes! Este verano, naden siempre con un adulto que los cuide, tomen agua y busquen sombra, y usen casco en la bici y el scooter."

HALLWAY IDEA

Post a "Yellow Jacket Skills" banner near the office that lists the year's skills. After each class does this lesson, it adds a paper star with its class name, such as "Room 12." To close the year, give every class the same "Yellow Jacket Skills" certificate.

TEACHER TIP

Name the skill when you see it: "You took turns at the water fountain. That's a skill we practiced all year!"

If a student shares something personal: keep the lesson on the characters. "Thanks for telling me. Let's think about what Adrián could do." If what the student said worries me, I follow up after the lesson using district procedures and my reporting guides (LR-01, CS-01).

Skills go with you!

A skill is something you get better at when you practice.



Tell a trusted adult.

Raise your hand.



Not sure? Don't touch. Ask a grown-up!

Hands behind your back.



Say thank you!

Touch your chin, then move your hand out.



Say "yet!"

Grow like a seed.



Smell the flower, blow out the candle.

Hand on your belly.



Notice the clues.

Binocular hands around your eyes.



New



New teacher



New room



Same



Same helpers



Same skills!

Summer Safety · Stay safe this summer.

1



Swim only with a grown-up watching.

2



Drink water and find shade.

3



Wear a helmet on bikes and scooters.

Nada siempre con un adulto cuidándote · Toma agua y busca sombra · Usa casco en bici o scooter

Skills Go with You!

A skill is something you get better at when you practice.

Part 1 Which skill helps? Draw a line.



Owen's tower falls. ●



Say thank you!



The nurse helps Karla. ●



Share and take turns.



Sergio can't tie shoes yet. ●



Use a calm-down tool.



Two kids want one ball. ●



Say "yet!"

Part 2 Safe or not safe? Circle SAFE or NOT SAFE.

1



Nayeli swims. A grown-up watches.



SAFE



NOT SAFE

2



Grace rides with no helmet.



SAFE



NOT SAFE

3



Rubén swims with no grown-up.



SAFE



NOT SAFE

4



Nora drinks water in the shade.



SAFE



NOT SAFE

Part 3 Draw it! Draw Adrián wearing a helmet.

Adrián rides his scooter

Adrián wears a _____

Word bank: helmet

Skill Show

Look at the card. Say the skill. Show the move!



1. Tell a trusted adult. *Raise your hand.*



2. Not sure? Don't touch. Ask a grown-up! *Hands behind your back.*



3. Say thank you! *Touch your chin, then move your hand out.*



4. Help, share, take turns. *Hold out an open hand.*



5. Say "yet!" *Grow like a seed.*



6. Tell the truth. *Touch your lips, then open your hand.*



7. Smell the flower, blow out the candle. *Hand on your belly.*



8. Notice the clues. *Binocular hands around your eyes.*

Last round Summer safety moves



Swim only with a grown-up watching.



Drink water and find shade.



Wear a helmet on bikes and scooters.



Skills go with you!

Celebrating My Growth

Celebramos lo que aprendimos

Family letter · Carta para la familia · Grades K-1 · Grados K-1



ENGLISH

Dear Family,

This week, your child's class had a lesson about **the skills we learned this year** with the school counselor. A skill is something you get better at when you practice. We played a picture game to review the year's skills, talked about the next grade (new teacher, new room, same helpers) and practiced summer safety.

YELLOW JACKET SKILLS FROM THIS YEAR

Tell a trusted adult · Not sure? Don't touch. Ask a grown-up! · Say thank you! · Help, share, take turns · Say "yet!" · Tell the truth · Smell the flower, blow out the candle · Notice the clues

SUMMER SAFETY

1. **Water:** children swim only with a grown-up watching, and never in irrigation canals.
2. **Heat and wheels:** drink water and find shade on hot days, and wear a helmet on bikes and scooters.

TALK ABOUT IT AT HOME

"What are three ways to stay safe this summer?"

Your child may bring home a worksheet about Adrián. Ask your child which skill helps Owen when his tower falls. Thank you for a wonderful year. Have a safe summer!

You are welcome to see any counseling lesson or handout. Call the school office at **956-262-4741** and ask for me.

Mrs. Handy, School Counselor

ESPAÑOL

Estimada familia:

Esta semana, el grupo de su hijo(a) tuvo una lección sobre **las habilidades que aprendimos este año** con la consejera escolar. Una habilidad es algo que nos sale mejor cuando lo practicamos. Jugamos con dibujos para repasar las habilidades del año, hablamos del próximo grado (nuevo maestro o maestra, nuevo salón, los mismos ayudantes) y practicamos cómo cuidarnos en el verano.

LAS HABILIDADES YELLOW JACKET DE ESTE AÑO

Avisarle a un adulto de confianza · Si no sabes si algo es seguro, no lo toques. ¡Pregúntale a un adulto! · Dar las gracias · Ayudar, compartir y tomar turnos · Decir "todavía" · Decir la verdad · Respirar con la pancita ("huele la flor, sopla la vela") · Fijarse en las pistas (En clase usamos las frases en inglés.)

CUIDADOS EN EL VERANO

1. **El agua:** los niños nadan solamente cuando un adulto los está vigilando, y nunca en los canales de riego.
2. **El calor y las ruedas:** en los días calurosos, tomar agua y buscar sombra; usar casco en la bicicleta y el scooter.

PARA PLATICAR EN FAMILIA

"¿Cuáles son tres maneras de cuidarnos este verano?"

Es posible que su hijo(a) traiga a casa una hoja de trabajo sobre Adrián. Pídale que le cuente qué habilidad le ayuda a Owen cuando se le cae su torre. Gracias por un año maravilloso. ¡Que tengan un verano seguro!

Puede ver cualquier lección o material de consejería cuando guste. Llame a la escuela al **956-262-4741** y pregunte por mí.

Sra. Handy, consejera escolar