

CL-18C

Celebrating My Growth

Grades 4–5

Intrapersonal Effectiveness

Ready for What's Next

Students follow a fifth grader's move to junior high, practice four Ready Moves for new places, flip a worried thought into a helpful one and review summer safety.

HOOK
3 min

TEACH
5 min

PRACTICE
9 min

WRAP-UP
3 min

OPTIONAL EXTENSION
+10 min · New Place Problem-Solvers

BIG IDEA Skills go with you! Ready Moves help in any new place.

1 I CAN

- ☐ explain what changes in a new grade or a new school, and which skills go with you.
- ☐ choose a Ready Move for a new-place problem and explain why it fits.
- ☐ name three summer safety rules.

KEY WORDS / PALABRAS CLAVE

change	cambio
transition	transición
schedule	horario
locker	casillero
organized	organizado, organizada
helpful thought	pensamiento que ayuda

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
Gr 4 §115.16(b)(4)(B) · Gr 5 §115.17(b)(4)(B)

explain the advantages of setting short- and long-term goals (Gr 4) / describe benefits of setting and implementing short- and long-term goals and perseverance to achieve those goals (Gr 5). Applied to Julián's short-term goal.

Health TEKS
Gr 5 §115.17(b)(6)(B)

identify situations in which stress can help to achieve goals and build resiliency

Health TEKS
Gr 4 §115.16(b)(12)(C)

identify strategies that can be used to promote safety in homes, schools, and communities

Social Studies TEKS
Gr 4 §113.15(c)(22)(B) · Gr 5 §113.16(c)(26)(B)

use problem-solving and decision-making processes to identify a problem, gather information, list and consider options, ... choose and implement a solution, ... Used in the extension.

ELA TEKS
Gr 4 §110.6(b)(1)(C)

express an opinion supported by accurate information, ... to communicate ideas effectively. Used when partners pick a Ready Move and give a reason.

2 MATERIALS

- ☐ Projector page (p. 4) on the document camera
- ☐ Worksheet (p. 5), one per student, and pencils
- ☐ Extension: New Place Problem-Solvers cards (p. 6), one set, and sticky notes
- ☐ 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).
- Copy p. 5 and p. 7, one per student. Print p. 4 and p. 6 once; cut the cards apart.
- Keep junior high details general (lockers, changing classes, more teachers). Schedules and rules differ by campus, so don't promise specifics.

4 THE LESSON

HOOK 3 min

SAY "Today we'll talk about story characters, not real people. Use the names in the stories. Julián is a fifth grader. In August, he starts junior high. Here are the thoughts in Julián's head."

THOUGHT "What if I can't open my locker?"

THOUGHT "What if I get lost changing classes?"

THOUGHT "A teacher for every class? How will I keep track?"

THOUGHT "What if I don't know anyone at lunch?"

ASK "Which of Julián's worries could a plan help with?" Take two answers, then say: "All of them. A change is when something new happens. A big change, like starting junior high, is called a transition. Julián's skills go with him. Skills go with you!"

TEACH 5 min

DO Show the projector page. Point to the four new things. Say, "Every school has helpers, too: teachers, a counselor, a nurse and the front office."

SAY "Four Ready Moves help in any new place, like fifth grade or junior high." Read the how for each move:

- 1 **Ask for help.** A teacher, the counselor, the front office or a classmate: "Can you show me how?"
- 2 **Make a new friend.** Say hi, ask a question, sit with someone new, or join a team or club.
- 3 **Stay organized.** Use a planner, one folder per class, and check your schedule.
- 4 **Find your way.** Read room numbers and signs, use the map, and walk the route with a buddy.

SAY "Julián feels nervous. A little stress can help: it reminds him to practice his locker and study the map. When the worry gets loud, he uses a helpful thought. A helpful thought is a calm, true thought that helps you take the next step: 'Lockers take practice. I can try again or ask for help.' Before junior high comes summer: Swim only with a grown-up watching. Drink water and find shade. Wear a helmet on bikes and scooters. Canals are never for swimming."

PRACTICE 9 min

DO · 2 MIN Partners: which Ready Move fits? Some have more than one good answer. Partners who disagree use "I hear you. I see it differently because ____."

FIND 1. Maya's schedule says Room 214, but the hallway numbers jump from 200 to 230.

ORGANIZE 2. Andrés has homework from four teachers, due on different days.

FRIEND 3. Lucía joins a new class in March. Everyone already has a group.

SAFETY 4. It's 100 degrees at the park. Noah has played basketball for an hour.

Accept another move with a good reason (item 1: ask for help). Item 4: Drink water and find shade.

DO · 7 MIN Worksheet. Students write their name and teacher. Part 1 on their own; for Part 2, partners talk for one minute first, then each student writes; Part 3 on their own.

Answer key. Part 1: Organize 1, 5; Ask 2, 6; Find 3 (Ask also fits); Friend 4. Part 2: any calm, true thought ("Lots of students are new, too. I'll check the room numbers.") and any move with a reason (ask the front office or a teacher, because the bell is close). Part 3: Ride bikes with helmets on; Drink water and find shade; Swim only with a grown-up watching.

WRAP-UP 3 min

SAY "Julián set a short-term goal: get to every class on time by Friday. On Monday he got lost, so he asked the front office. Then he walked the route with a new friend and kept his schedule in his planner. By Friday, he made it to every class on time, one Ready Move at a time."

CHECK "Name the Ready Move: Daniela can't remember which classes have a test this week." (Stay organized.) Give the family letters to the teacher for take-home folders.

Short on time? Read practice items 1 and 4 only, and do worksheet Part 2 as a class discussion before students write.

5 OPTIONAL EXTENSION · 10 MINUTES

New Place Problem-Solvers. Groups of 3 or 4 each take one card from page 6. Rule: use the names on the card, never a classmate's name.

- 1 Name the problem on the card, pick the Ready Moves that fit and write a three-step plan on a sticky note (4 minutes).
- 2 Groups share plans in 30 seconds each. Classmates add a move or disagree: "I hear you. I see it differently because ____." (4 minutes).
- 3 Ask, "Which Ready Move works in every new place?" (Ask for help.) (2 minutes).

Sticky notes keep the cards clean for the next class. Card 8 is a safety card: the plan must include asking an adult at school.

6 SUPPORT EVERY LEARNER

EMERGENT BILINGUALS

Point out cognates: *transition* / *transición*, *organized* / *organizado*. Teach *horario* (schedule) and *casillero* (locker). Partners may plan in Spanish first. Frame: "____ can ____ because ____."

EXTRA SUPPORT

Read the worksheet aloud. Do Part 1 items 1–3 with a partner. In Part 2, students may pick a move from the projector page and write one reason.

STRETCH

Ask: "How can a little stress help Julián get ready?" Early finishers write a plan for one Problem-Solver card on a sticky note.

7 QUICK CHECK

During practice: listen for a move plus a reason. If many partners name a move with no reason, model one with Julián's locker.

After class: I sort Part 2 into "move + reason" and "not yet" and send worksheets home through the teacher the same week (last cycle).

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

8 PICTURE BOOKS (OPTIONAL)

Oh, the Places You'll Go! by Dr. Seuss (Random House, 1990). Spanish edition: *¡Oh, cuán lejos llegarás!*. A rhyming send-off about new places, ups and downs, and getting unstuck. Read a few pages, then ask which Ready Move could help the traveler in the story.

The Magical Yet by Angela DiTerlizzi (Disney-Hyperion, 2020). Spanish edition: *El mágico aún*. A friend called the Yet helps a child keep trying. Listed for K-3; works as a quick read-aloud.

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! New places, same skills. Ready Moves: ask for help, make a new friend, stay organized and find your way. 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! Lugares nuevos, las mismas habilidades. Pidan ayuda, hagan nuevas amistades, organicéense y aprendan el camino. Este verano, nadan 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 "Ready for What's Next" board near the fifth-grade hall with the four Ready Moves. Classes add sticky-note tips for new places, signed with the class name, such as "Room 21." To close the year, give every class the same "Yellow Jacket Skills" certificate.

TEACHER TIP

Name the skill when you see it: "You checked the schedule before you asked. That's staying organized, a Ready Move."

If a student shares something personal: keep the lesson on the characters. "Thanks for telling me. Let's think about what Julián 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).

Ready for What's Next

A change is when something new happens. Skills go with you!



Lockers

Practice the combination.



Changing classes

A bell, then a new room.



More teachers

Each class has its own.



New hallways

Room numbers and maps.

Ready Moves · For any new place



Ask for help.



Make a new friend.



Stay organized.



Find your way.

Pide ayuda · Haz una nueva amistad · Organízate · Aprende el camino



Worried thought

"I'll never get my locker open."



Helpful thought

"Lockers take practice. I can try again or ask for help."



Summer Safety

Swim only with a grown-up watching.



Drink water and find shade.



Wear a helmet on bikes and scooters.



A helpful thought is a calm, true thought that helps you take the next step.

Ready for What's Next

A change is when something new happens. Ready Moves help in any new place.

Part 1 Which Ready Move? Circle the best move for each one.

- | | | | | | |
|---|--|--|---|---|---|
| 1 | Itzel's papers for all her classes are mixed up. |  ASK |  FRIEND |  ORGANIZE |  FIND |
| 2 | Rodrigo's locker won't open. |  ASK |  FRIEND |  ORGANIZE |  FIND |
| 3 | Zoe can't find the gym. |  ASK |  FRIEND |  ORGANIZE |  FIND |
| 4 | Wyatt doesn't know anyone at his lunch table. |  ASK |  FRIEND |  ORGANIZE |  FIND |
| 5 | Camila forgets which days she has band. |  ASK |  FRIEND |  ORGANIZE |  FIND |
| 6 | Óscar doesn't understand the lab steps. |  ASK |  FRIEND |  ORGANIZE |  FIND |

Part 2 Julián's first day Talk with a partner. Then write.

It's Julián's first day of junior high. The hallway is crowded. He can't find Room 118, and the bell rings in three minutes. He thinks, "Everyone knows where to go but me."



Flip Julián's worried thought into a helpful thought: calm and true.

Julián can think, _____

Which Ready Move should Julián use first? Give a reason.

Julián can _____

because _____

Part 3 Summer safety

It's a hot summer afternoon. Valeria and her cousins want to ride bikes and cool off. Check ✓ the 3 safe choices.

- | | |
|--|--|
| ☐ Cool off in the canal. | ☐ Ride bikes with helmets on. |
| ☐ Drink water and find shade. | ☐ Skip helmets on short rides. |
| ☐ Play in the sun with no water breaks. | ☐ Swim only with a grown-up watching. |

New Place Problem-Solvers

✂ Cut on the dashed lines.

1. Read your card. 2. Name the problem. 3. Pick the Ready Moves and write a 3-step plan on a sticky note. 4. Share in 30 seconds.

NEW PLACE #1



Ava's new junior high has two floors. Her schedule says Room 205, and the bell rings in four minutes.



Ask for help



Make a new friend



Stay organized



Find your way

NEW PLACE #2



Emiliano is new at school this week. At recess, every group already has a game going.



Ask for help



Make a new friend



Stay organized



Find your way

NEW PLACE #3



Liam's locker sticks. He has been late to first period two days in a row.



Ask for help



Make a new friend



Stay organized



Find your way

NEW PLACE #4



Gael has a different teacher for each class. Each one gives homework on different days.



Ask for help



Make a new friend



Stay organized



Find your way

NEW PLACE #5



Kayla's math teacher moves fast. Kayla doesn't understand the new steps, and the quiz is Friday.



Ask for help



Make a new friend



Stay organized



Find your way

NEW PLACE #6



Tomás's friend from fifth grade has a different lunch time. Tomás doesn't know anyone at his table.



Ask for help



Make a new friend



Stay organized



Find your way

NEW PLACE #7



Héctor's schedule has A days and B days. He keeps going to the wrong class.



Ask for help



Make a new friend



Stay organized



Find your way

NEW PLACE #8



Marisol's new school has a different bus. She isn't sure which bus goes to her stop.



Ask for help



Make a new friend



Stay organized



Find your way

Celebrating My Growth

Celebramos lo que aprendimos

Family letter · Carta para la familia · Grades 4–5 · Grados 4–5



ENGLISH

Dear Family,

This week, your child's class had a lesson about **getting ready for what's next** with the school counselor. A change is when something new happens, like a new grade or a new school. A skill is something you get better at when you practice, and skills go with you. We learned four Ready Moves for new places and reviewed summer safety.

READY MOVES FOR ANY NEW PLACE

Ask for help: a teacher, the counselor or the front office · **Make a new friend:** say hi, sit with someone new · **Stay organized:** a planner and one folder per class · **Find your way:** room numbers, signs and maps

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

"Which Ready Move helps most on the first day at a new school? Why?"

Your child may bring home a worksheet about Julián's first day of junior high. If you have questions about the move to junior high, please call me. 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 **cómo prepararse para lo que sigue** con la consejera escolar. Un cambio es cuando pasa algo nuevo, como un nuevo grado o una nueva escuela. Una habilidad es algo que nos sale mejor cuando lo practicamos, y las habilidades van con nosotros. Aprendimos cuatro pasos para lugares nuevos (en inglés, *Ready Moves*) y repasamos cómo cuidarnos en el verano.

PASOS PARA CUALQUIER LUGAR NUEVO

Pedir ayuda: a un maestro, a la consejera o a la oficina · **Hacer una nueva amistad:** saludar, sentarse con alguien nuevo · **Organizarse:** una agenda y una carpeta para cada clase · **Aprender el camino:** números de salón, letreros y mapas

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

"¿Qué paso ayuda más el primer día en una escuela nueva? ¿Por qué?"

Es posible que su hijo(a) traiga a casa una hoja de trabajo sobre el primer día de Julián en la secundaria. Si tiene preguntas sobre el cambio a la secundaria, llámeme. 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