

# 2018

## Resiliency Lessons

### Students will meet by Grade Level in the Cafeteria

Grade Level	Date	Time	Alpha
9 <sup>th</sup>	Oct 22	1:40-2:20	Aa-Guz
9 <sup>th</sup>	Oct 22	2:20-3:00	Ha-Pl
9 <sup>th</sup>	Oct 23	1:40-2:20	Po-Z
10 <sup>th</sup>	Oct 23	2:20-3:00	A-Gu
10 <sup>th</sup>	Oct 24	1:40-2:20	Ha-Q
10 <sup>th</sup>	Oct 24	2:20-3:00	Ra-Z
11 <sup>th</sup>	Oct 25	9:55-10:35	A-Long
11 <sup>th</sup>	Oct 25	10:35-11:15	Lopez-Z
12 <sup>th</sup>	Oct 29	9:55-10:35	A-Lau
12 <sup>th</sup>	Oct 29	10:35-11:15	Lav-Z

High School Counselors will present lessons focusing on resiliency to all students by November 1. The goal of these guidance lessons is to provide an additional layer of support to our students as they manage stress.

Lessons will be on the following topics:

9<sup>th</sup> Grade Lesson: Dealing with Stress

10<sup>th</sup> Grade Lesson: Medicine Wheel

11<sup>th</sup> & 12<sup>th</sup> Grade Lesson: Support Systems

