



## School Counselor Resources

### What is *WiseSkills*?

*WiseSkills* is a comprehensive character-building program that equips young people with the critical character qualities they need to be successful. *WiseSkills* includes three separate, yet interconnected, components that help schools, families, and communities cultivate good character in young people.

For character education to be implemented effectively, the entire staff of the school should be involved in building character. *WiseSkills* includes materials to help counselors strengthen the character of students in a variety of ways. All of the curricula for grades K-12 includes inspiring multicultural character quotations that are a perfect springboard for meaningful discussions about relevant character issues. The simple 15-20 minute character activities in the curricula can be used by counselors who teach classroom lessons. The chart below shows the different *WiseSkills* resources that counselors can use to build the character of students. In addition, *WiseSkills* makes available a variety of positive reinforcement resources for counselors and teachers including *WiseStudent Certificates*, *Character Cards*, special book marks, *Wise Pencils*, balloons, and more.

### FREE Counselors Toolbox



To help counselors work with students with discipline problems, the FREE *WiseSkills Counselors Toolbox* provides ready-to-use reproducible pages to help students reflect on how their negative behavior did not demonstrate positive character. These practical pages encourage students to connect the poor choices they made to important principles of character. To request a FREE copy of the *WiseSkills Counselors Toolbox*, e-mail [info@wiseskills.com](mailto:info@wiseskills.com).

Counselor Resources	School Component					Family Component	
	WiseWords (K-2)	WiseQuotes (3-5)	WiseLives (6-8)	Wisdom for Life (9-12)	Admin. Handbook (K-8)	Family Wisdom (K-5)	Family Wisdom (6-8)
Character Quotations	•	•	•	•	•	•	•
Reproducible Activity Pages	•	•	•			•	•
Classroom Lessons & Activities	•	•	•	•			
Family Character Activities	•				•	•	•
Schoolwide Character Activities					•		

## Samples of the School Counselor Resources in *WiseSkills*

### *WiseQuotes* (Grades 3-5)

#### Communication

1. Have students share about what they say and do when they are angry. Explain that the best way to **share** strong feelings is to focus on exactly what you are feeling and not say things about others. Instead of, "You are such a jerk," it is better to say, "I am really angry at you for saying that." List on the board different "I" and "me" statements.
2. In small groups, students make lists of ways to **share** feelings appropriately using "I" statements and inappropriately.
3. Have students write down the elements of **Listening** [eye contact, not interrupting, repeating back etc.], **Sharing** [using "I" and "me" statements] and **Telling** [saying "No" appropriately, saying exactly what you need or want, etc.].

### *WiseLives* (Grades 6-8)

#### Friendship

1. Without using names, have students share about friends who have encouraged negative behavior and attitudes. Discuss if these were friendships based on wanting the best for one another.
2. Have students make a list of their closest friends. Have students write one or two qualities that they really appreciate about each friend.
3. In groups, have students list the characteristics of positive and negative friendships.

Download FREE Sample Pages at [www.wiseskills.com](http://www.wiseskills.com)

Call 1-888-947-3754 to Request a FREE 30 Day Preview!

### *Wisdom for Life* (Grades 9-12)

#### Diligence

1. **Past Goals**  
Have students describe goals they have set and steps they took to reach those goals.
2. **Diligent Advice**  
Make a list of what students can do to help themselves be diligent on things they feel like giving up on.
3. **Wisdom-in-Action Biography**  
Have students read the biography *Tiger Woods* and write about how he has shown diligence in his golfing.

### *Admin. Handbook* (Grades K-8)

#### Personal Goals

1. **Collections Day**  
Have a Collections Day where students bring in their collections and share them with the school (coins, stamps, cards, rocks, etc.).
2. **Student Interviews**  
During school announcements, interview some students about their hobbies or ways they have met personal goals. Ask them about what they have learned or special challenges they had.
3. **Special School Event**  
Invite parents to a school event where students share about their unique interests, talents and personal goals. Provide parents with a one-page handout with information about how they can help their children set and reach personal goals.