

## Baldwin County School Counseling Curriculum Resources

### First Grade

District-supported curriculum programs and materials are outlined below.

Program	Description
<b>Prevention and Awareness of Total Health (P.A.T.H.)</b>	<p><b>P.A.T.H.</b> - The Prevention &amp; Awareness for Total Health curriculum provides a comprehensive approach to teaching students foundational wellness concepts. The curriculum is centered around four mandated prevention topics and embeds additional life skills and character traits. We want our students to be well-equipped with life-long skills that will help them combat challenges, protect physical health and safety, foster kindness, enhance relationships, promote mental wellness, and build positive coping skills and resilience.</p> <p>Baldwin County School District offers comprehensive counseling guidance lessons as part of our educational program. School Counselors visit classrooms one time per month for 30 minutes. These lessons aim to support students' foundational wellness and cover a range of topics relevant to their overall well-being.</p> <p><i>Parents have the option to <b>opt-out</b> their children from these classroom lessons. To do so, parents must complete and sign the district wide opt-out form provided at the beginning of the school year from their school counselor.</i></p> <p><b>LOCATION/ACCESS:</b> Stored in each school counselor's office (locations vary)</p>
<b>NetSmartz and The Puppet Show</b>	<p><b>NetSmartz and The Puppet Show</b> - Through the Baldwin County School System's partnership with the Baldwin County Child Advocacy Center, students in first grade are taught critical child safety information that is age appropriate through the use of puppets one time per school year.</p> <p>These puppets convey the message that your child's body belongs to him/her, and in the event that someone touches her inappropriately, or makes her feel uncomfortable, she should say, "Stop, I don't like it!" to the person touching her and tell a trusted adult.</p> <p><i>*Parents must give permission in order for students to attend the puppet show. Parents must <b>opt-in</b> for their child. To do so, parents must complete and return the opt-in form provided to parents before the puppet show.</i></p> <p><b>LOCATION/ACCESS:</b> Online through the Baldwin County Child Advocacy Center</p>

<p><b>Kuder Galaxy</b></p>	<p><b>Kuder Galaxy</b> harnesses the power of play to introduce concepts about work. It combines games and activities with fun characters and informational videos to guide children step-by-step to greater career and self-awareness. Children begin with simple concepts such as what work is and why people do it. As they progress, they become aware of different work settings and education pathways. They also begin to consider their own developing interests and preferences for work tasks and environments. By level five, students have begun to think broadly about occupations that might interest them, and they discover practical steps they can take to learn more about various occupations.</p> <p><b>LOCATION/ACCESS:</b> Online, available through the student portal</p>
<p><b>Zones of Regulation</b></p>	<p><b>Zones of Regulation Intervention</b> provides targeted instruction for essential K–6 regulation skills within a tiered system of support. The small-group instruction and ongoing progress monitoring are intended to complement classroom instruction. Students are taught regulation competencies aligned to their developmental continuum and are given the opportunities to practice the skills in a safe and supportive environment.</p> <p>Each focused, 30-minute session is matched to student needs and usually concludes after six-eight weeks.</p> <p><i>Parents must give permission for students to participate. Parents must <b>opt-in</b> for their child to participate. To do so, parents must complete and return the opt- in form provided to parents before the intervention begins.</i></p> <p><b>LOCATION/ACCESS:</b> Stored in each school counselor’s office (locations vary)</p>