



FAMILY GUIDANCE
and outreach
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School Based Programs

DinoMight Tykes (FGOC's Signature Program)

This is a 4-part lesson aimed at discussing our emotions and how to best engage them! It's okay to have BIG feelings, but sometimes we need a little help in learning how to manage how we react to them. This program is appropriate for 4th graders and younger.

(This program can be done in-person or through our virtual format)

Big Change/Little Change

In this program, we help students identify the different changes happening in their lives and how these transitions could cause big emotions! This program is appropriate for 4 graders and younger. (virtual)

The Value of Friendship

This lesson discusses how friendships add value to our lives and how we can best nurture them. This program is appropriate for 4th graders and younger. (virtual)

Storytime with Mrs. Wuensche

Join Mrs. Wuensche as she brings us her most favorite books! Mrs. W is a former Kindergarten teacher with many years of experience in the classroom. She is warm and engaging. Stories are added weekly! This program is appropriate for anyone! (virtual)

Your Shoes, My Shoes: Understanding Empathy

Empathy can be a difficult subject to understand for young people. In this lesson, we tackle the definition of "empathy" and how to respect and honor others' feelings. This program is appropriate for 4th graders and younger. (virtual)

Grief and Loss

This program allows students about sadness and what it means to experience "grief" due to the permanent loss of something or someone. This program is appropriate for 4th graders and younger. (virtual)

Mighty Manners

This program is aimed at teaching students about manners and how important they are in our daily activities. We share examples of manners and how to best apply them in different situations. This program is appropriate for 4th graders and younger(virtual)

Head to Toe Wellness

Students will learn about the importance of movement and physical activity. We also explain the importance of healthy foods, water, hygiene and good sleep. This program is appropriate for 4th graders and younger. (virtual)

Into the Cloud

This program is an online safety education program produced by the National Center for Missing and Exploited Children. It provides age-appropriate videos and activities for students 2nd through 5th grade, encouraging them to be safer online. The goal of the program is to help children become more aware of potential online risks and empower them to help prevent victimization by making safer choices on and offline. This program is appropriate for 2nd through 5th grade. (virtual)

