



# BCPS LSW Action Plan 2025-2026



<b>LSW TEAM Members</b>	<b>LWS Liaison:</b> <i>The designated staff member head-steering the Life Skills &amp; Wellness Plan of the school/please include their name and position</i> <i>Danielle McGowan, School Counselor</i>	<b>School:</b> Broadview Elementary <b>Zone:</b> 0811
	<b>Administrator:</b> <i>who is the administrator that oversees the LSW plan of the school</i> <i>Joshua Kisten, Principal</i> <i>Susana Cruz, Assistant Principal</i>	<b>Date Plan Completed:</b> <i>September 10, 2025</i>
	<b>Other Team Members:</b> <i>team members can include one or more adults from each sub department/grade level of the school/please include their names and the department they represent</i> <i>Natacha Alabre-Literacy Coach</i> <i>Cindy Diamond-Math Coach</i> <i>Rachelle Hereaux-ASD Coach</i> <i>Myron Woods, Behavior Tech</i> <i>Eyvonne Wishart, Media Specialist</i>	



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## Elementary

ACTIVITY	STANDARD	DESCRIPTION
Mindful Moments Broadcast	Students will recognize, identify, and appropriately express basic emotions in themselves and others.	Mindful Moments Broadcast Begin the day or transitions with a 2-minute "emotion check" over the announcements. Example: "Take a deep breath. Think about how you're feeling today. Are you happy? Tired? Excited? It's okay to feel lots of things!"
Emoji Feelings Check in Wall	LSW A. Students will recognize, identify, and appropriately express basic emotions in themselves and others.	Set up a large bulletin board in a common area with labeled emojis (happy, sad, angry, confused, excited, tired, etc.). Students place a sticky note or emoji card under the feeling that matches their mood. <ul style="list-style-type: none"><li>• Add a "Why I feel this way..." writing prompt nearby for added reflection</li></ul>
My Calm-Down Toolkit	LSW B. Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals.	Each student creates their own "toolkit" using a small folder, baggie, box, or printable chart. Include 4-6 strategies such as: <ul style="list-style-type: none"><li>• Deep breathing</li><li>• Counting to 10</li><li>• Positive affirmations</li><li>• Drawing or coloring</li><li>• Water break</li><li>• Quiet fidget item</li><li>• Visuals or emojis to express current mood</li><li>• "I need a break" card</li></ul>
Kindness Counts Challenge	LSW C. Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	Over the course of one week, the school participates in a Kindness Challenge, where students focus on practicing respectful and cooperative behaviors in their classrooms, hallways, playground, and beyond. The emphasis is on recognizing and rewarding positive social choices.



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