



BCPS LSW Action Plan 2025-2026



LSW TEAM Members	LWS Liaison: <i>The designated staff member head-steering the Life Skills & Wellness Plan of the school/please include their name and position</i> Angelica Curry (School Counselor)	School: C. Robert Markham Elementary Zone: STO
	Administrator: <i>who is the administrator that oversees the LSW plan of the school. Mr. Frazier (Intern Principal)</i>	Date Plan Completed: September 12, 2025
	Other Team Members: <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> Brandy Scott (Science Coach), Stephanie Simpson (Media Clerk)	



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ACTIVITY	STANDARD	DESCRIPTION
Resiliency Lessons and Rethink Ed	Students will recognize, identify, and appropriately express basic emotions in themselves and others.	In this school-wide activity, students across grade levels participate in “Resiliency Lesson” Class discussion to help students: 1. Cultivate strong connections by having a strong support system. 2. Coping Strategies by relaxation techniques, deep breathing and meditation. Having tools to manage your stress. 3. Foster a Growth Mindset to know that resilient people learn from mistakes and try again to succeed.
Emotion Explorers	LSW A. Students will recognize, identify, and appropriately express basic emotions in themselves and others.	“Emotion Explorers” is an interactive activity where students identify, act out, and describe basic emotions. Through movement, facial expressions, and storytelling, students learn to recognize how emotions feel and look in themselves and others.
My Calm-Down Toolbox	LSW B. Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals.	In “My Calm-Down Toolbox,” students explore different ways to manage strong emotions like anger, frustration, or anxiety. They’ll learn simple, age-appropriate coping strategies and create a personal visual toolbox filled with techniques that help them feel calm and in control.
Relationship Skills	LSW C. Students will engage in positive social interactions and demonstrate respectful and cooperative behavior.	LSW Team will include the students and provide opportunities for students to take on leadership and decision-making roles that inform LSW initiatives throughout the school year. By helping students build relationships which promote school pride



School Counseling

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Life Skills
& Wellness

		and improves student behaviors amongst peers.
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Elementary