



BCPS LSW Action Plan 2025-26



LSW TEAM Members	LSW Liaison: John Martini	School: Park Ridge Elementary Zone: North
	Administrator: Samantha Whitehead	Date Plan Completed: 9/2/2025
	Other Team Members: Tiffany Monroe, Jacqueline Kawarsky, Amanda Heichen, Marcia Pasqualin, Kimberlee Voltaire, Lashonda Joseph, Verline Cherelus (student)	



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Life Skills & Wellness Standards 25-26

Elementary

ACTIVITY	STANDARD	DESCRIPTION
Example: School-wide Emotion Charades	Students will recognize, identify, and appropriately express basic emotions in themselves and others.	In this school-wide activity, students across grade levels participate in "Emotion Charades" by acting out basic emotions using facial expressions and body language while peers guess the emotion. Class discussions follow, helping students better understand and express emotions in themselves and others.
Life Skills and Wellness Introduction: Self- Awareness	LSW A. Students will recognize, identify, and appropriately express basic emotions in themselves and others.	Students will identify their emotions, strengths, and personal values. They'll explore how understanding themselves can help with setting goals and making positive choices. Activities may include emotion sorting, self-portraits with affirmations, or a "strengths spotlight" activity.
Resisting Negative Peer Pressure	LSW B. Students will demonstrate the ability to manage emotions and behaviors to achieve personal and academic goals.	Students will be able identify negative situations and understand what proper response to each situation would be. Lessons would include role playing and small group activities.
Relationship Skills	LSW C. Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	Students will learn how to communicate clearly, cooperate with others, resolve conflicts peacefully, and develop and maintain healthy friendships. Lessons may include role-playing, compliment circles, and partner projects. Objective: To develop respectful and caring relationships with peers and adults through strong communication and empathy.