



BCPS LSW Action Plan 2026-2027



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> Richard Sills School Counselor	School: Westwood Heights Elementary Zone: Dillard
	Administrator: <i>who is the administrator that oversees the LSW plan of the school</i> Kaia Qaiyim, Assistant Principal	Date Plan Completed: 05/03/2027
	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> Daphnie Rolle, Social Worker Rohan Hanslip	

ACTIVITY	STANDARD	DESCRIPTION
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.
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 a 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 personalized visual toolbox filled with techniques that help them feel calm and in control.
Friendship Bingo	LSW C. Students will engage in positive social interactions and demonstrate respectful and cooperative behaviors.	"Friendship Bingo" is a fun, social activity where students practice respectful and cooperative behaviors by completing positive social actions listed on their bingo cards. This encourages students to be kind, helpful, and inclusive throughout the school day or week.