School Counseling with Chess

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Chess pieces are used as a metaphor for life situations.

The chess discussion produces meaningful interactions.
The Chess board represent our lives. The chess pieces become us. Each piece may represent the skills we have. The way we move them will lead us to success or failure.
Individual/group counseling

A session starts with a specific position that reflects a specific student problem. Other times, students play and the game is stopped by the counselor. Students will gain insight about a chess position as it relates to their particular problem.
Conflict resolution/fight

It’s White’s turn to move. The Black pawns just moved forward. What would you do?

If the white pawn moves forward, nobody can stop it. It will be promoted to a Queen and later the black King will be checkmated. But, if white captures black, the other black pawn will capture white and nobody will win. It will be a draw.

Advice for Life: When somebody challenges you, bothers you or steps into your space, your first reaction may be to bother or fight them back. Is it the best decision? It might be best to think before you move, focus on your goal and move away from trouble.

Fighting does not solve anything, nobody wins
A chess/guidance lesson is conducted following Mr. Moreno’s life chess curriculum. Each lesson matches counseling and guidance objectives.
How to grow up in a safe and healthy way?

2nd grade
Healthy choices

• Brush your teeth
• Sleep
• Exercise
• Eat healthy food
• Drink water, never use tobacco, alcohol and drugs
Brush your teeth

Healthy Choice

Consequence of a Non-healthy Choice
Move the white rook to a safe space

Good choice/move
The white rook is safe

Bad choice/move

The black rook will capture the white rook
Brushing your teeth at least two times each day helps keep your teeth and gums healthy.
Student’s Comments
I like to play chess.

Chess is helping me to pay attention and think so chess also help me pay attention to others. Chess help me think what move to move a piece and that help me to choose what's the right thing I should do like if I promise someone something to go to their house and somebody asks you, you should think what's the right decision you should make. Chess helps you learn like when you have to be quiet in chess while playing and you can learn how to be quiet when people are talking and when others like adults says be quiet you could immediately close your mouth and don't talk and wait.
I like chess because you can compete with others. It helps me make good choices like if I move to a square that is not good, I could get captured and in school, if I do not listen, I could be in trouble. Chess can lead into a great education! It helps me know good moves to make in school, like a piece can move to a good area and not get captured and I can move to a good start in school.

A good start in chess brings a good start in school.

Chess
I do like chess because it helps me.

It helps me by making the right decision when I am stuck. For example, when I want to be friends with and they don't like each and they tell me to pick I choose the friend that is nice to me and doesn't hurt people's feelings and talk about people behind their back. I also choose the friend that doesn't talk or hurt people. Chess helps me in that way by when I move my pawn to capture the other player captures me and that means I wasn't thinking right.