

Highland Elementary Toolbox Lessons Scope and Sequence

Tanya Kirschman, Highland School Counselor

* Subject to change

23-24 Schoolyear	Kindergarten	First Grade	Second Grade	Third Grade	Fourth Grade	Fifth Grade
September	Calm Down Kit training Learning about the brain	Calm Down Kit training Learning about the brain	Calm Down Kit training Learning about the brain	Calm Down Kit training Learning about the brain (<i>What Does it Mean to be Present?</i> by Rana DiOrio)	Calm Down Kit training Learning about the brain (<i>Listening to My Body</i> by Gabi Garcia) Mindful breathing	Calm Down Kit training Learning about the brain (<i>The Three Questions</i> by Jan Muth) Mindful breathing
October	Mindful breathing (<i>Mindful Monkey, Happy Panda</i> by MacLean and Alderfer) Mindful listening	Mindful breathing (<i>Mindful Monkey, Happy Panda</i> by MacLean and Alderfer) Mindful listening	Mindful breathing (<i>My Incredible Talking Body</i> by Rebecca Bowen) Mindful listening	Mindful breathing (<i>My Incredible Talking Body</i> by Rebecca Bowen) Mindful listening	Zones of Regulation review, part 1 Zones of Regulation review, part 2 (Size of the Problem)	Zones of Regulation review, part 1 Zones of Regulation review, part 2 (Size of the Problem)
November	Mindful seeing Emotional Regulation: <i>Listening to My Body</i> by Gabi Garcia and video	Mindful seeing Emotional Regulation - <i>Get Back to the Green Zone</i> video	Mindful seeing Emotional Regulation: Zones/Feelings/Coping (new Google Slides)	Mindful seeing Mapping emotions	Can control/can't control	Can control/can't control
December	Mindful movement	Mindful movement	Mindful movement	Mindful movement	Grounding Empathy (DVD)	Grounding Emotional Granularity Kahoot
January	Asking for help Kindness (<i>Kindness Starts with You</i> by Jacquelyn Staggs)	Asking for help Kindness (<i>Crazy Hair Day</i> by Barney Saltzberg)	Asking for help (<i>Back To Front and Upside Down</i> by Claire Alexander) Kindness (<i>Kindness is Cooler, Mrs. Ruler</i> by Margery Cuyler)	Asking for help (<i>Back To Front and Upside Down</i> by Claire Alexander) Kindness	Kindness	Kindness

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February	Empathy/Feelings (mirrors) <i>The Learning Ready Brain</i> (video)	Empathy in action (<i>Mouse for Sale</i>) Emotional Regulation (video)	Empathy in action (<i>Scarlett</i>) Emotional Regulation (video)	Empathy in action (<i>The Present</i>) Emotional Regulation (video)	Asking for help Empathy	Asking for help Empathy
March	Resilience (<i>Misery Moo</i> by Jeanne Willis) Emotional Regulation (<i>Let's Have a Dog Party</i> by Mikela Prevost)	Resilience (<i>Misery Moo</i> by Jeanne Willis) <i>Alphabreaths</i> by Christopher Willard	Groundng <i>Alphabreaths</i> by Christopher Willard	Grounding <i>Alphabreaths</i> by Christopher Willard	Mindfulness videos Resilience: Bright side thinking (<i>It's Tough to Lose Your Balloon</i> by Jarrett Krosoczka)	Mindfulness videos Building resilience
April	<i>Alphabreaths</i> by Christopher Willard <i>Puppy In My Head</i> by Elise Gravel	Hand Model of the Brain Review Mindful Breathing & Movement (Wholehearted)	Resiliency: Bounce or Splat? Mindfulness Mazes	Mind Vacation Mindfulness Mazes	Mindfulness Journeys Zones of Regulation (<i>The Road to Regulation</i> by Leah Kuypers)	Mindfulnes Journeys Zones of Regulation (<i>The Regulation Station</i> by Leah Kuypers)
May	Yoga (<i>The ABC's of Yoga for Kids</i> by Teresa Power)	Yoga (<i>The ABC's of Yoga for Kids</i> by Teresa Power)	Yoga (<i>The ABC's of Yoga for Kids</i> by Teresa Power)	Yoga (<i>The ABC's of Yoga for Kids</i> by Teresa Power)	Yoga	Yoga