

Highland Elementary Toolbox Lessons Scope and Sequence

Tanya Kirschman, Highland School Counselor

* Subject to change

| 25-26 | 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 | Calm Down Kit training |
| October | Mindful breathing (<i>Mindful Monkey, Happy Panda</i> by MacLean and Alderfer) | Mindful breathing (<i>Mindful Monkey, Happy Panda</i> by MacLean and Alderfer) | Mindful breathing (<i>My Incredible Talking Body</i> by Rebecca Bowen) | Mindful breathing (<i>My Incredible Talking Body</i> by Rebecca Bowen) | Learning about the brain (<i>Listening to My Body</i> by Gabi Garcia) Mindful breathing | Learning about the brain (<i>The Three Questions</i> by Jan Muth) Mindful breathing |
| November | Mindful listening Mindful seeing | Mindful listening Mindful seeing | Mindful listening Mindful seeing | Mindful listening Mindful seeing | Zones of Regulation review, part 1 | Zones of Regulation review, part 1 |
| December | Emotional Regulation: <i>Listening to My Body</i> by Gabi Garcia and video | Emotional Regulation - <i>Get Back to the Green Zone</i> video | Emotional Regulation: Zones/Feelings/Coping (new Google Slides) | Mapping emotions | Zones of Regulation review, part 2 (Size of the Problem) Can control/can't control | Zones of Regulation review, part 2 (Size of the Problem) Can control/can't control |
| January | Asking for help Kindness (<i>Kindness Starts with You</i> by Jacquelyn Stagg) | 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 | Empathy (DVD) Kindness | Emotional Granularity Kahoot Kindness |

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