

Highland Elementary Classroom Counseling Lessons Curriculum Map

* Subject to change

Lesson Focus: Social/Emotional, Academic, Career

Tanya Kirschman, Highland School Counselor

23-24 Schoolyear	KINDERGARTEN	FIRST Grade	SECOND Grade	THIRD Grade	FOURTH Grade	FIFTH Grade
August	ST= Social Thinking Introduce the Counselor/ Attendance (<i>The Way I Feel</i> by Janan Cain/Post-It note chart) (K/I)	Introduce the Counselor/ Attendance (Mr. Potato Head)	Introduce the Counselor/ Attendance (Feelings color book)	Introduce the Counselor/ Attendance (backpack & rocks)	Introduce the Counselor/ Attendance (backpack & rocks)	Introduce the Counselor/ Attendance (<i>Who Knows What the Counselor Does?</i> gameshow)
September	Zones of Regulation (Intro - <i>Winnie the Pooh</i>) (K/I) Assertiveness ("I" statements/spinner game) (K/I)	Zones of Regulation (Feelings, "Cones" of Regulation, size of the problem) Assertiveness ("Fr-" Statements)	Zones of Regulation (feeling cards, match to zone, strategies to return to green zone) Kelso's Choices (review - power lanyards)	Zones of Regulation (size of the problem) Kelso's Choices (review - power lanyards)	Empathy Extenders & Aggressor (bullying survey, bullying contract, <i>Each Kindness</i> by Jacqueline Woodson, face posters) Assertiveness (conflict vs. bullying, KC's Wheel)	Empathy Extenders & Assertiveness (bullying survey, KC's Wheel, one-liners, bullying contract) 7 Habits: Be Proactive (spring water vs. soda water)
October	Personal Safety ST: <i>Whole Body Listening</i> by Ryan Hendrix, et al (body parts game cards)	Personal Safety Introduction to Kelso's Choices (power lanyards) (K/I)	Personal Safety Assertiveness (Target/ <i>Weird!</i> by Erin Frankel, Kelso's Choices, bullying contract, tattling vs. reporting)	Personal Safety Assertiveness (Target/ Bullying vs. conflict, Kelso's Wheel, bullying contract)	Personal Safety Compassion Connection (bystander, DL)	Personal Safety Compassion Connection (bystander, Kahoot! game)
November	ST: <i>The Group Plan</i> by Ryan Hendrix, et al (plastic eggs)	Assertiveness (target, tattling vs. reporting, bullying contract) (K/I)	Empathy Extenders (Aggressor / <i>Tough!</i> by Erin Frankel)	Empathy Extenders (<i>My Secret Bully</i> by Trudy Ludwig)	Emotional Granularity (paint sample cards) EF Skills: Intro, Planning & Organizing	Test-taking strategies (board games) 7 Habits: Begin with the End in Mind (puzzles)
December	ST: <i>Hidden Rules and Expected and Unexpected Behaviors</i> by Ryan Hendrix et al (poster/sticky tack) (K/I) ST: <i>Thinking with your eyes</i> by Ryan Hendrix, et al (high-5 game)	Size of the Problem (cones) Compassion Connection (bystander) <i>Red</i> by Jan De Kinder (K/I)	Is it my Business or Not? (video/scenario game) Compassion Connection (Bystander/ <i>Dare!</i> by Erin Frankel)	Rights & Responsibilities (<i>The Mouse, the Monster and Me</i> by Pat Palmer) Compassion Connection (Bystander/ <i>Say Something</i> by Peggy Moss)	EF Skills: Time management and task initiation	7 Habits: Put first things first (suitcase)

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JANUARY	<p>Growth Mindset (<i>Your Fantastic, Elastic Brain</i> by JoAnn Deak, rubberband)</p> <p>ST: <i>Flexible and Stuck Thinking</i> by Ryan Hendrix et. al (rock/squishy brain)</p>	<p>Growth Mindset (How the brain learns, failure and mistakes, pennants, <i>It's Okay to Make Mistakes</i> by Todd Parr)</p> <p>Self-control (bubbles, <i>Katie Loves the Kittens</i> by John Himmelman)</p>	<p>Growth Mindset (<i>Bubble-gum Brain</i> by Julia Cook)</p> <p>Empathy Extenders (Empathy in a Shoebox activity, <i>Those Shoes</i> by Maribeth Boelts)</p>	<p>Growth Mindset (how to accept feedback)</p> <p>Social Filter (<i>Being Frank</i> by Donna Earnhardt, coffee filters)</p>	<p>Growth Mindset (<i>The Most Magnificent Thing</i> by Ashley Spires, <i>Rosie Revere, Engineer</i> by David Roberts)</p> <p>Cyberbullying/Social Media (<i>Jenga</i> game)</p>	<p>Growth Mindset (effort vs. talent, challenges & comparing success)</p> <p>Cybergulling (Rose Vine)</p>
FEBRUARY	<p>Bucket-Filling (friendship, kindness, foam sheet stickers, <i>Have You Filled a Bucket Today?</i> by Carol McCloud)</p> <p>Diversity (Appreciating similarities and differences, <i>The Colors of the Rainbow</i> by Jennifer Moore-Madinos, <i>Shades of People</i> by Shelley Rotner)</p>	<p>Making & Keeping Friends (pepper/soap/sugar, <i>How To Be a Friend</i> by Laura and Marc Brown)</p> <p>Diversity (<i>The Sandwich Swap</i> by Queen Rania, hummus and pita)</p>	<p>Healthy Friendships (<i>Bad Apple</i> by Edward Hemingway)</p> <p>Fair vs. Equal (bandaids, fox cards and dried beans, <i>Fair is Fair</i> by Sonny Varela)</p>	<p>Responding to Rumors (toothpaste, <i>Mr. Peabody's Apples</i> by Madonna)</p> <p>Cultural Diversity (pennies, magazine collage, <i>People</i> by Peter Spier *not all pages*)</p>	<p>Building Healthy Friendships (<i>The Giving Tree</i> by Shel Silverstein, boundaries)</p> <p>EF Skills: Working memory and impulse control</p>	<p>7 Habits: Think win-win (KitKat bars)</p> <p>7 Habits: Seek first to understand, then to be understood (back-to-back drawings)</p>
MARCH	<p>ST: <i>Size of the Problem</i> by Ryan Hendrix et. al (poster/sticky tack)</p> <p><i>Personal Space Camp</i> by Julia Cook</p>	<p>Boss vs. Leader (What's behind the boxes? game, <i>Bossy Bear</i> and <i>Just Like Bossy Bear</i> by David Horath)</p> <p>Kelso's Choices (<i>Willow Pond</i> by Barbara Clark & Diane Hipp, stickers)</p>	<p>Kelso's Choices (Headbands game)</p> <p>Good Sportsmanship (trashket ball game, <i>Be a Good Sport</i> by Jennifer Waters)</p>	<p>Perspective-Taking (<i>A Tale of Two Beasts</i> by Fiona Robertson, glasses)</p> <p>Kelso's Choices (Quiz/Quiz/Trade)</p>	<p>SMART goals (<i>Salt in His Shoes</i> by Deloris Jordan)</p> <p>SMART goals 2: (baskets/beanbags)</p>	<p>Career Exploration 1 (MCIS)</p> <p>Career Exploration 2 (MCIS)</p>
APRIL	<p>Self-esteem (<i>Cupcake</i> by Charise Harper)</p> <p>Career Exploration (<i>Clothesline Clues to Jobs People Do</i> by Kathryn Helling)</p>	<p>Valuing Yourself (<i>Dandelion</i> by Don Freeman, Who am I? class book)</p> <p>Kelso's Choices (KC video, role play)</p>	<p>Self-concept (affirmations, <i>I Think, I Am</i> by Louise Hay)</p> <p>Responsibility (scripted role plays, <i>Being Responsible</i> by Mary Small)</p>	<p>Resiliency (<i>My Strong Mind</i> by Niels van Hove, Saving Sam)</p> <p>Flexible Thinking (tongue depressors & chenille stems, <i>Not Norman</i> by Kelly Bennett)</p>	<p>Positive self-talk (rice experiment)</p> <p>Cooperation (cup stack) or RIASEC</p>	<p>7 Habits: Synergize (tennis ball balance)</p> <p>7 Habits: Sharpen the Saw</p>
MAY	<p>Friendship Salad</p>	<p>Career Exploration (<i>On the Town</i> by Judith Caseley, bingo)</p>	<p>Career Exploration (school subjects book)</p>	<p>Career Exploration (<i>Being Wendy</i> by Fran Drescher)</p>	<p>Multiple Intelligences & Careers (interest inventory/powerpoint)</p> <p>Stinky Feet Review Game</p>	<p>Gratitude (thank you cards)</p> <p>Preparing for Middle School (escape game)</p>