

Highland Elementary Classroom Counseling Lessons Curriculum Map

* Subject to change

Lesson Focus: Social/Emotional, Academic, Career

Tanya Kirschman, Highland School Counselor

25-26 Schoolyear	KINDERGARTEN	FIRST Grade	SECOND Grade	THIRD Grade	FOURTH Grade	FIFTH Grade
September	ST= Social Thinking Introduce the Counselor/ Attendance (<i>The Way I Feel</i> by Janan Cain/ Post-It note chart)	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) Empathy Extenders & Aggressor (bullying survey, bullying contract, <i>Each Kindness</i> by Jacqueline Woodson, face posters) 4/5	Introduce the Counselor/ Attendance (<i>Who Knows What the Counselor Does?</i> gameshow) 4/5 Empathy Extenders & Assertiveness (bullying survey, KC's Wheel, one-liners, bullying contract)
October	Zones of Regulation (Intro - <i>Winnie the Pooh</i>) Assertiveness ("I" statements/spinner game)	Zones of Regulation (Feelings, "Cones" of Regulation, size of the problem) Assertiveness ("Fr-"I" Statements)	Empathy Extenders (Aggressor <i>I Tough!</i> by Erin Frankel) Assertiveness (Target/ <i>Weird!</i> by Erin Frankel, Kelso's Choices, bullying contract, tattling vs. reporting)	Zones of Regulation (size of the problem) Assertiveness (Target/ Bullying vs. conflict, Kelso's Wheel, bullying contract)	Assertiveness (conflict vs. bullying, KC's Wheel) 4/5	7 Habits: Be Proactive (spring water vs. soda water)
November	ST: <i>Whole Body Listening</i> by Ryan Hendrix, et al (body parts game cards)	Introduction to Kelso's Choices (power lanyards)	Kelso's Choices (Headbands game)	Kelso's Choices (Quiz/ Quiz/Trade)	Compassion Connection (bystander, DL) 4/5 Emotional Granularity (paint sample cards) 4/5	Compassion Connection (bystander, Kahoot! game) 7 Habits: Begin with the End in Mind (puzzles)
December	ST: <i>The Group Plan</i> by Ryan Hendrix, et al (plastic eggs) ST: <i>Hidden Rules and Expected and Unexpected Behaviors</i> by Ryan Hendrix et al (poster/sticky tack)	Assertiveness (target, tattling vs. reporting, bullying contract) Size of the Problem (cones)	Is it my Business or Not? (video/scenario game) Compassion Connection (bystander/ <i>Dare!</i> by Erin Frankel)	Empathy Extenders (<i>My Secret Bully</i> by Trudy Ludwig) Compassion Connection (bystander/ <i>Say Something</i> by Peggy Moss)	EF Skills: Intro, Planning & Organizing 4/5	7 Habits: Put first things first (suitcase)
January	Growth Mindset (<i>Your Fantastic, Elastic Brain</i> by JoAnn Deak, rubberband) ST: <i>Flexible and Stuck Thinking</i> by Ryan Hendrix et. al (rock/squishy brain)	Growth Mindset (How the brain learns, failure and mistakes, pennants, <i>It's Okay to Make Mistakes</i> by Todd Parr) Self-control (bubbles, <i>Katie Loves the Kittens</i> by John Himmelman)	Growth Mindset (<i>Bubble- gum Brain</i> by Julia Cook) Empathy Extenders (Empathy in a Shoebox activity, <i>Those Shoes</i> by Maribeth Boelts)	Growth Mindset (how to accept feedback) Social Filter (<i>Being Frank</i> by Donna Earnhardt, coffee filters)	Growth Mindset (<i>The Most Magnificent Thing</i> by Ashley Spires, <i>Rosie Revere, Engineer</i> by David Roberts) EF Skills: Time management and task initiation 4/5	Growth Mindset 4/5 (effort vs. talent, challenges & comparing success) 7 Habits: Think win-win (KitKat bars)

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February	<i>Personal Space Camp</i> by Julia Cook Diversity (Appreciating similarities and differences, <i>The Colors of the Rainbow</i> by Jennifer Moore-Mallinos, <i>Shades of People</i> by Shelley Rotner)	Making & Keeping Friends (pepper/soap/sugar, <i>How To Be a Friend</i> by Laura and Marc Brown) Boss vs. Leader (What's behind the boxes? game, <i>Bossy Bear</i> and <i>Just Like Bossy Bear</i> by David Horath)	Healthy Friendships (<i>Bad Apple</i> by Edward Hemingway) Fair vs. Equal (bandaids, fox cards and dried beans, <i>Fair is Fair</i> by Sonny Varela)	Responding to Rumors (toothpaste, Mr. Peabody's Apples by Madonna) Perspective-Taking (<i>A Tale of Two Beasts</i> by Fiona Robertson, glasses)	Cyberbullying/Social Media (<i>Jenga</i> game) (4/5) (4/5) EF Skills: Working memory and impulse control	Cyberbullying (Rose Vine) 7 Habits: Seek first to understand, then to be understood (back-to-back drawings)
March	ST: <i>Size of the Problem</i> by Ryan Hendrix et.al (poster/sticky tack)	Diversity (<i>The Sandwich Swap</i> by Queen Rania, hummus and pita)	Good Sportsmanship (trashket ball game, <i>Be a Good Sport</i> by Jennifer Waters)	Cultural Diversity (pennies, magazine collage, <i>People</i> by Peter Spier *not all pages*)	SMART goals (<i>Salt in His Shoes</i> by Deloris Jordan) Positive self-talk (rice experiment)	Career Exploration 1 (MCIS) (4/5) Career Exploration 2 (MCIS) (4/5)
April	Personal Safety Career Exploration (<i>Clothesline Clues to Jobs People Do</i> by Kathryn Heling)	Personal Safety Valuing Yourself (<i>Dandelion</i> by Don Freeman, Who am I? class book)	Personal Safety Career Exploration (school subjects book)	Personal Safety Flexible Thinking (tongue depressors & chenille stems, <i>Not Norman</i> by Kelly Bennett)	Personal Safety Multiple Intelligences & Careers (interest inventory/powerpoint) (4/5)	Personal Safety 7 Habits: Synergize (tennis ball balance)
May	Friendship Salad	Career Exploration (<i>On the Town</i> by Judith Caseley, bingo)	Self-concept (affirmations, <i>I Think, I Am</i> by Louise Hay)	Career Exploration (<i>Being Wendy</i> by Fran Drescher)	Stinky Feet Review Game (4/5)	7 Habits: Sharpen the Saw /Gratitude
June						