Sample Elementary School Counseling Curriculum Calendar Overview

Social/Emotional Development (SE) Academic Development (AD) Career Development (CD)

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| **Lesson** | **Focus** | **Kindergarten** | **First** | **Second** | **Third** | **Fourth** | **Fifth** | **Suggested** **Week** |
| **0** | Brief Counselor Introduction | Spend approximately 10 minutes per class introducing yourself, explaining the role of the counselor and ways to access the counselor | | | | | | August 15th through August 23rd |
| **1** | Personal Safety/ Bullying (SE) | Safety Rules | Safety Rules | Safety Rules | Safety Rules | Safety Rules | Safety Rules | Recognize Basic Feelings |
| **2** | Safety  Bully Prevention (SE) | What is Bullying? | What is Bullying? | Who Me? | I was Just Teasing! | How to Not Feed the Monster | Bullying…  Not me! | September 9th through September 20th |
| **3** | Emotional Regulation (SE) | Recognize Basic Feelings | Recognize Basic Feelings | Identify a Variety of Feelings | Identify Emotions | Identify Emotions | Identify Emotions | September 23rd through October 4th |
| **4** | Safety  Bully Prevention (SE) #1 | Grade Level  Lesson | Grade Level  Lesson | Grade Level  Lesson | Grade Level  Lesson | Grade Level  Lesson | Grade Level  Lesson | October 7th through October 18th |
| **5** | Safety  Bully Prevention (SE) #2 | Grade Level  Lesson | Grade Level  Lesson | Grade Level  Lesson | Grade Level  Lesson | Grade Level  Lesson | Grade Level  Lesson | October 21st through November 1st |
| **6** | Academic Success (AD) | Sitting and Focus | I have My Eyes on You | How to Succeed | How to Succeed | Moving Forward | Moving Beyond | November 4th through November 15th |
| **7** | Study Skills (AD) | Listening | Focus | Following Directions | Organization | Working Habits | Working Skills | November 18th through December 6th |
| **8** | Diversity  (SE) | Identify Similarities & Differences | Identify Similarities & Differences | Identify Similarities & Differences | Recognize & Demonstrate Respect | Recognize & Demonstrate Respect | Recognize & Demonstrate Respect | December 9th through December 20th |

Revised 7/2019

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| **9** | Self-Concept &  Growth Mindset  (SE) | The Growing Brain | The Growing Brain | The Growing Brain | The Growing Brain | The Growing Brain | The Growing Brain | January 6th through January 17th |
| **10** | How Am I Smart | How Am I Smart | How Am I Smart | How Am I Smart | How Am I Smart | How Am I Smart | January 20th through January 31st |
| **11** | Cooperation  (AD) | I, We, They Decisions | Sharing Friends & Including others | Compromise & Who Goes First | Win/Win Solutions | Ripple Effect | Gossip & Rumors | February 3rd through February 14th |
| **12** | Personal Safety/  Abuse  Prevention  (SE) | Child Protection Lesson Lesson #3: Safe & Unsafe Touches | | | | Child Protection Lesson  Lesson #3: Safe & Unwanted Touches | | February 17th through February 28th |
| **14** | Child Protection Lesson Lesson #4: The Touching Rule | | | | Child Protection Lesson  Lesson #4: The Private Body Parts Rule | | March 2nd through March 13th |
| **15** | Empathy  (SE) | Identify Feelings of Others | Identify Feelings of Others | Respond Appropriately to Feelings of Others | Respond Appropriately to Feelings of Others | Recognize & Validate Multiple Perspectives | Recognize & Validate Multiple Perspectives | March 16th through April 3rd |
| **16** | Careers  (CD) | Career exploration | Career exploration | Career exploration | Strengths and Interests | Strengths and Interests | Strengths and Interests | April 6th through April 17th |
| **17** | Careers  (CD) | Career exploration | Career exploration | Career exploration | Career Paths | Career Paths | Career Paths | April 20th through May 1st |
| **18** | Transitions  (CD) | Identify Various Transitions & Changes | Recognize the Effects of Transitions & Changes | Recognize the Effects of Transitions & Changes | Identify Ways to Cope with Transitions | Utilize Ways to Cope with Transitions | Identify & Utilize Ways to Cope with Transition to Middle School | May 4th through May May 15th |

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Adapted from

Columbia Public Schools