3rd Grade Lesson Scope/Sequence - *Counselor Lessons*

Lesson 1	Intro to Counselor, School Success Skills, It's Ok to Make Mistakes
Lesson 2	Identifying emotions, how we might experience emotions physically
Lesson 3	The Brain + Emotional Regulation
Lesson 4	Coping skills for anxiety - my supports
Lesson 5	Understanding & identifying my strengths - *intro. to sources of strength*
Lesson 6	Communication skills - I Message - "I feel…when…please"
Lesson 7	Active listening skills with friends and adults
Lesson 8	Conflict Resolution - Joking / Teasing / Mean
Lesson 9	Kelso's Choices - Solving problems peacefully in friendship
Lesson 10	Empathy, Kindness, and Community - Just Ask
Lesson 11	Skill practice and review
Lesson 12	Begin Safety Lessons - Instinct & Trusted Adults - Refusal Skills
Lesson 13	Technology Safety
Lesson 14	Medicine & drug safety: What is a drug, define addiction
Lesson 15	Alcohol/Tobacco/Marijuana: law, health impact, refusal skills
Lesson 16	Career Exploration - How personal interests connect with skills I might need