



3rd Grade Classroom Counseling Course Curriculum Guide

Course Name: Classroom Counseling Third Grade

Grade Level (s): Third Grade

Course Description: Lessons are designed to support students' social-emotional learning (SEL) by building essential life skills in a supportive and engaging environment. Through one lesson per month, students will explore topics such as self-awareness, emotional regulation, healthy relationships, responsible decision-making, and effective communication. Lessons are developmentally appropriate, interactive, and aligned with schoolwide expectations, helping students strengthen coping skills, increase empathy, and develop positive strategies for success both in and out of the classroom

[SDWD Essential Learning Standards](#)
[Wisconsin State Standards Link](#)

Unit Outlines:

Unit Title	Major Topics
Respect <u>Key Terms & Vocabulary</u> Respect, Perspective-Taking, Agreement, Good in Others	• What is respect? • Work collaboratively to create a classroom Respect Agreement • Discover how to show respect through creating a recipe • Practice respect by identifying the good in others • Practice perspective-taking by guessing and checking another person's point of view
Responsibility <u>Key Terms & Vocabulary</u> Responsibility, Goals, Flexible Thinking, Obstacles	• What is responsibility? • Identify a variety of ways to show responsibility in specific situation • Explore TOP goals and create a Mountain TOP goal • Identify obstacles related to goal setting and practice flexible thinking • Work in groups to create skits about flexible thinking, goal setting, and responsibility
Gratitude <u>Key Terms & Vocabulary</u> Gratitude, Emotions, Control, I-Statements	• What is gratitude? • Identify emotions and explain why they are grateful for their emotions • Find reasons for gratitude in disappointing situations

	• Understand how they have control over big emotions and can advocate for help
Empathy <u>Key Terms & Vocabulary</u> Empathy, Kindness, Perspective-Taking, Conflict Resolution	• What is empathy? • Practice understanding and connection with other people's feelings • Explore and identify different perspectives and understand perspective-taking • Apply perspective-taking to conflict resolution using the Tree of Choices
Perseverance <u>Key Terms & Vocabulary</u> Perseverance, Goals, Flexible Thinking, Procrastination	• What is perseverance? • Practice perseverance by breaking down goals and action items • Implement ideas for what to do when stuck on a challenging task • Contrast perseverance with procrastination and use flexible thinking to adjust plans • Integrate perseverance with flexible thinking to adapt to new challenges
Honesty <u>Key Terms & Vocabulary</u> Honesty, Emotions, I-Statements, Feelings	• What is honesty? • Build emotion vocabulary by analyzing feelings associated with Fire and Earth • Get honest about feelings by creating and sharing I-Statements • Explore Water emotions, evaluate situations, and create an I-Statement
Cooperation <u>Key Terms & Vocabulary</u> Cooperation, Perspectives, Communication, Teamwork	• What is cooperation? • Look at other people's perspectives to create a picture and story • Practice cooperation with teammates to help them guess hidden words
Courage <u>Key Terms & Vocabulary</u> Courage, Flexible Thinking, Goals, Comfort Zone	• What is courage? • Develop flexible thinking skills to demonstrate courage to do what is right • Explore how courage and flexible thinking can be used during change • Use courage and flexible thinking when stepping outside of their comfort zone • Set courageous character TOP goals and plan for flexible thinking
Creativity <u>Key Terms & Vocabulary</u> Creativity, Problem-Solving, Emotions, Advocacy	• What is creativity? • Apply a formula for creative problem-solving to advocate for needs • Learn about mixed emotions and how to creatively express how they feel • Show creativity advocating for themselves

Caring & Communicating About Challenging Topics

Key Terms & Vocabulary

Cues, Communication, Care, Compassion, Internal, External, Verbal, Non-Verbal, Self-Regulation, Emotional-Regulation

- List the skills cues for effective communication
- Demonstrate care and compassion for self and others
- Identify internal and external signs of different feelings and emotions
- Demonstrate effective verbal and nonverbal communication skills
- List self- and emotional-regulation skills
- Demonstrate the ability to ask for assistance

Textbook/Other Resources:

- [CharacterStrong Curriculum](#)
- [Caring and Communicating About Challenging Concerns](#)