



# Elementary School Counseling Scope and Sequence

## QUARTER 1

- Introduction lesson to the counselor and the counseling program
- Skills for learning
  - listening, focusing attention, following directions, self-talk, and being assertive
- Bullying Prevention Unit
  - bystanders, what is bullying, and reporting
- Emotional regulation
  - identifying feelings, empathy, and calming strategies



## QUARTER 3

- Second step Child Protection Unit (continued)
- Internet safety and cyberbullying



## QUARTER 2

- Bullying Prevention Unit (continued)
- Second Step Child Protection Unit
  - ways to stay safe, safety rules, and safe & unsafe touch
- Problem-solving skills

## QUARTER 4

- Additional topics by building and grade level

*The mission of the Post Falls Elementary School Counseling Program is to promote personal, social, academic and career development through a collaborative effort among home, school and community.*

*The school counselor's role is to support students' abilities to learn by facilitating guidance and counseling activities that teach personal responsibility through effective decision-making skills and positive self-expression.*

## OUR COUNSELING TEAM

- **Greensferry Elementary:** Laura Kast (laura.kast@sd273.com)
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