

Elementary School Essential Counseling Curriculum

Month	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
September	- Meet the Counselor - Relationship Building - Community Building	- Meet the Counselor - Relationship Building - Community Building	- Meet the Counselor - Relationship Building - Community Building	- Meet the Counselor - Relationship Building - Community Building	- Meet the Counselor - Relationship Building - Community Building	- Meet the Counselor - Relationship Building - Community Building
October	- Bullying Prevention Month - Feelings & Coping Skills	- Bullying Prevention Month - Feelings & Coping Skills	- Bullying Prevention Month - Feelings & Coping Skills	- Bullying Prevention Month - Feelings & Coping Skills	- Bullying Prevention Month - Feelings & Coping Skills	- Bullying Prevention Month - Feelings & Coping Skills
November	- Friendship - Gratitude	- Friendship - Gratitude	- Friendship - Gratitude	- Friendship - Gratitude	- Friendship - Gratitude	- Friendship - Gratitude
December	Celebrate Diversity	Celebrate Diversity	Celebrate Diversity	Celebrate Diversity	Celebrate Diversity	Celebrate Diversity
January	- Executive Functioning - Goal Setting	- Executive Functioning - Goal Setting	- Executive Functioning - Goal Setting	- Executive Functioning - Goal Setting	- Executive Functioning - Goal Setting	- Executive Functioning - Goal Setting - School Choice

February	● Getting to Know My Feelings ● Kindness Month	● Getting to Know My Feelings ● Kindness Month	● Getting to Know My Feelings ● Kindness Month	● Getting to Know My Feelings ● Kindness Month	● Getting to Know My Feelings ● Kindness Month	● Getting to Know My Feelings ● Kindness Month
March	● Career Exploration ● Conflict Resolution	● Career Exploration ● Conflict Resolution	● Career Exploration ● Conflict Resolution	● Career Exploration ● Conflict Resolution ● Test Taking Skills	● Career Exploration ● Conflict Resolution ● Test Taking Skills ● Growth Mindset	● Career Exploration ● Conflict Resolution ● Test Taking Skills ● Growth Mindset
April	● Caring About Others ● Self Awareness	● Caring About Others ● Self Awareness	● Caring About Others ● Self Awareness	● Caring About Others ● Self Awareness	● Caring About Others ● Self Awareness	● Caring About Others ● Self Awareness
May	● Mental Health Awareness ● Coping Strategies	● Mental Health Awareness ● Coping Strategies	● Mental Health Awareness ● Coping Strategies	● Mental Health Awareness ● Coping Strategies ● Media Awareness	● Mental Health Awareness ● Coping Strategies ● Media Awareness	● Mental Health Awareness ● Coping Strategies ● Media Awareness
June	● Transition to Grade 1 ● Summer Enrichment Opportunities	● Transition to the Grade 2 ● Summer Enrichment Opportunities	● Transition to Grade 3 ● Summer Enrichment Opportunities	● Transition to Grade 4 ● Summer Enrichment Opportunities	● Transition to Grade 5 ● Summer Enrichment Opportunities	● Transition to Grade 6 ● Summer Enrichment Opportunities