

Elementary School Essential Counseling Curriculum

Month	Pre-Kindergarten-Grade 2	Grades 3-5
September	● Create a School Counseling Achievement Gap Plan ● Meet the Counselor ● Relationship Building ● Community Building	● Create a School Counseling Achievement Gap Plan ● Meet the Counselor ● Relationship Building ● Community Building
October	● Bullying Prevention Month ● Feelings & Coping Skills ● Making Positive Choices ● Empathy	● Bullying Prevention Month ● Conflict Resolution ● Feelings & Coping Skills ● Overcoming Barriers
November	● Making Friends ● Gratitude ● What I Am Thankful For	● Social Skills ● Gratitude ● Kindness Campaign
December	● Celebrate Diversity ● Family Traditions ● Calming Strategies/Relaxation Techniques	● Celebrate Diversity ● Family Traditions ● Managing Emotions ● Calming Strategies
January	● Executive Functioning ● Goal Setting ● Motivation	● Overcoming Obstacles ● Goal Setting ● School Choice (Grade 5)

February	● Getting to Know My Feelings ● Kindness Month ● Coping Skills	● Getting to Know My Feelings ● Kindness Month ● Creating SMART Goals
March	● Career Exploration ● Conflict Resolution ● Media Awareness/Safety	● Career Exploration ● Conflict Resolution ● Test Prep Strategies ● Growth Mindset ● Cyberbullying
April	● Caring About Others ● Self Awareness ● Growing Independence (what can you control?)	● Caring About Others ● Self Awareness ● Advocacy for Self and Others
May	● Mental Health Awareness ● Happiness and Creativity ● Perseverance ● Self-Care	● Mental Health Awareness ● Coping Strategies ● Naming Emotions ● It's a Good Idea to Ask for Help
June	● Transition to Next Grade ● Career Activities/Career Fairs ● Summer Enrichment Opportunities ● Making Good Choices	● Transition to Next Grade ● Career Activities/Career Fairs ● Summer Enrichment Opportunities ● Leadership Skills ● Responsible Decision Making