

Lesson Plan Dates & Sequence

Trimester 1

Week	Dates	Lesson/Topics
First days -	August 23-25	Meet your school counselor - Rules/Expectations - Get to know the students
Week 1	August 28-Sept 1	Overview & Introduction
Week 2	Sept 5-8	Respect, Empathy, Listening & Communication
Week 3	Sept 11-15	Bullying Prevention
Week 4	Sept 18-22	Emotion Management
Week 5	Sept 25-29	Problem Solving
Week 6	Oct 2-6	Halfway Check-In
Week 7	Oct 9-13	Dealing with Anxiety
Week 8	Oct 16-20	Dealing with Friends, Drama, Peer Pressure
Week 9	Oct. 23-Oct 27	Drugs/Alcohol Awareness & Education (Also Red Ribbon Week)
Week 10	Oct 30- Nov 4	Teamwork, Conflicts, & Goal Setting (Halloween activities on Oct. 31st)
Week 11	Nov 6-10	Project Overview & work time
Week 12	Nov 13-15	Presentation of Projects

Lesson Plan Dates & Sequence

Trimester 2

Week	Dates	Lesson/Topics
First days -	Nov 15-17	Meet your school counselor - Rules/Expectations - Get to know the students
Week 1	Nov. 20-21	Overview & Introduction (Thanksgiving Break)
Week 2	Nov 27-Dec 1	Respect, Empathy, Listening & Communication
Week 3	Dec 4-8	Bullying Prevention
Week 4	Dec 11-15	Emotion Management
Week 5	Dec 18-21	Review & Christmas Activities
Week 6	Jan 8-12	Problem Solving
Week 7	Jan 15-19 (19th gone)	Dealing with Anxiety
Week 8	Jan 22-26	Dealing with Friends, Drama, Peer Pressure
Week 9	Jan 29-Feb 2	Drugs/Alcohol Awareness & Education
Week 10	Feb 5-9	Teamwork, Conflicts, & Goal Setting
Week 11	Feb 11-16	Project Overview & work time
Week 12	Feb 19-22	Presentation of Projects (P/T Conferences Week- No school Friday)

Lesson Plan Dates & Sequence

Trimester 3

Week	Dates	Lesson/Topics
First days -	Feb 26- March 1	Meet your school counselor - Rules/Expectations - Get to know the students
Week 1	March 4-8	Respect, Empathy, Listening & Communication
Week 2	March 11-15	Spring Break
Week 3	March 18-22	Bullying Prevention
Week 4	March 25-29	Emotion Management
Week 5	April 2-5 (Gone 4th/5th)	Problem Solving
Week 6	April 8-12	Halfway Check-In
Week 7	April 15-19	Dealing with Anxiety
Week 8	April 22-26	Dealing with Friends, Drama, Peer Pressure
Week 9	April 29-May 3	Drugs/Alcohol Awareness & Education
Week 10	May 6-10	Teamwork, Conflicts, & Goal Setting
Week 11	May 13-17	Project Overview & work time
Week 12	May 20-22	Presentation of Projects