

COUNSELING CURRICULUM

Counseling Curriculum Map: Meramec 2025-2026						
	Kindergarten:	1 st Grade:	2 nd Grade:	3 rd Grade:	4 th Grade:	5 th Grade:
September	A Place for Everyone: Different But The Same	A Place for Everyone: Identity	A Place for Everyone: Differences	A Place for Everyone: Made to Be Me	A Place for Everyone: Treasure Hunt	A Place for Everyone: Celebrating Each Other
October	Bullying: Mean Jean the Recess Queen	Bullying: The story of ONE	Bullying: The Invisible Boy	Bullying: DARE! Game Show	Bullying: Just Kidding	Bullying and Peer Pressure
November	Emotions: The Color Monster	Feelings Forecast	Emotion Detectives	Sprouting Feelings and Needs	Emotions and Emotional Expression	All About Emotions
December	Coping Skills Centers (Part 1)	Coping Skills: What Does It Mean to Be Dysregulated?	How to Make "Cope Cakes"	Worry and Coping Skills	Coping Skills Centers (Part 2)	Mental Health and Wellness
January	Resiliency: Bounce or Splat?	Friendship and Boundaries	Rock Problems & Clay Problems	Using Your Social Filter	Conflict Resolution with the Zax	Conflict Resolution Game Show
February	Kindness: Have You Filled a Bucket Today?	Kindness Centers	Generosity: Extra Yarn and Yarn Dolls	Kindness and "Compliments"	Kindness and Influence: Uncle Jed's Barbershop	Intro to Executive Functions
March	Intro to College and Careers	Careers: Exploring Interests	Careers: What is a Career?	Career Pathways (Part 1)	Career Pathways (Part 2) & Research Project	Careers and Multiple Intelligences
April	Tech Time with Mouse	Digital Decisions	Nerdy Bird Tweets	The Technology Tail	Digital Detectives	Technology and the Magic Backpack
May	Growth and Fixed Mindset Intro	Growth Mindset and Perseverance with Jabari Jumps	Mistake Museums	Effort vs. Talent	Transitions	Are You Middle School Ready?

Students at Meramec Elementary will receive 9 core counseling lessons each school year (delivered by the school counselor).

In addition to the 9 core lessons, ALL students will also receive:

4 Lessons taught by [PreventEd](#) centered around Friendship

1 Child Abuse Prevention Lesson taught by [JFS](#) (Jewish Family Services)

Kindergarten Only:

1 Meet Ms. B Lesson

1 Lesson on the Zones of Regulation

Fifth Grade Only:

1 Signs of Suicide Lesson by Chads

4 02B Drug Free Lessons

Please note: Counseling lessons are subject to change based on class need and/or by teacher request.