



# SEMESTER 2: 2026 ELEMENTARY WEEKLY CURRICULUM MAP



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# YEAR AT A GLANCE

## AUGUST

- Meet the Counselor
- Positive Behavior
- Feelings Identification
- School Success Skills

## SEPTEMBER

- Coping Skills
- Using & Showcasing Data
- Positive Thinking
- Problem-Solving Skills

## OCTOBER

- Bullying Prevention
- Fall SEL
- Drug & Alcohol Prevention
- Halloween Safety

## NOVEMBER

- College Awareness
- Career Exploration
- Gratitude
- Using I-Messages

## DECEMBER

- Coping with Grief & Loss
- Generosity
- Friendship
- Cyber Safety & Digital Citizenship

## JANUARY

- Conflict Resolution
- Personal Safety & Erin's Law
- Goal-Setting
- Diversity & Acceptance

## FEBRUARY

- Kindness
- Coping with Anger
- Tattling vs. Telling
- Valentine's Day SEL

## MARCH

- Coping with Anxiety
- Growth Mindset
- Test-Taking Skills
- Managing Test Anxiety

## APRIL

- Mindfulness
- Coping with Divorce
- Resilience
- Courage

## MAY

- Social Skills
- Middle School Transition
- Mental Health Awareness
- Sportsmanship

## JUNE

- Self-Esteem
- Self-Control
- Attendance
- Summer Safety & SEL

## JULY

- Empathy
- Back to School Planning
- Character Education
- Counselor Tools

# JANUARY counseling



TOPIC	KINDER	1 <sup>ST</sup> GRADE	2 <sup>ND</sup> GRADE	3 <sup>RD</sup> GRADE	4 <sup>TH</sup> GRADE	5 <sup>TH</sup> GRADE
<b>GOAL-SETTING</b>	<b>Lesson 1:</b> Change Wishes into Goals Lesson	<b>Lesson 1:</b> 9 Steps for Goal-Setting Lesson	<b>Lesson 1:</b> New Years Resolutions & Goals 2026	<b>Lesson 1:</b> Motivation Mountain Lesson	<b>Lesson 1:</b> Sports-Themed Goal-Setting Activity	<b>Lesson 1:</b> Sports-Themed Goal-Setting Activity
<b>CONFLICT RESOLUTION SKILLS</b>	<b>Lesson 2:</b> Conflict Resolution: "The Buddy Bear"	<b>Lesson 2:</b> Snowman 3-Step Apology Lesson	<b>Lesson 2:</b> Conflict Resolution SEL Lesson	<b>Lesson 2:</b> SEL in a Snap: Conflict Resolution	<b>Lesson 2:</b> Keys to Conflict Lesson	<b>Lesson 2:</b> "Power Up for Peace" Conflict Lesson
<b>CHILD ABUSE PREVENTION &amp; PERSONAL SAFETY</b>	<b>Lesson 3:</b> Healthy & Safe Choices Sorting Game	<b>Lesson 3:</b> Personal Safety Sorting Game	<b>Lesson 3:</b> Body Safety Red Flags Lesson	<b>Lesson 3:</b> "Danger Rangers" Erin's Law Lesson	<b>Lesson 3:</b> Child Abuse Prevention & 3 Types of Touch Curriculum	<b>Lesson 3:</b> Safe vs. Unsafe Secrets Lesson
<b>DIVERSITY &amp; ACCEPTANCE</b>	<b>Lesson 4:</b> "All Are Welcome" Lesson	<b>Lesson 4:</b> Diverse Families Lesson	<b>Lesson 4:</b> "The Pieces of Me" Lesson	<b>Lesson 4:</b> "Walk in My Diverse Shoes" Lesson	<b>Lesson 4:</b> Acceptance Character Ed Curriculum	<b>Lesson 4:</b> Diverse Kids Lesson

**NOTES:**



# FEBRUARY counseling



TOPIC	KINDER	1 <sup>ST</sup> GRADE	2 <sup>ND</sup> GRADE	3 <sup>RD</sup> GRADE	4 <sup>TH</sup> GRADE	5 <sup>TH</sup> GRADE
KINDNESS	<b>Lesson 1:</b> "Have You Filled a Bucket Today?" Companion	<b>Lesson 1:</b> "Will You Be the 'I' in Kind?" Companion Lesson	<b>Lesson 1:</b> "The Invisible Boy" Companion Lesson	<b>Lesson 1:</b> "The Jelly Donut Difference" Companion Lesson	<b>Lesson 1:</b> The Kindness Quest Lesson	<b>Lesson 1:</b> Kindness Character Education Curriculum
VALENTINE'S DAY SEL	<b>Lesson 2:</b> Color the Feelings: Valentine's Day Theme	<b>Lesson 2:</b> Build a Cupid Friend Lesson	<b>Lesson 2:</b> Find the Feelings: Valentine's Day Theme	<b>Lesson 2:</b> Valentine's Day Feelings & Coping Skills Lesson	<b>Lesson 2:</b> "Walk in My Valentine Shoes" Lesson	<b>Lesson 2:</b> Valentine's Day Kindness Notes
COPING WITH ANGER	<b>Lesson 3:</b> Tame Your Anger Flames Lesson	<b>Lesson 3:</b> "When Miles Got Mad" Companion Lesson	<b>Lesson 3:</b> "Things that Bug Me" Lesson	<b>Lesson 3:</b> "Soda Pop Head" Companion Lesson	<b>Lesson 3:</b> "Hello, Anger" Companion Lesson	<b>Lesson 3:</b> Anger Escape Room
TATTLING VS. TELLING & HONESTY	<b>Lesson 4:</b> Tattling or Reporting Lesson	<b>Lesson 4:</b> "A Bad Case of Tattle Tongue" Companion Lesson	<b>Lesson 4:</b> Tattling or Telling Lesson	<b>Lesson 4:</b> "Ricky Sticky Fingers" Companion Lesson	<b>Lesson 4:</b> Honesty Character Education Curriculum	<b>Lesson 4:</b> "Lying Up a Storm" Companion Lesson

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# MARCH counseling



TOPIC	KINDER	1 <sup>ST</sup> GRADE	2 <sup>ND</sup> GRADE	3 <sup>RD</sup> GRADE	4 <sup>TH</sup> GRADE	5 <sup>TH</sup> GRADE
<b>COPING WITH ANXIETY</b>	<b>Lesson 1:</b> Worry Monster Lesson	<b>Lesson 1:</b> "Wilma Jean, Worry Machine" Companion Lesson	<b>Lesson 1:</b> "Worry Says What?" Companion Lesson	<b>Lesson 1:</b> "Hello, Anxiety" Companion Lesson	<b>Lesson 1:</b> SEL Curriculum: Self-Management	<b>Lesson 1:</b> Keys to Stress Lesson
<b>GROWTH MINDSET</b>	<b>Lesson 2:</b> "Pout Pout Fish" Growth Mindset Companion Lesson	<b>Lesson 2:</b> "Jabari Jumps" Companion Lesson	<b>Lesson 2:</b> "Bubble Gum Brain" Companion Lesson	<b>Lesson 2:</b> Growth Mindset SEL Lesson	<b>Lesson 2:</b> SEL in a Snap: Growth Mindset	<b>Lesson 2:</b> Growth Mindset Character Ed Curriculum
<b>ST. PATRICK'S DAY SEL</b>	<b>Lesson 3:</b> Build a Leprechaun Friend Lesson	<b>Lesson 3:</b> Color the Feelings: St. Patrick's Day Theme	<b>Lesson 3:</b> St. Patrick's Day Feelings Game	<b>Lesson 3:</b> Find the Feelings: St. Patrick's Day Lesson	<b>Lesson 3:</b> "Walk in My St. Patrick's Day Shoes" Lesson	<b>Lesson 3:</b> "Walk in My St. Patrick's Day Shoes" Lesson
<b>TEST-TAKING SKILLS</b>	<b>Lesson 4:</b> Test-Taking Tips SEL Lesson	<b>Lesson 4:</b> Test-Taking Tips Folded Craft Activity	<b>Lesson 4:</b> Test-Taking Tips Color by Code	<b>Lesson 4:</b> Test-Taking Skills & Test Anxiety Lesson	<b>Lesson 4:</b> Test-Taking Tips BINGO Game	<b>Lesson 4:</b> Testing Stressors Lesson

**NOTES:**



# APRIL counseling



TOPIC	KINDER	1 <sup>ST</sup> GRADE	2 <sup>ND</sup> GRADE	3 <sup>RD</sup> GRADE	4 <sup>TH</sup> GRADE	5 <sup>TH</sup> GRADE
MINDFULNESS #1	<b>Lesson 1:</b> Mindfulness, Grounding, & Yoga Lesson	<b>Lesson 1:</b> Animal Breathing Exercises	<b>Lesson 1:</b> Mindfulness SEL Lesson	<b>Lesson 1:</b> SEL in a Snap: Mindfulness	<b>Lesson 1:</b> Mindfulness BINGO Game	<b>Lesson 1:</b> Mindfulness Character Ed Curriculum
MINDFULNESS #2	<b>Lesson 2:</b> "Breathing Buddies" Activities	<b>Lesson 2:</b> Seasonal & Holiday Breathing Exercises	<b>Lesson 2:</b> "Mindful Me" Lesson	<b>Lesson 2:</b> Mindfulness BINGO Game	<b>Lesson 2:</b> Mindfulness Character Ed Curriculum	<b>Lesson 2:</b> SEL in a Snap: Mindfulness
COURAGE & RESILIENCE	<b>Lesson 3:</b> Courage Character Ed Lesson	<b>Lesson 3:</b> Resilient Monster	<b>Lesson 3:</b> Resilience Character Ed Curriculum	<b>Lesson 3:</b> Courage Character Ed Curriculum	<b>Lesson 3:</b> "I Got This!" Companion Lesson	<b>Lesson 3:</b> Lemons into Lemonade: Resilience Lesson
COURAGE & RESILIENCE	<b>Lesson 4:</b> Resilient Monster	<b>Lesson 4:</b> Courage Character Ed Lesson	<b>Lesson 4:</b> Courage Character Ed Lesson	<b>Lesson 4:</b> "I Got This!" Companion Lesson	<b>Lesson 4:</b> Lemons into Lemonade: Resilience Lesson	<b>Lesson 4:</b> Resilience Character Ed Curriculum

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# MAY counseling



TOPIC	KINDER	1 <sup>ST</sup> GRADE	2 <sup>ND</sup> GRADE	3 <sup>RD</sup> GRADE	4 <sup>TH</sup> GRADE	5 <sup>TH</sup> GRADE
SOCIAL SKILLS	<b>Lesson 1:</b> "Personal Space Camp" Companion Lesson	<b>Lesson 1:</b> Social Skills Board Game in Centers	<b>Lesson 1:</b> Social Skills Card Game in Centers	<b>Lesson 1:</b> SEL in a Snap: Social Skills	<b>Lesson 1:</b> SEL Curriculum: Social Awareness	<b>Lesson 1:</b> SEL Curriculum: Relationship Skills
LISTENING SKILLS, HYGIENE, & PUBERTY	<b>Lesson 2:</b> Listening Skills Lesson	<b>Lesson 2:</b> "The Worst Day of My Life Ever!" Companion Lesson	<b>Lesson 2:</b> Listening Skills SEL Lesson	<b>Lesson 2:</b> Personal Hygiene Lesson	<b>Lesson 2:</b> Puberty & Hygiene for Girls & Boys	<b>Lesson 2:</b> Puberty & Hygiene for Girls & Boys
MS TRANSITION & MENTAL HEALTH	<b>Lesson 3:</b> Mental Health Awareness Lesson	<b>Lesson 3:</b> Self-Care Lesson	<b>Lesson 3:</b> "I'm Not Scared, I'm Prepared" Companion Lesson	<b>Lesson 3:</b> "A Flicker of Hope" Companion Lesson	<b>Lesson 3:</b> Middle School Transition Lesson	<b>Lesson 3:</b> Middle School Transition Worries
SPORTSMANSHIP	<b>Lesson 4:</b> Color the Feelings: Sports Theme	<b>Lesson 4:</b> Sportsmanship Story Lesson	<b>Lesson 4:</b> "The Big Cheese" Companion Lesson	<b>Lesson 4:</b> Sportsmanship Character Ed Lesson	<b>Lesson 4:</b> Sportsmanship Character Ed Curriculum	<b>Lesson 4:</b> Sportsmanship Character Ed Curriculum

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# JUNE counseling



TOPIC	KINDER	1 <sup>ST</sup> GRADE	2 <sup>ND</sup> GRADE	3 <sup>RD</sup> GRADE	4 <sup>TH</sup> GRADE	5 <sup>TH</sup> GRADE
SELF-CONTROL	<b>Lesson 1:</b> Toolbox or Trash Choices Sorting Game	<b>Lesson 1:</b> "Clark the Shark" Companion Lesson	<b>Lesson 1:</b> "Ants in My Pants" Companion Lesson	<b>Lesson 1:</b> "The Bad Seed" Companion Lesson	<b>Lesson 1:</b> "My Mouth is a Volcano" Companion Lesson	<b>Lesson 1:</b> Self-Control Character Ed Curriculum
SELF-ESTEEM	<b>Lesson 2:</b> Capability Crayons Activity	<b>Lesson 2:</b> "Our Stripes Are Unique" Activity	<b>Lesson 2:</b> "Cooking Up Compliments" Lesson	<b>Lesson 2:</b> Unique Unicorns Lesson	<b>Lesson 2:</b> Self-Esteem Sunglasses Lesson	<b>Lesson 2:</b> Self-Esteem Game in Centers
ATTENDANCE	<b>Lesson 3:</b> Attendance All-Stars Lesson	<b>Lesson 3:</b> Attendance All-Stars Lesson	<b>Lesson 3:</b> Attendance All-Stars Lesson	<b>Lesson 3:</b> Attendance Folded Craft Activity	<b>Lesson 3:</b> Attendance Folded Craft Activity	<b>Lesson 3:</b> Attendance Folded Craft Activity
SUMMER SAFETY & SEL	<b>Lesson 4:</b> Build a Summer Friend Lesson	<b>Lesson 4:</b> Color the Feelings: Summer Theme	<b>Lesson 4:</b> Summer Safe Choices Sorting Game	<b>Lesson 4:</b> Walk in My Summer Shoes Lesson	<b>Lesson 4:</b> Summer SEL Workbook	<b>Lesson 4:</b> Summer SEL Workbook

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