




COUNSELOR  **Collab**
MIDDLE SCHOOL
2026 - 2027 MONTHLY CURRICULUM MAP

YEAR AT A GLANCE

AUGUST

- Meet the Counselor
- Academic Success Skills

SEPTEMBER

- Feelings Identification
- Coping Skills

OCTOBER

- Bullying Prevention
- Drug & Alcohol Prevention

NOVEMBER

- College Awareness
- Career Exploration

DECEMBER

- Problem-Solving Skills
- Conflict Resolution Skills

JANUARY

- Goal-Setting
- Friendship Issues & Social Skills

FEBRUARY

- Kindness
- Diversity & Acceptance

MARCH

- Test-Taking Skills
- Managing Test Anxiety

APRIL

- Personal Safety & Erin's Law
- Growth Mindset

MAY

- High School Transition
- Mental Health Awareness

JUNE

- Self-Esteem
- Self-Control

JULY

- Back to School Planning

MONTHLY

curriculum map



| | 5 th Grade | 6 th Grade | 7 th Grade | 8 th Grade |
|-----|---|--|--|---|
| AUG | School Counselors Help Me "Ride the Waves of Life" Lesson | School Counseling Myths vs. Facts Lesson | Passport to Executive Functioning Activity | Middle School Files: Academics |
| SEP | Identifying Feelings Lesson | SEL in a Snap: Identifying Emotions | Emotional Regulation Activities | Emotional Regulation Lesson |
| OCT | "Friendship Pizzas" Lesson | Drug Awareness Comics & Fact Sheets | Healthy Friendships for Girls & Boys | "Mean Girls" & "Mean Guys" Lessons |
| NOV | Careers Interest Inventory & Workbook | Career Town Lesson | College Town Lesson | Career Interest Handbook |
| DEC | Cyber Safety Lesson | "Power Up for Peace:" Conflict Resolution Lesson | Conflict Resolution Lesson (Orange cover) | Peer Pressure Lesson (Purple Cover) |
| JAN | Goal-Setting Lesson | Sports-Themed Goal-Setting Activities | Motivation Mountain Lesson | High School Transition Lesson: Goal-Setting |

MONTHLY

curriculum map



| | 5 th Grade | 6 th Grade | 7 th Grade | 8 th Grade |
|-----|--|--------------------------------------|--|---|
| FEB | Character Education Curriculum: Acceptance | Meet Diverse Kids Lesson | SEL in a Snap: Character Education | Character Education Curriculum: Kindness |
| MAR | "The Anti-Test Anxiety Society" Companion Lesson | Test-Taking Tips Lesson | Testing Stressors Lesson | Centers: Test-Taking Tips Card Game & Folded Craft Activities |
| APR | Mindfulness Lesson | Coping with Anger Escape Room | Peer Pressure Lesson (Yellow Cover) | "Mindful Me" Lesson |
| MAY | Growth Mindset Lesson | Keys to Success Lesson | Character Education Curriculum: Resilience | High School Transition Lesson: Growth Mindset |
| JUN | Self-Esteem Sunglasses Activity | Lemons to Lemonade Resilience Lesson | Mission Control: Communication Skills Lesson | High School Transition Lesson: Anxiety |