

Sample Curriculum Map Notes

This is a sample curriculum map with general ideas for classroom lessons. You may see students more frequently and choose to add additional topics. While this is just a guide, consider adjusting your map to fit your school's unique needs by reviewing:

- Student needs
- Referral trends from the previous year
- Program goals
- Schoolwide data (discipline, attendance, academics)
- Feedback from program surveys and needs assessments

Curriculums for lessons

I have used a variety of curriculums in my career; here are just a few:

- Fostering Empathy
- Pawsitively Mindful
- Picture of Pawsitivity
- Quaver
- Mind Up
- Ned Show
- Connected and Respected



Sample Curriculum Map

	Aug	Sept	Oct	Nov	Dec
K	Meet the Counselor	Identifying Feelings or Learning To Listen	Having Multiple Feelings or Identifying Feelings	Size Of The Problem or Working Together	Personal Safety
1st	Getting To Know Each Other or Mindset	Size Of The Problem/ Problem Solving or Self Regulation	Conflict Resolution or Standing Up For Myself	Bullying Prevention or Problem Solving	Personal Safety
2nd	Feelings Identification or Listening Skills	Managing Anger or Major vs. Minor Problems	Self Regulation or Bullying Prevention	Gratitude or Solving Conflict	Personal Safety
3rd	Mindset/ Goal Setting or Self Regulation	Helpful Self Talk or Solving Conflicts	Honesty and Gossip or Bullying Prevention	Conflict Resolution and I-messages	Personal Safety
4th	How Our Brains Work or Preventing Problems	Mindful Awareness or Conflict vs. Bullying	Flipping Your Lid Managing Anger or Being An Upstander	Coping Skills/ Mindful Breathing or Empathy	Personal Safety
5th	Active Listening	Resecting Differences Empathy	Point of View or Bullying Prevention	Technology Safety or Conflict Resolution	Personal Safety



Sample Curriculum Map

	Jan	Feb	March	April	May
K	Listening Skills or College and Career Exploration	Regulation or Personal Space	Cooperation/Sharing or Size Of The Problem	Conflict Resolution or Apologizing	Handling Change Coping Skills
1st	Goal Setting or Career Exploration	Mindset or Choices and Consequences	Perseverance or Trying My Best	Coping Skills	Career Exploration or Friendship
2nd	Perspective Taking/ Empathy or Careers	Size Of The Problem or Conflict Resolution	Apologizing or Managing Tough Feelings	Social Filter or Handling Disappointment	Sportsmanship or Including Others
3rd	Making Changes Behavior or Healthy Choices	Inclusion and Acceptance or Problem Solving	Coping Skills or In/Out of Our Control	Self Acceptance/ Self Esteem or Test Taking Skills	Technology Safety or Respectfully Losing
4th	Mindful Senses or College/Career	Helpful Thinking	Perspective Taking or My Thoughts	Mindful Listening or Test Anxiety	Teamwork/ Cooperation or Managing Anger
5th	Goal Setting or Conflict Resolution and I-Messages	Diversity and Inclusion	Teamwork and Leadership	Managing Feelings or Helpful Thinking	Transition To Middle School or College/Career