

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](#)

I have included links to resources to support these lesson topics. Please note: NOT every link contains a full lesson- it may be resources to supplement a lesson.



Sample Curriculum Map

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



Sample Curriculum Map

	Jan	Feb	March	April	May
K	<u>Listening Skills</u>	<u>Regulation</u> or <u>Personal Space</u>	<u>Cooperation/Sharing</u> or <u>Word Choice</u>	<u>Conflict Resolution</u> or <u>Apologizing</u>	<u>Sportsmanship</u> or <u>Coping Skills</u>
1st	<u>Goal Setting</u> or <u>Career Exploration</u>	<u>Mindset</u> or <u>Choices and Consequences</u>	<u>Perseverance</u>	<u>Coping Skills</u>	<u>Friendship</u> or <u>Kindness</u>
2nd	<u>Behavior Expectation Review</u> or <u>Careers</u>	<u>Size Of The Problem</u> or <u>Conflict Resolution</u>	<u>Apologizing</u> or <u>Managing Tough Feelings</u>	<u>Social Filter</u> or <u>Manners</u>	<u>Sportsmanship</u> or <u>Including Others</u>
3rd	<u>Making Changes Behavior</u> or <u>Healthy Choices</u>	<u>Inclusion and Acceptance</u> or <u>Problem Solving</u>	<u>Careers</u> or <u>Self Acceptance/ Self Esteem</u>	<u>Test Taking Skills</u>	<u>Technology Safety</u> or <u>Respectfully Losing</u>
4th	<u>Mindful Senses</u> or <u>College/Career</u>	<u>Helpful Thinking</u>	<u>Perspective Taking</u> or <u>My Thoughts</u>	<u>Mindful Listening</u> or <u>Test Anxiety</u>	<u>Teamwork/ Cooperation</u> or <u>Flipping Your Lid</u>
5th	<u>Goal Setting</u> or <u>Conflict Resolution</u> and <u>I-Messages</u>	<u>Diversity and Inclusion</u>	<u>Teamwork and Leadership</u>	<u>Helpful Thinking</u>	<u>Transition To Middle School</u> or <u>College/Career</u>