

Sample Year At Glance

This yearly plan is based on the needs of my school, personal experience, and the developmental levels of my students. If there is a link it is a resource I use to provide this service, guide the lesson, etc.

Curriculum Map: The school wide curriculum map is based on some of my favorite curriculums ([The Responsive Counselor](#), [Music City School Counselor](#), [Counselor Keri](#), [WholeHearted School Counseling](#), [MindUp](#), and [Connected and Respected](#).)

It includes sample [ASCA Mindsets and Behaviors](#) that are covered each month.

[PAWS lessons](#) are mini lessons that I share with teachers to show to students before or after their counseling class. It serves as refresher or introduction. I often record myself teaching these lessons using Apps such as Loom or Screencastify.

The [parent](#) and teacher supports are provided in many different formats including presentations, handouts, emails, consultation, etc.

[Mindful workshops](#) can be provided to students during the day. When I offer a workshop I open it up to any student in certain grades. You can also make them stations at a parent night. [I use this packet to help facilitate the workshops.](#)

Curriculum Map: School Wide

	K	1st	2nd	3rd	4th	5th	ASCA Mindsets
August (Lesson 1)	Getting To Know Each Other	Body Feelings	Mindset	Mindset	How Our Brains Work	Creating a Positive Classroom	K- BSS2 &3 1- M1 &BLS1 2- M2 & BLS4 3- M2 & BLS4 4- M6 & BLS1 5- M3 & BSS3
September (Lesson 2)	ID & Expressing Feelings	Breathing & The Body	Coping/ Taking A Break	Inclusion	Mindful Awareness	Respecting Differences	K- BSS3 &9 1- BSMS2 &7 2- BSMS7 3- BSS2 & M3 4- BLS1 & 9 5- BSS2 & 4
October (Lesson 3)	Un/Helpful Coping Skills	Helpful Thinking	Self Regulation	I Messages/ Conflict	Flipping Your Lid	Working Cooperatively	K- BSMS7 1-BSMS2 & 7 2- BSMS1 3- BSS8 & BSS1 4- M1 & BSMS7 5- BSS7 & 9
November (Lesson 4)	Choices/ Consequences	Making Helpful Choices	Conflict Resolution	Gossip/ Honesty	Mindful Breath	Point of View	K- BSMS2 &BLS1 1-BLS 1 & 9 2- BLS9 & BSS6, 8 3- M2, BSMS 4 &7 4- BSMS 2 & 6 5- BLS 9
December (Lesson 5)	Erin's Law Personal Safety	Erin's Law Personal Safety	Erin's Law Personal Safety	Erin's Law Personal Safety	Personal Safety Fight Child Abuse	Personal Safety Fight Child Abuse	BSMS9; BSS 8

Curriculum Map: School Wide

	K	1st	2nd	3rd	4th	5th	ASCA Mindsets
January (Lesson 6)	Small Vs. Big Problems	Conflict Resolution	Friendship/Acceptance	Self Talk/Helpful Talk	Mindful Sight	Exploring Anger	K- BLS 9, BSMS 7 1- BSS1 & 2 2- BSS2 & 7 3- BSMS 6 & 7 4- BLS2, BSS9 5- BSMS2 & 7
February (Lesson 7)	Tattle Vs. Tell	Conflict Resolution	Study Skills	People Change/Behavior	Mindful Thoughts	I messages/ Conflict Resolution	K- BLS 9, BSS9 1- BLS3, BSMS 6 2- BLS3 3- M2, BSMS 2 & 6 4- BLS8, BSMS 6 5- BSS 8
March (Lesson 8)	Friendship	Listening Skills	Ignoring Distractions	Stress/Coping	Perspective Taking	Active Listening	K- BSS2 & M3 1- BLS3, BSMS6 2- BLS 3 & 8 3- BSMS 1 & 6 4- BLS 9, BSS2 & 4 5-BSS1
April (Lesson 9)	Being Inclusive	Focus Skills	Staying on Task	Inclusion/ Self Acceptance	Mindful Listening	Negotiating A Win/Win	K- M3, BSS2 1- BLS3, BSMS3 & 6 2- BLS 1 & 4 3- M2, BSS8 4-M2 & 6, BLS4 5- BSS 2 & 6
May (Lesson 10)	Career Exploration Stations and Games	Career Exploration Stations and Games	Compliments	Tech Use/Tech Safety	Mindful Movement	Transition To Middle School	K- BLS7 1-BLS7 2- BSS 2 & 3 3- BLS5 4- BLS10, M3 5-BSMS 5 & 10, BLS7

Curriculum: Parner Book List

	Kindergarten	First	Second	Third	Fourth	Fifth
August (Lesson 1)	<u>All Are Welcome</u>	<u>Ravi's Roar</u>	<u>What If Everybody Thought That Even Superheros Make Mistakes</u>	<u>3 Ninja Pigs Humpty Dumpty Climbs Again The Smart Cookie</u>	<u>What Are You So Grumpy About</u>	<u>Big Umbrella</u>
September (Lesson 2)	<u>My Heart Is A Zoo</u>	<u>The Worrysaurs</u>	<u>Even Superheroes Have Bad Days</u>	<u>The Invisible Boy</u>	<u>Each Kindness</u>	<u>Those Shoes</u>
October (Lesson 3)	<u>Ruby Finds A Worry</u>	<u>Mindful Bea and The Worry Tree Good News/Bad News</u>	<u>What If Everybody Did That</u>	<u>Recess Queen</u>	<u>Crankenstein</u>	<u>Be A Maker</u>
November (Lesson 4)	<u>We Don't Eat Our Classmates</u>	<u>Clark The Shark What Should Danny Do?</u>	<u>Pirate, Viking, Scientist</u>	<u>Mr. Peabody's Apples</u>	<u>Alphabreaths</u>	<u>Weird Series</u>
December (Lesson 5)	<u>Ruby Studio</u>	<u>Ruby Studio</u>	<u>Some Secrets Should Never Be Kept</u>	<u>Some Secrets Should Never Be Kept</u>	<u>Fight Child Abuse</u>	<u>Fight Child Abuse</u>

Curriculum: Parner Book List

	Kindergarten	First	Second	Third	Fourth	Fifth
January (Lesson 6)	<u>Don't Let The Pigeon Drive The Bus</u> <u>A Big Guy Took My Ball</u>	<u>Ping And Pong</u>	<u>A Friend Like You</u>	<u>The What If's It's Tough To Lose Your Balloon</u>	<u>I Spy X Treme X Ray</u>	<u>Weird Series</u>
February (Lesson 7)	<u>Don't Squeal Unless It's Big Deal</u>	<u>When Sophie's Feelings Are Hurt Hurty Feelings The Peace Rose</u>	<u>Peanut Butter and Homework Sandwiches</u>	<u>The Bad Seed</u>	<u>The What If's</u>	<u>Weird Series</u>
March (Lesson 8)	<u>Friendshape</u>	<u>Lacey Walker, Non Stop Talker Howard B Wigglebottom Learns To Listen</u>	<u>Let Me Finish</u>	<u>The Good Egg</u>	<u>Tale of 2 Beasts Duck/Rabbit</u>	<u>The Rabbit Listened</u>
April (Lesson 9)	<u>Can I Join Your Club?</u>	<u>Interrupting Chicken</u>	<u>Sarabella's Thinking Cap</u>	<u>The Cool Bean</u>	<u>The Rabbit Listened Quiet Please, Owen McPhee</u>	<u>Dog Vs. Cat The Cookie Fiasco</u>
May (Lesson 10)	<u>Who Will I Be?</u>	<u>What Does It Mean To Be An Entrepreneur?</u>	<u>What If Everybody Said That</u>	<u>The Couch Potato</u>	<u>I Am Yoga</u>	<u>Great Dog</u>

Curriculum: PAWS Lessons

	Kindergarten	First	Second	Third	Fourth	Fifth
August (Lesson 1)	Peace Corners	Peace Corners	Peace Corners	Peace Corners Positivity	Peace Corners The Brain	Peace Corners Visualizing Success
September (Lesson 2)	Emotions	Emotions	Growth Mindset	Manners	Mindful Imagination	The Kind Brain
October (Lesson 3)	Coping Skills	Coping Skills	Self Control	Safely Handling Conflict	Flipping Your Lid	Sportsmanship
November (Lesson 4)	Responsibility	Responsibility	Safely Handling Conflict	Self Control	Mindful Breathing	Safely Handling Conflict
December (Lesson 5)	Tattling	Tattling	Tattling	Tattling	Online Safety	Online Safety

Curriculum: PAWS Lessons

	Kindergarten	First	Second	Third	Fourth	Fifth
January (Lesson 6)	Responsibility	Safely Handling Conflict	The Kind Brain	Resiliency	Growth Mindset	Coping Skills
February (Lesson 7)	Tattling	Safely Handle Conflict	Responsibility	Responsibility	The Brain and Creativity	Safely Handling Conflict
March (Lesson 8)	Manners	Mindful Listening	Mindful Listening	Coping	The Kind Brain	Empathy
April (Lesson 9)	The Kind Brain	Mindful Listening	Responsibility	The Kind Brain	Mindful Listening	Mindful Listening
May (Lesson 10)	Career	Career	Manners	Online Safety	Self Control	Navigate Your Future

School Wide Yearly Activities

Aug	Sept	Oct	Nov	Dec
Sneak Peak (meet the teacher nights)	<u>College and Career Week</u>	<u>Red Ribbon Week</u>	<u>Mix It Up Day</u> Friendsgiving	Personal Safety
Jan	Feb	Mar	Apr	May
<u>Great Kindness Challenge</u>	<u>Random Acts of Kindness Week</u>	<u>Read Across America</u>	<u>Autism Awareness</u>	<u>Superhero Lunch Lady Day</u> Dog Safety

Mindful Workshops

Aug	Sept	Oct	Nov	Dec
Mindful Visualization	Mindful Moves: Yoga	Mindful Walking	Mindful Journaling	Mindful Crafting
Jan	Feb	Mar	Apr	May
Mindful Eating	Mindful Smells	Mindful Crafting	Mindful Coping	Mindful Moves: Yoga

Parent/Teacher Supports

Aug	Sept	Oct	Nov	Dec
<u>Meet Your Counselor Separation Anxiety</u>	<u>Peace Corners</u>	<u>Online Safety</u>	<u>Supporting Students with ADHD</u>	Holiday Help
Jan	Feb	Mar	Apr	May
<u>Best Behavior Ideas</u>	<u>Trauma and Our Students</u>	<u>Self Care</u>	<u>Beat the test stress: Supporting our anxious students</u>	Beating Summer Boredom and Summer Reading