

TIER 1 K-5 SCHOOL COUNSELING CURRICULUM MAPS



What follows are three **recommended tier 1 school counseling curriculum maps** for kindergarten through fifth grade based on how often you deliver lessons:

- Weekly (40 lessons/grade)
- Biweekly (20 lessons/grade)
- Monthly (10 lessons/grade)

The maps are primarily unit-based, which means that most lessons appear as part of a unit (vs. as isolated lessons or monthly themes).

We encourage counselors to use this scope and sequence as a starting place for their classroom lesson delivery, making adjustments as needed to best meet the needs of their students each year.

monthly curriculum map



monthly schoolwide counseling curriculum map

	Kindergarten	1 st grade	2 nd grade	3 rd grade	4 th grade	5 th grade
August	Meet the Counselor	Identifying Feelings	Size of the Problem	Meet the Counselor	Respect	Mental Health
September	Listening	Expressing Feelings	Bounce	Locus of Control	Healthy Friendships	Coping Skills in the Real World
October	Perseverance	Helpful vs. Unhelpful Coping Skills	Flipping a Lid	Coping Skills 101	Friendship Boundaries	Self-Worth and Self-Esteem
November	Personal Space	Breathing and Body Relaxation	Making Friends and Including Others	Problem Solving and Responsibility	Executive Functioning: Overview	Personal Values
December	Sharing and Taking Turns	Small vs. Big Problems and Ignore	Social Filter	Conflict Escalator	Executive Functioning: Planning	Peer Pressure and Decision-Making
January	Tough Feelings	Take Turns and Take a Break	Super Student Skills	Conflict Resolution	Executive Functioning: Self-Control	Self-Care and Self Advocacy
February	Coping Skills	Talk it Out and Apologize	Staying on task	Self-Esteem and Self-Talk	Executive Functioning: Flexible Thinking	Digital Citizenship: Respect
March	Personal Safety: Safety Superheroes	Personal Safety (COMING EARLY '27)	Personal Safety (COMING EARLY '27)	Personal Safety: Secrets	Personal Safety: Sticky Situations	Digital Citizenship: Safety
April	Other Peoples' Feelings	Empathy Adventures	Talk it Out/I- Messages	Test Taking Anxiety (COMING EARLY '27)	Test Taking Skills (COMING EARLY '27)	Test Taking Escape Room
May	Playing Together	Self-Esteem and Self-Love	Teamwork/ Sportsmanship	Stand in My Shoes	Perspective Taking	Middle School Transition

biweekly curriculum map



biweekly schoolwide counseling curriculum map

	Kindergarten	1 st grade	2 nd grade	3 rd grade	4 th grade	5 th grade
August	Meet the Counselor	Identifying Feelings	Size of the Problem	Meet the Counselor	Mental Health	Goal Setting
August	Listening	Expressing Feelings	Bounce	Locus of Control	Coping Skills Videos	Being Organized
September	Following Directions	Body Feelings	Flipping a Lid	Coping Skills 101	Self-Talk	Time Management
September	Growth Mindset	Helpful vs. Unhelpful Coping Skills	Bubble Gum Brain	Coping Skills Centers Practice	Executive Functioning: Overview	Ignoring Distractions
October	Perseverance	Breathing and Body Relaxation	Self-Talk + Perseverance	Coping Skills in the Real World	Executive Functioning: Planning	Respect
October	Sharing and Taking Turns	Helpful Thinking Skills	Making Friends + Including Others	Multiple Intelligences	Executive Functioning: Self-Control	Thoughts-Feelings-Actions Connection
November	Personal Space/Hands to Self	Small vs. Big Problems + Ignore	What does friendship mean?	Self-Esteem and Self-Talk	Executive Functioning: Flexible Thinking	Healthy Friendships
November	Kind Words vs. Hurtful Words	Take Turns + Take a Break	Social Filter	Problem Solving and Responsibility	Identity	Friendship Boundaries
December	Showing Someone You Care	Talk it Out + Apologize	Giving and Receiving Compliments	Using Time Wisely	Body Image	Perspective Taking
December	Sportsmanship	Walk Away + Conflict Resolution Review	Talk it Out/ I-Messages	The Golden Rule	Conflict Resolution	Just Kidding



biweekly schoolwide counseling curriculum map

	Kindergarten	1 st grade	2 nd grade	3 rd grade	4 th grade	5 th grade
January	Understanding + Expressing Happy, Proud, Excited	Choices and Consequences	Teamwork/ Sportsmanship	Empathy	Being Assertive	Self-Worth and Self-Esteem
January	Understanding + Expressing Angry, Sad, Worried	Making Helpful Choices at School Part 1	Super Student Skills	Types of Conflict	Tone of Voice	Personal Values
February	Understanding Others' Feelings	Making Helpful Choices at School Part 2	Listening Skills	Being an Upstander	Body Language	Peer Pressure and Decision-Making
February	Coping Skills	Identity	Staying on Task	Conflict Escalator	Gossip	The Bad Seed
March	Playing Together	Self-Esteem and Self-Love	Ignoring Distractions	Test Taking Anxiety (COMING SPRING '27)	Test Taking Escape Room	Test Taking Skills (COMING SPRING '27)
March	I-Messages	Empathy	Identifying Emotions	Sticky Friendship Issues	Choices and Consequences	Self-Care and Self-Advocacy
April	Apologies	Be an Upstander	Empathy	I-Messages	Reputation	Digital Citizenship: Respect
April	Personal Safety: Safety Superheroes	Personal Safety (COMING SPRING '27)	Personal Safety (COMING SPRING '27)	Personal Safety: Some Secrets	Personal Safety: Sticky Situations	Digital Citizenship: Safety
May	All About Jobs	Personal Qualities and Jobs	School and Career Connection	Career Awareness	Career Strengths and Interests	Career Exploration
May	End of Year (COMING SPRING '27)	End of Year (COMING SPRING '27)	The Couch Potato	End of the Year	Summer Transition	Moving On to Middle School

weekly curriculum map



weekly schoolwide counseling curriculum map

	Kindergarten	1 st and 2 nd grade	3 rd and 4 th grade	5 th grade
August	Meet the Counselor	Size of the Problem	Meet the Counselor	Mental Health
August	Listening A	Identifying Feelings	Locus of Control	Worry Lesson
August	Listening B	Expressing Feelings	Conflict Escalator	Coping Skills Videos
August	Following Directions A	Body Feelings	Conflict Resolution	Coping Skills Game
September	Following Directions B	Helpful vs. Unhelpful Coping Skills	Conflict Resolution Escape Room	Domino Effect: Thoughts, Actions, Outcomes
September	Growth Mindset A	Breathing and Body Relaxation	Being an Upstander	Thoughts-Feelings-Actions Flipbook
September	Growth Mindset B	Helpful Thinking Skills	Empathy	Goal Setting
September	Perseverance A	Ignore + Take Turns	Choices and Consequences	Best Effort
October	Perseverance B	Take a Break + Apologize	Problem Solving and Responsibility	Being Organized
October	Sharing and Taking Turns A	Talk it Out and I-Message Puzzles	Whose Job Is It?	Time Management



weekly schoolwide counseling curriculum map

	Kindergarten	1 st and 2 nd grade	3 rd and 4 th grade	5 th grade
October	Sharing and Taking Turns B	Walk Away + Conflict Resolution Review	Anger Mask	Healthy Friendships
October	Friendship Recipe	Choices and Consequences	Coping Skills 101	Friendship Boundaries
November	Hands to Self A	Making Helpful Choices at School 1	Coping Skills Centers Practice	Perspective Taking
November	Hands to Self B	Making Helpful Choices at School 2	Coping Skills in the Real World	Stereotypes
November	Gratitude	Upstander	Giving Thanks	Respect
November	Kind Words vs. Hurtful Words A	Thankful Thoughts and Happy Hearts (1 st) Giving Thanks (2 nd)	Being Assertive	Gratitude
December	Kind Words vs. Hurtful Words B	What does friendship mean?	Tone of Voice	The Sour Grape
December	Showing Someone You Care A	Social Filter	Body Language	The Bad Seed
December	Showing Someone You Care B	Giving and Receiving Compliments	The Humble Pie	The Big Cheese
December	Coping Skills A	Bounce A: Opener, Story, Sorting	The Cool Bean	The Toast of the Town (COMING FALL '26)



weekly schoolwide counseling curriculum map

	Kindergarten	1 st and 2 nd grade	3 rd and 4 th grade	5 th grade
January	Coping Skills B	Bounce B: Review, Scenarios, Practice	Executive Functioning: Overview	New Year's Lesson
January	Understanding + Expressing Happy, Proud, Excited A	Flipping a Lid	Executive Functioning: Planning	Self-Talk
January	Understanding + Expressing Happy, Proud, Excited B	Super Student Skills	Executive Functioning: Self-Control	Just Kidding
January	Understanding + Expressing Angry, Sad, Worried A	Listening Skills	Executive Functioning: Flexible Thinking	Gossip
February	Understanding + Expressing Angry, Sad, Worried B	Staying on Task	Self-Esteem and Self-Talk	Sorry
February	Understanding Others' Feelings A	Ignoring Distractions	The Good Egg	Better Than You
February	Understanding Others' Feelings B	Self-Talk + Perseverance	The Smart Cookie	Self-Worth and Self-Esteem
February	Sportsmanship A	Bubble Gum Brain	Multiple Intelligences	Personal Values
March	Sportsmanship B	Strengths and Careers	Parts of a Career	Post-Secondary
March	All About Jobs	Connecting School to Careers	Connecting Interests to Careers	Career Exploration



weekly schoolwide counseling curriculum map

	Kindergarten	1 st and 2 nd grade	3 rd and 4 th grade	5 th grade
March	<u>Playing Together A</u>	The Golden Rule	<u>Identity</u>	Peer Pressure and Decision-Making
March	<u>Playing Together B</u>	What if Everybody Said That?	<u>Reputation</u>	Self-Care and Self-Advocacy
April	Personal Safety: Safety Superheroes	Personal Safety (COMING EARLY '27)	Safe vs. Unsafe Secrets (3 rd) Sticky Situations (4 th)	Personal Safety: Digital Safety
April	<u>I-Messages A</u>	Honesty (COMING EARLY '27)	Test Taking Anxiety (COMING EARLY '27)	Digital Citizenship
April	<u>I-Messages B</u>	Solving Recess Problems (COMING EARLY '27)	Test Taking Skills (COMING EARLY '27)	Test Taking Escape Room
April	<u>Apologies A</u>	<u>Identity Part 1</u>	Friendship Flipbook	Body Image and Body Positivity
May	<u>Apologies B</u>	<u>Identity Part 2</u>	Trouble Talk	Healthy Habits
May	Empathy Adventure	Teamwork/ Sportsmanship	<u>Sticky Friendship Issues</u>	Positivity/Positive Psychology Flipbook
May	<u>Self-Esteem and Self-Love</u>	Game Time	Compromise and Teamwork (COMING SPRING '27)	Transition to Middle School
May	End of the Year (COMING SOON)	End of the Year (COMING SPRING '27)	Summer Transition	Moving Up and Moving On