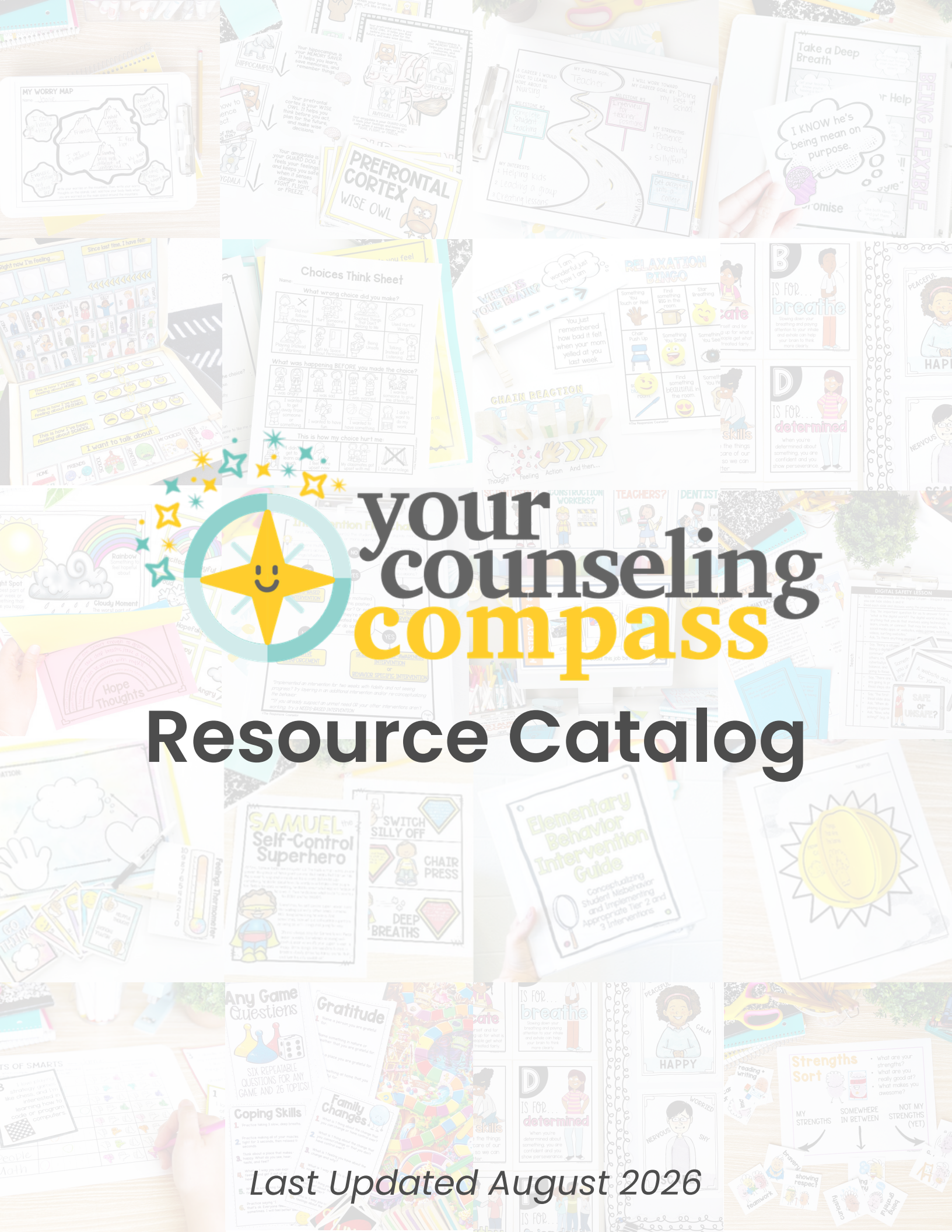




your counseling compass Resource Catalog

Last Updated August 2026

class lessons

Executive Functioning



SUPER STUDENT LISTENING

The Case of the SUPER STUDENTS

interactive, engaging, & no-prep lesson for 1st-3rd!

STAY ON TASK + TIME MGMT

The Case of the SUPER STUDENTS

interactive, engaging, & no-prep lesson for 1st-3rd!

HOW TO BE A SUPER STUDENT

The Case of the SUPER STUDENTS

interactive, engaging, & no-prep lesson for 1st-3rd!

IGNORING DISTRACTIONS

The Case of the SUPER STUDENTS

interactive, engaging, & no-prep lesson for 1st-3rd!

EXECUTIVE FUNCTIONING lesson + activities

What is executive functioning and why does it matter?

created for grades 3rd-5th

FLEXIBLE THINKING lesson + activities

- PERSPECTIVE TAKING
- GOING WITH THE FLOW
- CHANGING THOUGHTS

executive functioning 3rd-5th

PLANNING lesson + activities

- ORGANIZATION
- TIME MANAGEMENT
- GOAL-SETTING

executive functioning 3rd-5th

SELF-CONTROL lesson + activities

- ATTENTION/ FOCUS
- THINK BEFORE YOU ACT
- COPING SKILLS

executive functioning 3rd-5th

GOAL SETTING

Three Lessons for Exploring and Creating Goals

A goal without a plan is just a wish.

BEST EFFORT

Effective & Engaging Lesson

The higher your effort, the hotter your learning!

POWERPOINT + SKITS + MORE

STAY FOCUSED

Skits to Teach SELF-TALK to Ignore Distractions

TIME MANAGEMENT

- Prioritizing
- To-Do Lists
- Paying Attention to Time
- Self-Talk

sel lesson for 4th-6th

What does it mean to be ORGANIZED?

With Google Slides™

IN PERSON OR VIRTUAL

USE YOUR TIME WISELY!

Time Management Activity BUNDLE

- Story Scripts
- Activity Sorting Cards
- Discuss Question Cards
- Reflection and Processing Sheets

Small Group or Classroom Lesson Mini-Unit

PERSEVERANCE + SELF-TALK

How can self-talk help you persevere?

sel lesson for 1st-3rd

Learning Skills Activities GROWTH MINDSET

K/1st

Joshua's Strong Brain

STRONG BRAIN ON

Social Emotional Learning

Learning Skills Activities PERSEVERANCE

K/1st

Su Jin Keeps Trying

TALKING TO OUR BRAINS

Making mistakes can help me learn.

Social Emotional Learning

TEST TAKING ESCAPE ROOM

NO-PREP DIGITAL

TEST TAKING ESCAPE ROOM

PRINTABLE VERSION

MENTAL WELLNESS

upper elementary lesson

Being mentally healthy does NOT mean feeling happy all of the time.

You are a human which means it's normal for you to have all sorts of feelings, sometimes even all sorts of feelings in the same day.

class lessons

Feelings and Regulation



HAPPY, PROUD, and EXCITED

social emotional learning lesson
for pre-k and kinder

understanding, identifying, and expressing happy feelings

FEELING SAD

social emotional learning lesson
for pre-k and kinder

understanding and expressing when we feel sad

FEELING ANGRY

social emotional learning lesson
for pre-k and kinder

understanding, identifying, and expressing angry feelings

FEELING WORRIED

social emotional learning lesson
for pre-k and kinder

understanding and expressing when we feel worried

COPING WITH ANGER

social emotional learning lesson
for pre-k and kinder

understanding, expressing, and managing angry feelings

COPING WITH DISAPPOINTMENT

social emotional learning lesson
for pre-k and kinder

understanding, expressing, and managing disappointment

COPING WITH WORRY

social emotional learning lesson
for pre-k and kinder

understanding, expressing, and managing worried feelings

Feelings Activities HAPPY FEELINGS

K/1st

Klara Feels Happy

How would you feel?

Social Emotional Learning

Feelings Activities TOUGH FEELINGS

K/1st

Su Jin's Tough Day

Social Emotional Learning

Feelings Activities COPING SKILLS

K/1st

Christina and Matteo Use Coping Skills

BREATHING CARDS

FIND A QUIET PLACE

Social Emotional Learning

FEELINGS

3 Lesson Primary Unit

INTERACTIVE

NO PREP!

ENGAGING

FEELINGS EXPERTS

IDENTIFYING and EXPRESSING Your Feelings

COPING SKILLS

3 Lesson Primary Unit

INTERACTIVE

NO PREP!

ENGAGING

BREATHING AND BODY

breathing, body, and mindfulness

IDENTIFYING FEELINGS

Movement-Based Lesson

disappointed

FLIPPING A LID

our brain & our emotions

PFC

AMYGDALA

HIPPOCAMPUS

BOUNCE or SPLAT

Coping + Resiliency Counseling Activities

For Google Slides™ too!

COPING SKILLS

lesson + activities

What are coping skills and how do they help us?

TOOLS FOR GETTING BETTER

coping 101 for grades 2nd-5th

COPING SKILLS

lesson + activities

Scripts and role plays to show what coping skills look like in the real world!

created for grades 2nd-5th

COPING SKILLS

class lesson and calm corner

lesson for 2nd-5th

breathing, body, & mindfulness

18 VIDEOS AND VISUALS

With & Without Narration

Lower & Upper Elementary Versions

SETTLE YOUR THOUGHTS

Calming the thoughts in our brains are swirling around us. Let's take a break and breathe.

Use some slow deep breaths while watching your thoughts settle.

Watch them settle and feel your brain calm down.

class lessons

Conflict Resolution



Problem Solving APOLOGIES

K/1

Su Jin Apologizes

APOLGIZES SPOKES

I'm sorry for Next time I will

Someone tripped and hurt

Social Emotional Learning

Problem Solving I-MESSAGES

K/1st

Joshua Uses I-Messages

WHAT SHOULD YOU SAY?

THIS THAT

I feel what can you do for me?

Social Emotional Learning

TATTTLING OR REPORTING?

Class Game or Activity

30 Examples

You look like you're having a problem

30 Examples

TALK IT OUT I-MESSAGES

Interactive + ANIMATED Slides Lesson

Interactive + ANIMATED Slides Lesson

TALK IT OUT I-Message Puzzles

I feel frustrated...

when you... don't listen to me.

Could you please listen to me?

TYPES OF CONFLICT

All kinds of Conflict!

DISAGREEMENT? RUDE MOMENT? MEAN MOMENT? BULLYING?

POWERPOINT + LESSON

BEING AN UPSTANDER

TAKING ACTION WHEN SOMETHING IS UNJUST

1st-3rd Grade Lesson On Standing Up for Others

PIRATE PEACE Escape Room

Conflict Resolution

APOLOGIZE

Practice Cards, Task Cards, and Sentence Stems Poster

CONFLICT ESCALATOR

Are you ESCALATING or DE-ESCALATING the conflict?

CONFLICT RESOLUTION

VISUAL TASK & GAME CARDS

CONFLICT RESOLUTION CURRICULUM

Peaceful Problem Solving

interactive + no prep

CONFLICT RESOLUTION

Teaching, Modeling, and Practicing Effective Conflict Resolution Skills!

lesson + activities for 2nd-5th

BEING ASSERTIVE

Identifying the difference between passive (mouse), aggressive (monster), and assertive (me) communication!

sel lesson for 2nd-5th

I-MESSAGES

social emotional learning lesson for pre-k and kinder

learning to express feelings to others respectfully

ACCIDENTS

social emotional learning lesson for pre-k and kinder

Learning to recognize and respond to accidents

class lessons

Responsible Decision Making



Learning Skills Activities
FOLLOWING DIRECTIONS
K/1st
Matteo and His Class Follow Directions
Social Emotional Learning

Learning Skills Activities
LISTENING
K/1st
Christina Learns to Listen
Social Emotional Learning

CHOICES AND CONSEQUENCES
Lesson + Activities

CIRCLE of CONTROL
lesson and activities for 2nd-4th

DECISION MAKING
3 Lesson Primary Unit
INTERACTIVE
NO PREP!
ENGAGING
MAKING HELPFUL CHOICES AT SCHOOL
Think and Choose!

HOW BIG IS THE PROBLEM?
sel lesson for 1st-3rd

Whose job is it?
Homework Being Completed
PARENTS STUDENTS
Finding a quiet spot to do homework
Helping with super hard questions/problems
Responsibility Lesson Plan

RESPONSIBILITY + PROBLEM SOLVING
LESSON FOR 2nd-4th
RESPONSIBILITIES ARE GOOD!
They're good because when we all chip in and do our part, it makes our homes, classrooms, and communities great places to be!

DOMINO EFFECT
Understanding the Connection Between Our THOUGHTS, FEELINGS, ACTIONS and OUTCOMES!
sel lesson for 4th-6th

SELF-TALK
When you dribble toward the hoop, get ready to shoot, and you're thinking
Keep your eye on the basket, just focus
lesson and activities for 3rd-5th grade

PEER PRESSURE
Understanding and responding to peer pressure so that we can be in control of our own lives!
sel lesson for 4th-6th

DIGITAL CITIZENSHIP
Respect
How to respect yourself and others in the digital world!
sel lesson for 4th-6th

UNDERSTANDING UNFAIRNESS
Just because people look similar or are part of the same group, doesn't mean they are the same!
1st-3rd Grade Lesson On Identifying Discrimination

UNDERSTANDING INJUSTICES
The hiring officer at a big company told his colleague he didn't want to interview someone because their name didn't sound American enough!
In-Person or Virtual Lesson and Activities

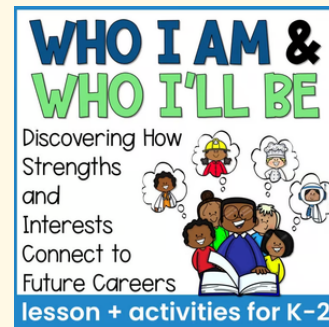
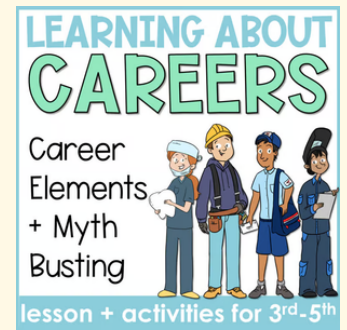
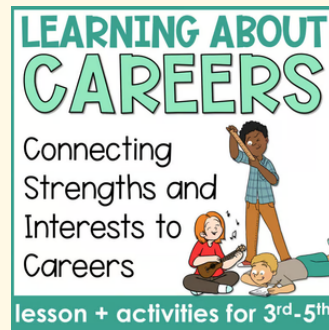
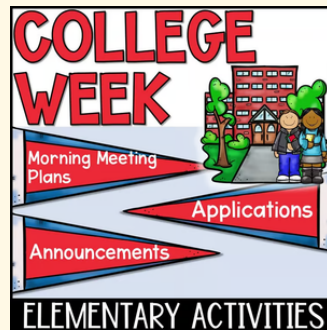
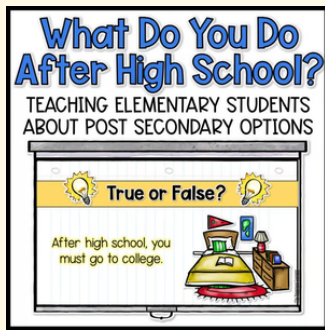
TAKING ACTION
STANDING UP FOR WHAT'S RIGHT WHEN SOMETHING IS UNJUST
After Riley's team lost in PE, she turned to someone on the winning team with darker skin and said "Go back where you came from."
In-Person or Virtual Lesson and Activities

RESPECT
What? How? Who? Why?
Interactive Activities for Upper Elementary

FINDING A SOLUTION
social emotional learning lesson
for pre-k and kinder
learning to generate solutions and try one to solve problems independently

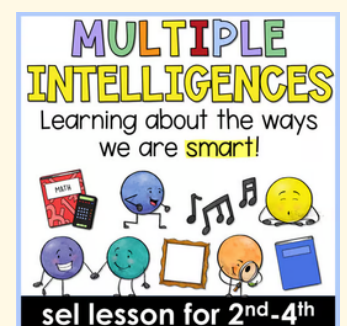
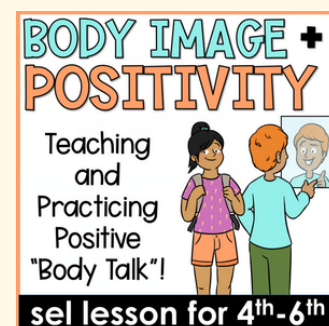
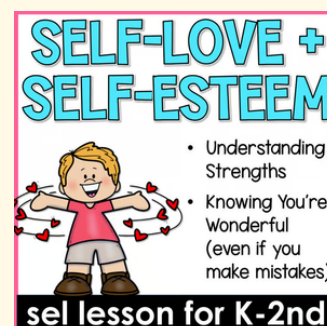
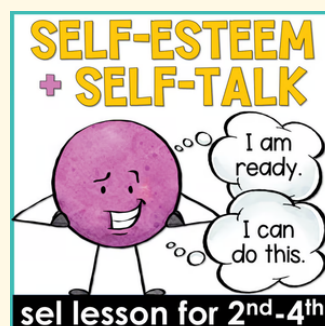
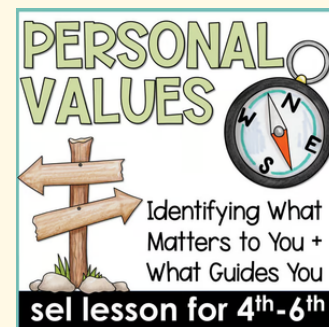
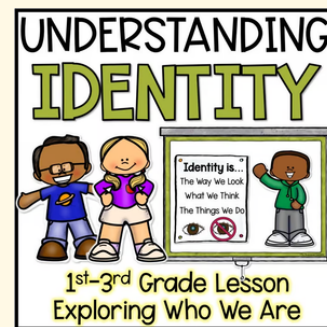
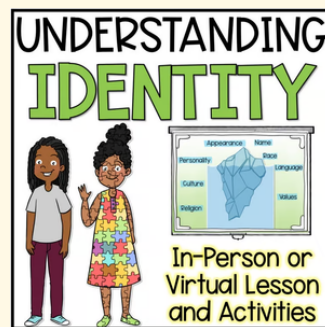
class lessons

College
+ Career 



class lessons

Identity +
Self-Awareness 



class lessons

Friendship + Social Skills



Problem Solving
PLAYING TOGETHER

K/1st

Christina Learns About Playing Together

Social Emotional Learning

Social Skills Activities
SHARING + TURNS

K/1st

Kiara Shares

Sharing and Taking Turns

Social Emotional Learning

Social Skills Activities
PERSONAL SPACE

K/1st

Christina Gives Personal Space

Social Emotional Learning

Social Skills Activities
BEING CARING

K/1st

Joshua Shows He Cares

Social Emotional Learning

Problem Solving
SPORTSMANSHIP

K/1st

Kiara: The Good Sport

Social Emotional Learning

Feelings Activities
OTHERS' FEELINGS

K/1st

Understanding Other Peoples' Feelings

Social Emotional Learning

T.H.I.N.K
Before You Speak!

POWERPOINT OR GOOGLE SLIDES

What does it mean to be a FRIEND?

printable & google slides™

SOCIAL SAFARI
Think Before You Speak

Social Filter Story & Activities

In Person + Virtual (Google Slides TM)

SOCIAL SAFARI
Conversation Skills

Staying on Topic Story and Activities

SOCIAL SAFARI
Escape Room

Conversation Skills + Social Filter

Body Language

Lesson + Activities

TONE OF VOICE

lesson and activities

STAND IN MY SHOES

empathy lesson for 2nd-5th

Printable and Digital

EMPATHY ADVENTURE

sel lesson for kinder-2nd

EMPATHY

is as easy as...

Pay attention
Imagine
Express Empathy

sel lesson for 2nd-4th

PERSPECTIVE TAKING

INTERACTIVE AND COLLABORATIVE LESSON + ACTIVITIES

STICKY FRIENDSHIP PROBLEMS

Teaching and practicing how to get unstuck from common friendship issues!

sel lesson for 3rd-5th

FRIENDSHIP HEALTHY & STRONG

FRIEND: A person you aren't related to that you know and like (and knows you and likes you back) and that you choose to talk to or spend time with

IN PERSON OR VIRTUAL LESSON ON POSITIVE FRIENDSHIPS

FRIENDSHIP BOUNDARIES & PROBLEMS

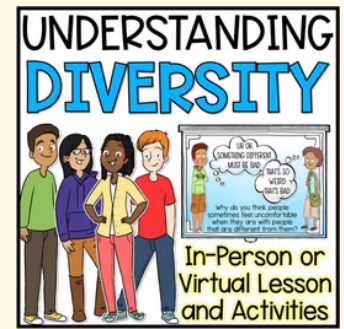
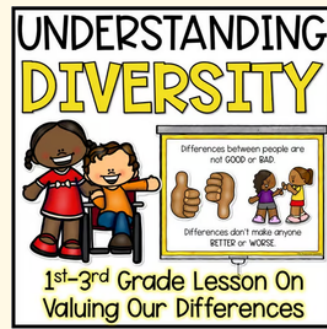
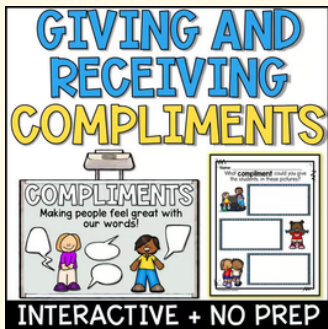
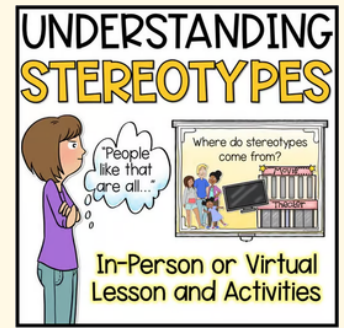
FRIENDSHIP BOUNDARIES

Lines that separate "respectful and fun" actions from "disrespectful and annoying" actions

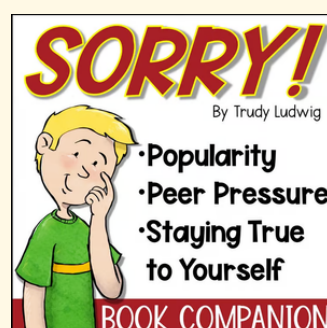
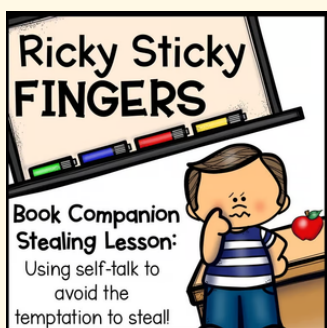
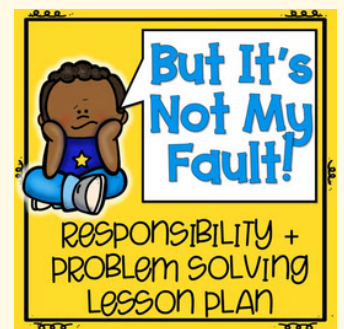
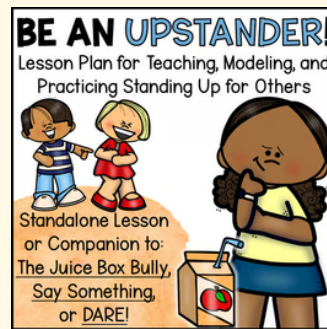
IN PERSON OR VIRTUAL LESSON ON POSITIVE FRIENDSHIPS

class lessons

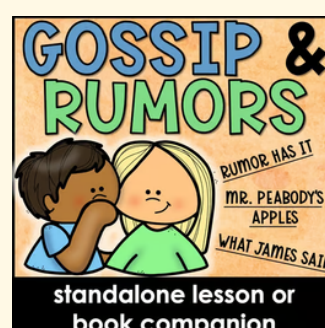
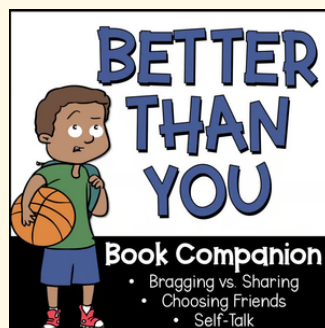
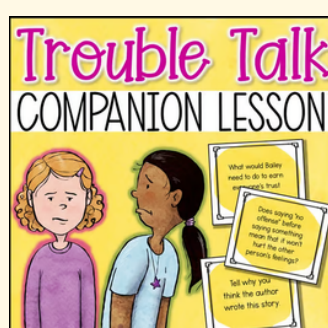
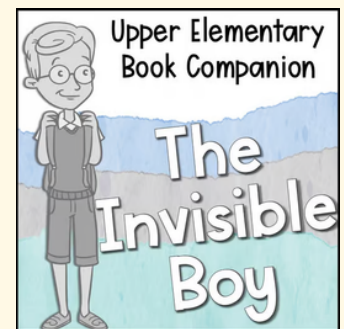
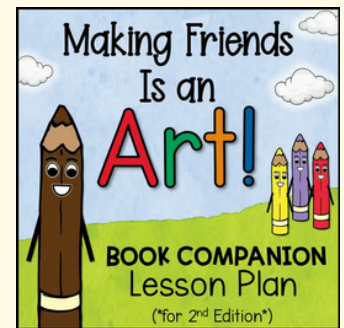
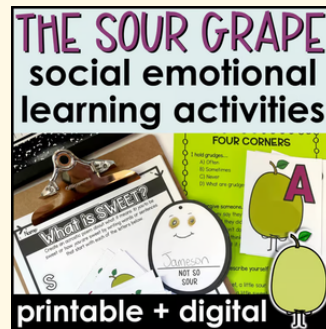
Friendship + Social Skills



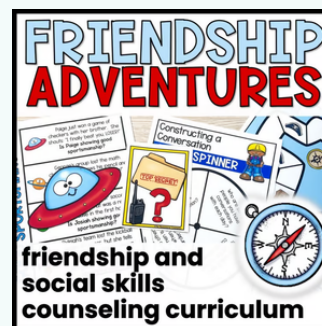
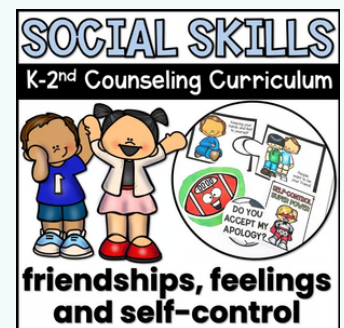
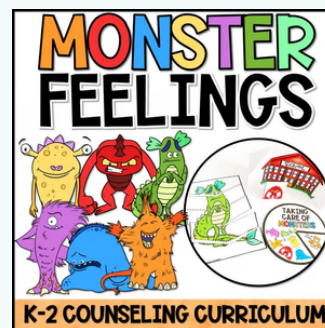
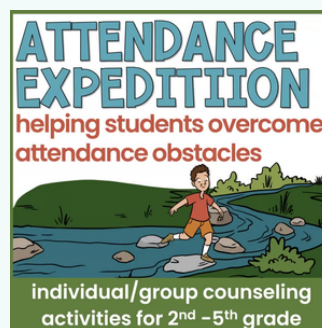
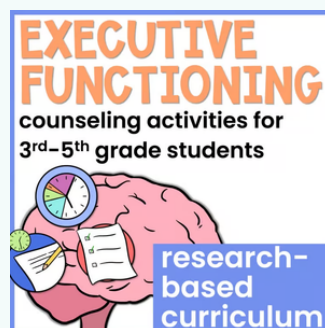
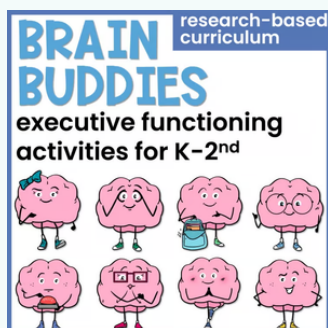
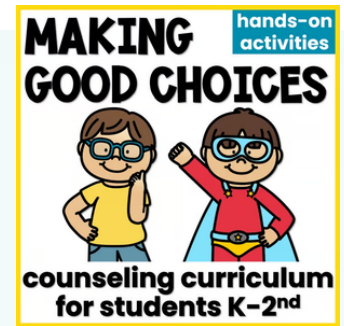
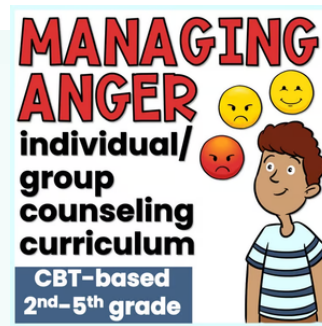
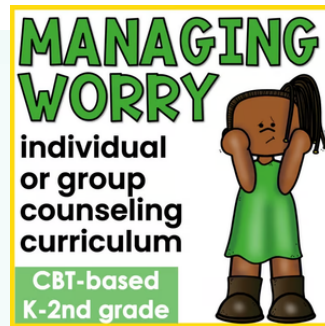
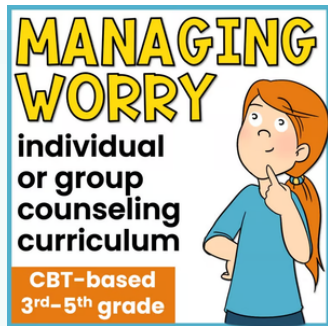
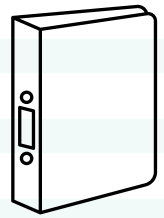
book companions



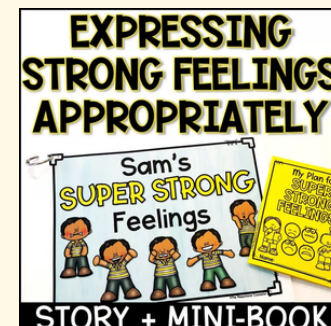
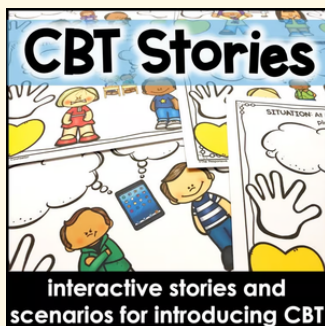
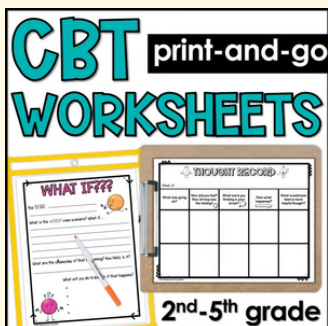
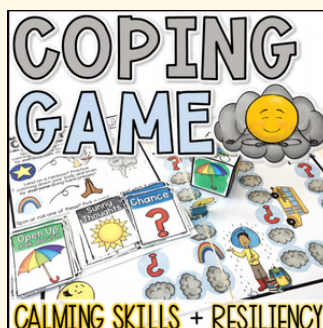
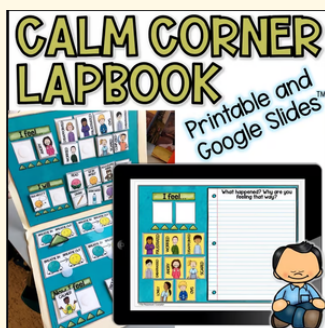
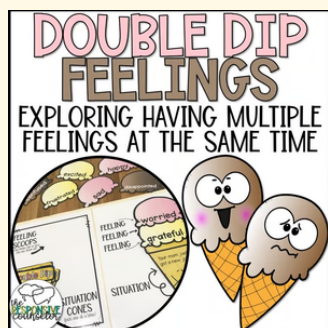
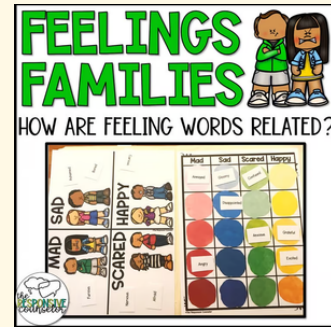
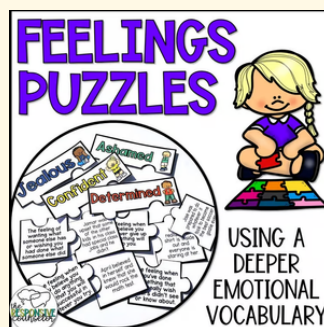
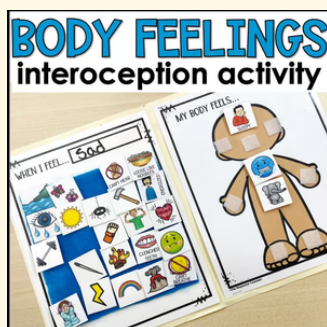
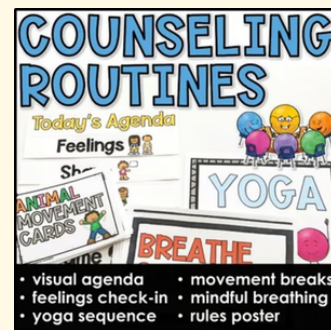
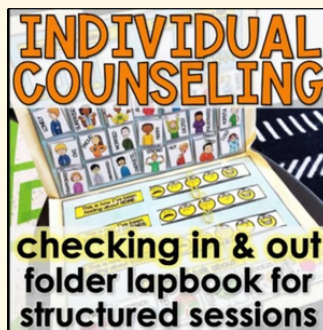
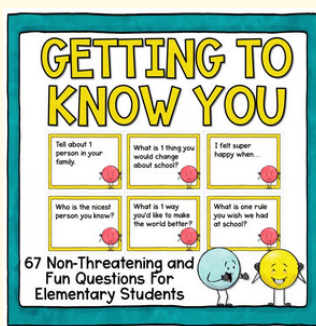
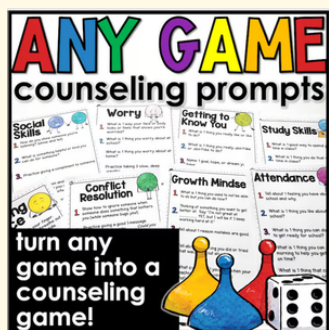
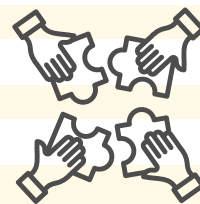
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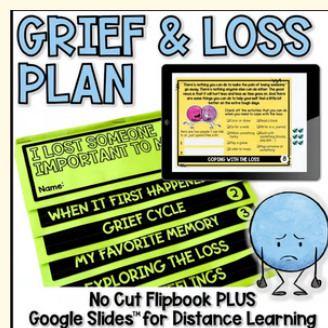
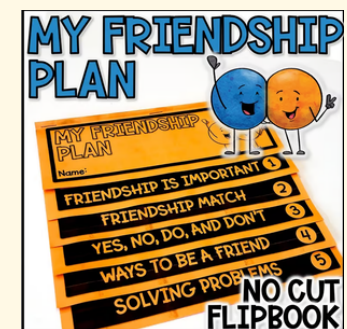
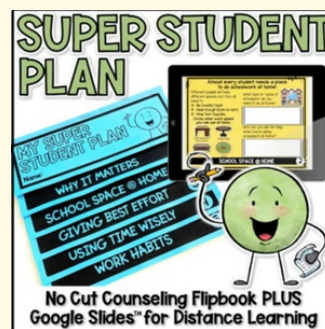
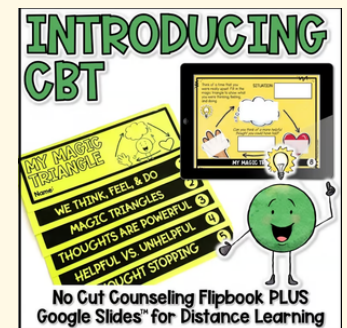
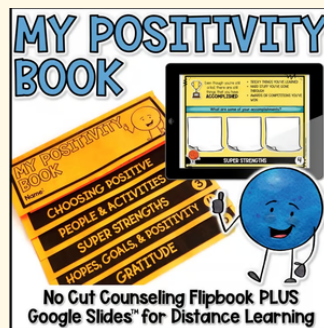
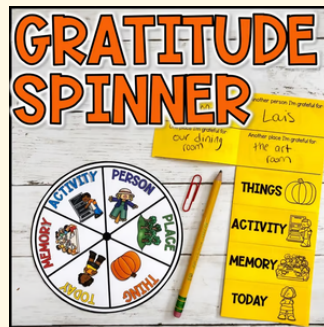
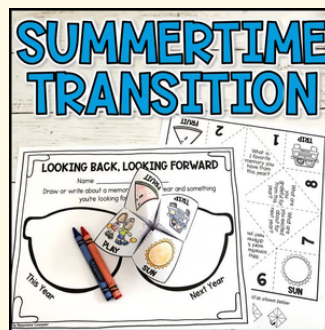
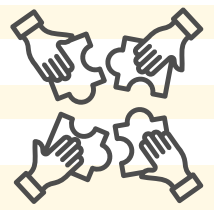
individual and group counseling intervention curriculums + toolkits



counseling activities



counseling activities



documentation, planning, organization, and office decor



needs assessments
editable

printable and digital school counseling needs assessment and program evaluations

MEET THE COUNSELOR **editable parent brochure**

Counseling PORTFOLIOS
EDIT & PERSONALIZE

Elementary social emotional learning

"I CAN" Standards

curriculum maps
editable

printable and digital templates for monthly, biweekly, and weekly delivery

student referral
editable

referral form for students that includes multiple choice and blank lines

use of time TRACKER

tool for school counselors
AUGUST 2026 – JUNE 2027

lesson assessment
editable

printable pre/post assessment for teachers and students

caregiver note
editable

printable informational group counseling notes for caregivers

group session outline
editable

printable and digital group session template for smooth delivery

lesson planning
editable

printable and digital lesson plan template for smooth delivery

program recap
editable

printable and digital report that recaps the school counseling program

program goals
editable

printable template with goal setting tip sheet to define program goals

program calendar
editable

map out your counseling year and track services and support offered

annual agreement
editable

printable template to promote role alignment with school goals

weekly to-do list
editable

printable and digital weekly planner for counselors to prioritize and manage tasks

student referral chart
editable

chart that supports clear communication and timely response to student concern

group session tracker
editable

printable and digital tracker to monitor group skills and session focus

skills assessment
editable

printable social emotional assessment to determine group foci

progress monitoring
editable

printable and digital weekly progress monitoring tracker

documentation, planning, organization, and office decor

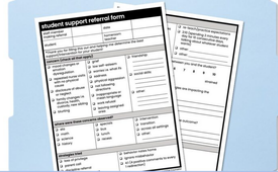


treatment plan editable



individual treatment plan
to support students
through focused planning

staff referral form editable



printable and digital referral
form for emotional and/or
behavioral concerns

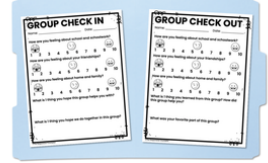
WE MISSED YOU NOTES

let group
members know
they were
missed when
they're absent



tool for group counseling

group check in/out editable



printable informal student
assessments for before
and after any group

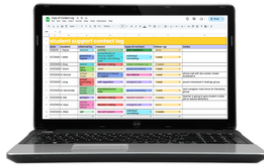
DESK REMINDER NOTES

notes to remind students of
when to come to counseling



tool for group counseling

contact log editable



printable and digital call
log to keep communication
clear and organized

COUNSELING LIBRARY



BIN LABELS

ROLLING CART DRAWER LABELS FOR ELEMENTARY COUNSELORS



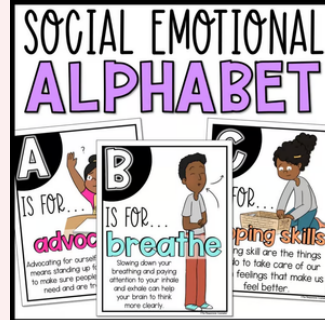
COUNSELING DOOR DECOR & SELF- REFERRAL SYSTEM



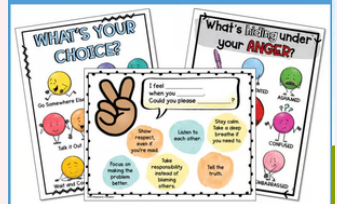
- welcome + stop sign
- "where is..." sign
- self-referral directions + forms
- pennant banner



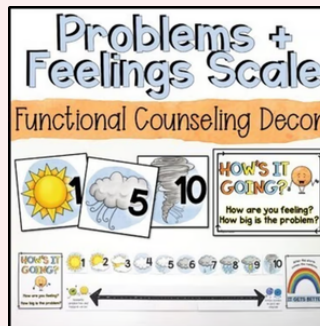
Counseling Room
Connection Visuals



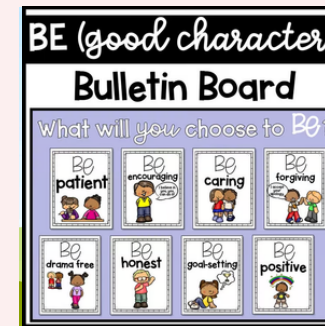
COUNSELING POSTERS



emotional check-in



Functional Counseling Decor



Bulletin Board



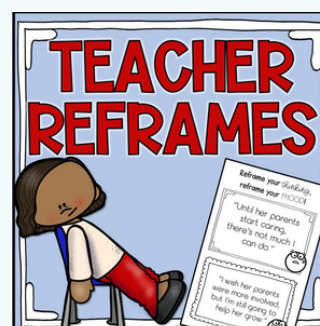
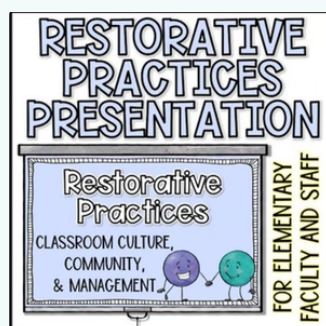
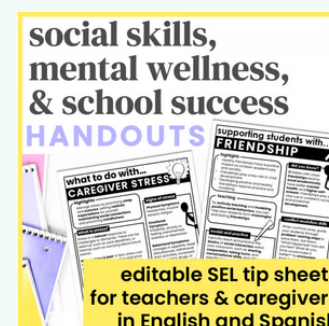
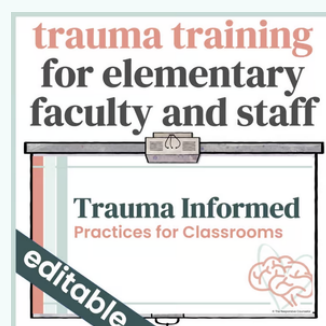
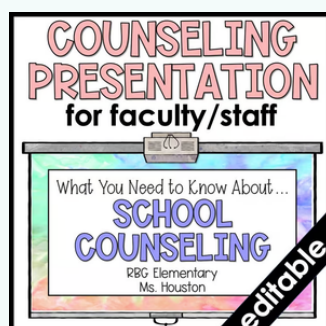
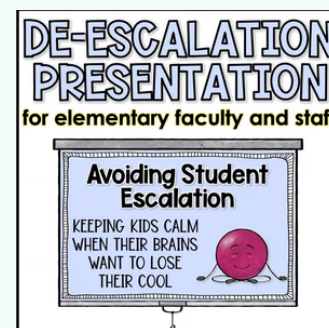
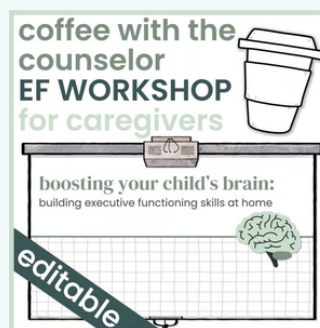
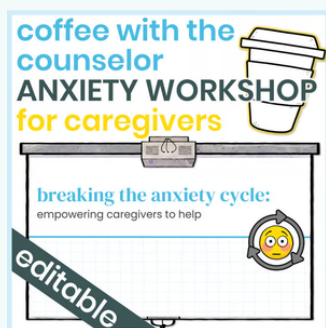
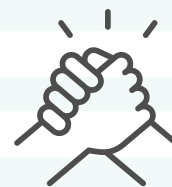
Posters/Bulletin Board

DIVERSITY AND SOCIAL JUSTICE

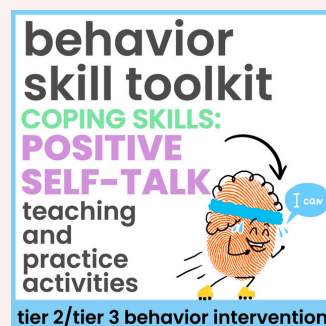
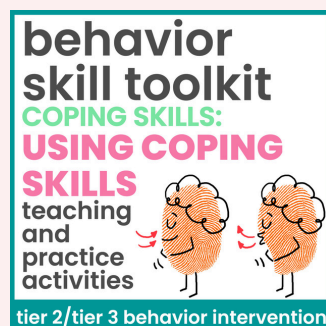
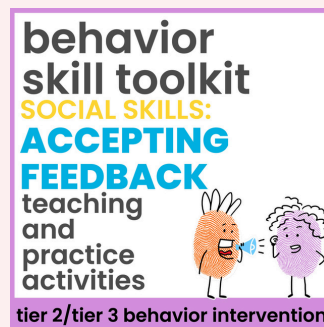
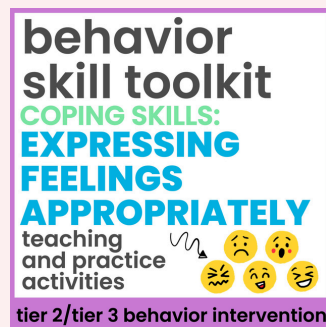
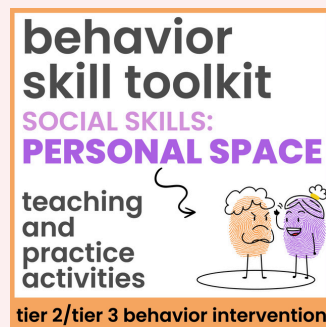
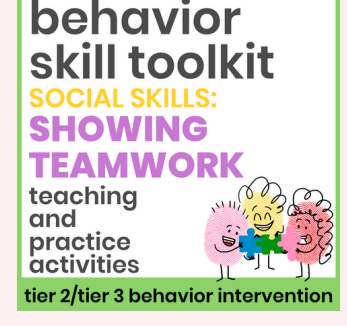
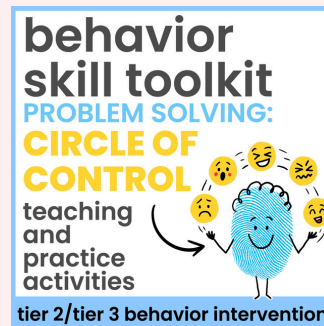
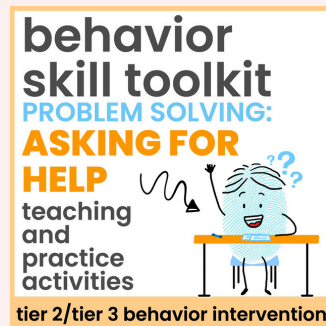
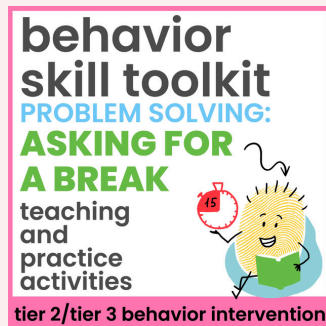
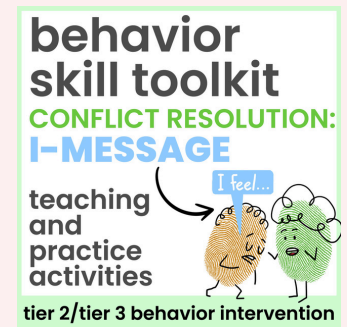
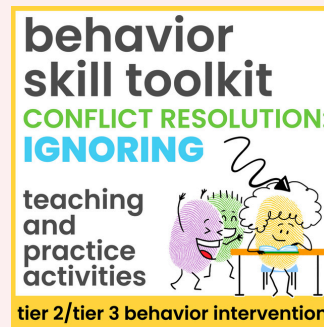
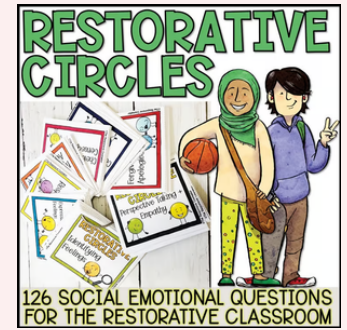
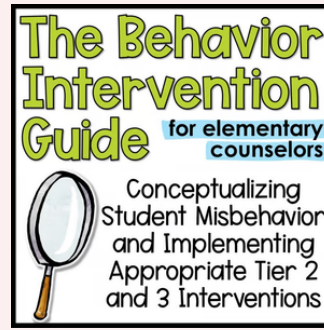
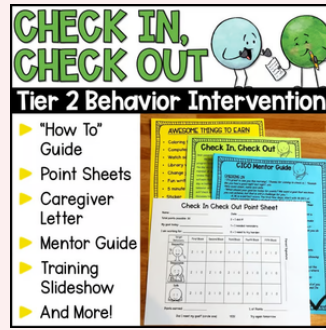


Posters/Bulletin Board

teacher and family support

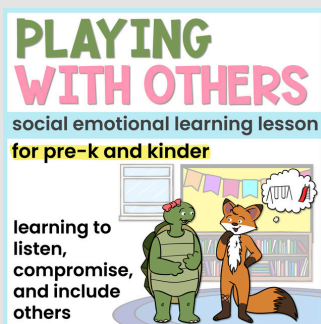
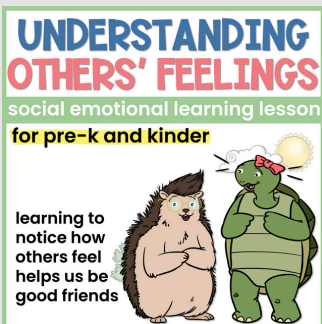
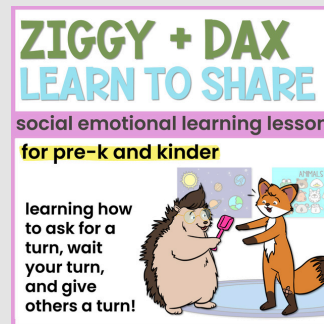
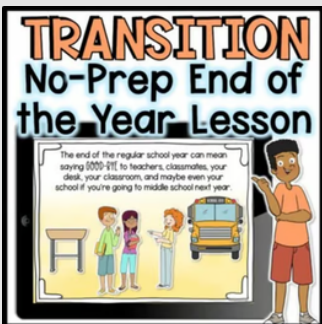
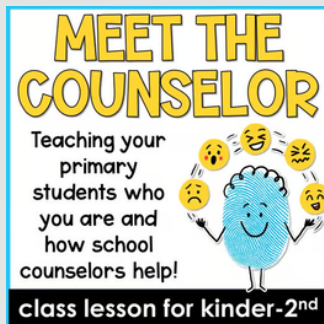
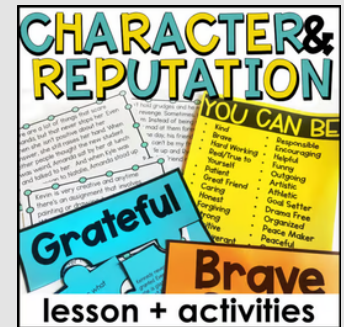
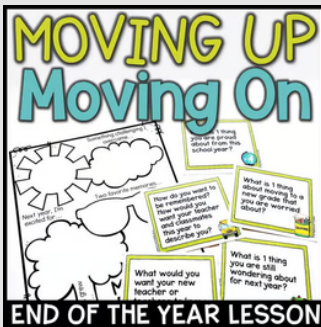
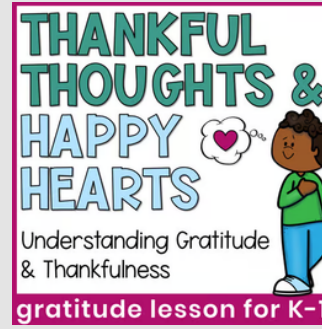
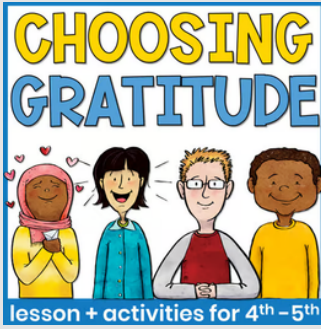


behavior interventions



even more

(because some other great things just wouldn't fit!)



What's next?



More wonderful things are already in the works to be added in the '26-'27 school year:

- ★ Two new test taking lessons
- ★ Two new personal safety lessons (1st and 2nd)
- ★ Recess Problem Solving lesson (1st/2nd)
- ★ Honesty lesson (1st/2nd)
- ★ Compromise and Teamwork lesson (3rd/5th)
- ★ End of the Year lessons (K, 1st/2nd)
- ★ Behavior intervention toolkits for academic success skills, and behavior skills (stop and think, follow directions, etc.)
- ★ More individual counseling activities
- ★ More teacher/caregiver workshops

