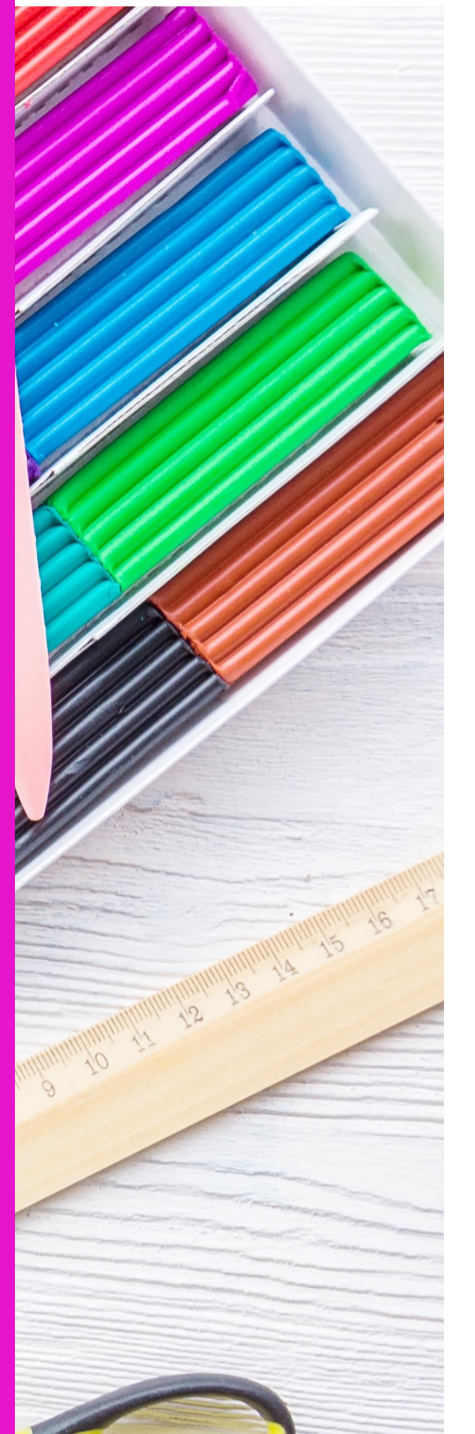




1ST-6TH

YEAR LONG SCHOOL COUNSELING CURRICULUM MAP

BRIGHT FUTURES COUNSELING



year long

SCHOOL COUNSELING CURRICULUM MAP

Why I created this: I created this curriculum map to show how I typically plan out my entire school year. It is divided by month and then into the three tiers of school counseling plus data collection tools.

How to use the map: The map is a guide to show you which resources I recommend using and when. You can click the individual links to find the resources you need and customize a plan for your program. Or if you want to save money and have everything you need for your entire school year planned and ready to go, [download the complete counseling curriculum bundle here.](#)

	TIER 1	TIER 2	TIER 3	DATA TRACKING TOOLS
AUGUST	<p>Meet the Counselor Game Show</p> <p>Mission: Meet the Counselor</p>	Growing Friends - New Students Group	<p>Feelings Recognition Digital Activity</p> <p>All About Me Interactive Scrap Book</p> <p>Discussion Cards</p>	Needs Assessment
SEPTEMBER	Growth Mindset Guidance Lesson	<p>Growing Minds – Growth Mindset Group</p> <p>Blooming Friendships – Friendship Group</p>	Self-Regulation Coping Strategies Journal	<p>Organization Hacks</p> <p>Referral Form</p>
OCTOBER	Bullying Prevention Guidance Lesson	<p>Wiggle Worms – Self-Control Group</p> <p>Love Your Selfie – Self-Esteem Group</p>	<p>Bullying Prevention Halloween Board Game</p> <p>Size of the Problem Pumpkins</p>	
NOVEMBER	Self-Regulation Guidance Lesson	Calming the Storm – Self-Control Group	<p>Creative Gratitude Journal</p> <p>Gratitude Discussion Cards</p> <p>Destination Meditation</p> <p>Social Skills Board Game</p>	

	TIER 1	TIER 2	TIER 3	DATA TRACKING TOOLS
DECEMBER	Empathy Guidance Lesson	Self-Assessments Bundle	Countdown to Winter Break Dress an Elf with I-Statements Elf-Control Games	
JANUARY	Cooperation Guidance Lesson Tattling Vs. Reporting Scoot Game	Ready to Regulate - Self-Regulation Group Goal Climbers- Goal Setting Group	Snowman Goal Setting Flip Book Mindful Morning Boom Cards	
FEBRUARY	Friendship Guidance Lesson	Executive Functioning Group Social Fluency Social Skills Group	Relational Aggression Lesson and Activities Healthy Vs. Unhealthy Friendships Discussion Cards	
MARCH	Cyber Safety Guidance Lesson	Technology Group Stress Busters – Stress Management Group	Lucky Leprechauns Gratitude Discussion Cards Social Skills Boom Cards	
APRIL	Study Skills Guidance Lesson	Pirates to Peacekeepers – Conflict Resolution Group	Expected Behaviors Card Game Easter Positive Affirmations	

	TIER 1	TIER 2	TIER 3	DATA TRACKING TOOLS
MAY	Focus and Attention Guidance Lesson		Prosocial Behaviors and Social Stories Summer Coping Strategies Digital Activity	End of the Year Report

august

TIER I:

MEET THE COUNSELOR GAME SHOW

- **When to use it:** Use a meet the counselor game at the beginning of the school year to introduce yourself to students. If you are new to your school this is a must-do, but even veteran counselors can use it as a way to remind students of their role and services provided.
- **How to use it:** Schedule a time to go into each classroom to do your lesson. Divide the class into two groups and have them alternate choosing and answering questions. The team who finishes with the highest dollar amount wins! As students take turns reading, discuss the questions in more detail. For distance learning, you can screenshare on an online call to play the game virtually or send the game to teachers to play with their students.
- **Who to use it with:** The questions are completely editable so you can modify them to play across grade levels (2-6) or even play with staff!

MISSION: MEET THE COUNSELOR

- **When to use it:** This is another option to use at the beginning of the school year to help students define the role of the school counselor.
- **How to use it:** Schedule a time to go into each classroom to do your lesson. Divide the class into groups and have them solve 5 missions to uncover the role of the school counselor. As students solve each mission, they progress to the next one. Using a timer gives this lesson an escape room feel.
- **Who to use it with:** Use this lesson with students who would benefit from a highly interactive hands-on learning game. It is designed for grade levels 2-6, but it is easier to use if students can read independently.

august cont'd

TIER 2:

GROWING FRIENDS NEW STUDENTS GROUP

- **When to use it:** Use this group at the beginning of the year to help new students feel welcome and less anxious in their new school.
- **How to use it:** Gather referrals of new students who could benefit from this group. Put them together by age and meet for 5 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** Survey teachers to find out which students are having a tough time adjusting and who need more support making friends. This group is designed for upper elementary students (4-6).

TIER 3:

FEELINGS RECOGNITION DIGITAL ACTIVITY

- **When to use it:** Use this activity at the beginning of the year as an easy way to start conversations about how students are feeling. Or use it anytime throughout the year to review feelings recognition with students.
- **How to use it:** Have students play on an iPad in your office. As they play ask students what indicators they see to tell how the kids in the activity are feeling (raised eyebrows, frown, etc). You can also ask students to talk about a time they've felt that way. For distance learning, assign the activities via Google Classroom or play over an online video call.
- **Who to use it with:** Use this activity with first-time individual students as a simple way to discuss emotions and get to know them better, or use with students who need a refresher on emotional recognition.

august cont'd

ALL ABOUT ME INTERACTIVE SCRAP BOOK

- **When to use it:** Use this scrapbook activity at the beginning of the year as a way to get to know your students.
- **How to use it:** Have students cut out and assemble the scrapbook. As they are working on it, discuss things they are interested in, how their summer went, and any other fun facts about them. These conversations help establish rapport.
- **Who to use it with:** Use the interactive scrapbook with students who you plan on seeing for individual counseling sessions.

DISCUSSION CARDS

- **When to use it:** Use these discussion cards at the beginning of the year as a get to know you icebreaker, or use anytime throughout the year to get students to open up.
- **How to use it:** Take turns drawing discussion cards and answering the prompts. Be sure to ask follow up questions and answer some of the questions yourself to make students feel more comfortable.
- **Who to use it with:** Use the discussion cards with any students you see individually. You can also use them in small groups.

DATA TRACKING TOOLS:

NEEDS ASSESSMENT

- **When to use it:** Use a needs assessment at the beginning of the school year to survey teachers and assess student needs.
- **How to use it:** Send teachers a paper copy or digital Google Form to see what topics your counseling curriculum should address. You can edit the questions to reflect your school's needs. In addition to the questions, leave a free response section so teachers can share their thoughts and suggestions regarding the previous year's program.
- **Who to use it with:** Use the needs assessment form to survey teachers and staff. If your site has a highly involved parent community you could ask them too.

september

TIER 1:

GROWTH MINDSET GUIDANCE LESSON

- **When to use it:** Use this guidance lesson in September to establish growth mindset habits for the entire school year. Once students shift their way of thinking from a fixed to a growth mindset, they can better handle upcoming challenges throughout the year.
- **How to use it:** The guidance lesson is editable so you can modify it to meet your students' needs. Visit each class during the month to present the lesson. Use the slides and videos as a guide to facilitate further discussion. For distance learning, screenshare the lesson with a class, share with teachers, or assign it via Google Classroom for students to review independently.
- **Who to use it with:** The editable nature of the guidance lesson allows you to modify for a variety of grade levels.

TIER 2:

GROWING MINDS GROWTH MINDSET GROUP

- **When to use it:** Similarly to the guidance lesson, this small group is great to use in September as a way to establish a growth mindset early in the school year.
- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 5 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** All students will receive the growth mindset guidance lesson through tier 1 instruction, but this group is for students who need more support developing a growth mindset. Determine who these students are through teacher referrals.

BLOOMING FRIENDSHIPS GROUP

- **When to use it:** Use this small group toward the beginning of the year to help students make friends.

september cont'd

- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 6 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** Use this group with lower elementary students (grades 1-3). Survey parents and teachers to find out which students need support making friends.

TIER 3:

SELF-REGULATION COPING STRATEGIES JOURNAL

- **When to use it:** Use this activity toward the beginning of the year to teach students which feelings and actions are associated with each color and coping strategies to help regulate their emotions. They can use the self-regulation colors and language to express how they are feeling throughout the year.
- **How to use it:** Use it with an individual to work on over a few sessions. Check in each week to see how they have been implementing the coping strategies and track their progress. For distance learning, students can complete the digital journal via Google Slides and share their progress with you.
- **Who to use it with:** Use this activity with individual students who need help identifying and coping with strong feelings. Select students who would benefit from a simple, consistent language to express their changing emotions.

DATA TRACKING TOOLS:

SCHOOL COUNSELING ORGANIZATION HACKS

- **When to use it:** Set up these organization tools once you receive your caseload so you can stay organized, develop an efficient calling system, and track data from student visits.
- **How to use it:** Set up your caseload digitally using a Google Sheet so you can easily see the student's teacher, area of need, and referral information. Then print counseling logs to keep in student folders.
- **Who to use it with:** You use the organization hacks to organize your caseload.

september cont'd

SCHOOL COUNSELING REFERRAL FORM

- **When to use it:** Use referral forms at the beginning of the year to determine your caseload. Then you can then use them throughout the school year.
- **How to use it:** Send referral forms to teachers so they can recommend students for counseling. For distance learning, put a digital form on your school website so parents and teachers can easily submit them.
- **Who to use it with:** Collaborate with teachers to determine which students you will see.

october

TIER 1:

BULLYING PREVENTION GUIDANCE LESSON

- **When to use it:** Use this guidance lesson in October because it is bullying prevention month!
- **How to use it:** The guidance lesson is editable so you can modify it to meet your students' needs. Visit each class during the month to present the lesson. Use the slides and videos as a guide to facilitate further discussion. For distance learning, screenshare the lesson with a class, share with teachers, or assign it via Google Classroom for students to review independently.
- **Who to use it with:** The editable nature of the guidance lesson allows you to modify for a variety of grade levels.

TIER 2:

WIGGLE WORMS SELF-CONTROL GROUP

- **When to use it:** A month or two into the school year you will likely have some students who are struggling with self-control. Taking a proactive approach to teach self-control strategies is the best way to prevent future behavior problems.
- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 8 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** This group is designed for impulsive younger students in grades 1-2. Determine who these students are through teacher referrals.

LOVE YOUR SELFIE SELF-ESTEEM GROUP

- **When to use it:** Use this small group during first semester to help build students' self-esteem. Similarly to the self-control group, you likely will receive some referrals by October of students who could benefit from this group.

october cont'd

- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 8 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** Use this group with elementary girls (grades 2-6). Survey parents and teachers to find out which students need support building self-esteem.

TIER 3:

BULLYING PREVENTION HALLOWEEN BOARD GAME

- **When to use it:** Use this activity leading up to Halloween to have a fun holiday-themed way to review bullying prevention.
- **How to use it:** Have students take turns rolling the die and answering the discussion cards. Ask follow up questions and have students share examples of times they have been bullies, bystanders, or targets.
- **Who to use it with:** Play the board game one-on-one during an individual session. You can also use it during a small group.

SIZE OF THE PROBLEM PUMPKINS

- **When to use it:** Use this fall-themed activity throughout the month of October.
- **How to use it:** Make a flipbook to have students review problem sizes and reactions. Then have students read scenarios and sort them by size of the problem.
- **Who to use it with:** Use this with individual students who need to review appropriate reaction sizes.

november

TIER 1:

SELF-REGULATION GUIDANCE LESSON

- **When to use it:** Use a self-regulation guidance lesson during first semester to get the whole school on board with a common language.
- **How to use it:** The guidance lesson is editable so you can modify it to meet your students' needs. Visit each class during the month to present the lesson. Use the slides and video as a guide to facilitate further discussion. For distance learning, screenshare the lesson with a class, share with teachers, or assign it via Google Classroom for students to review independently.
- **Who to use it with:** The editable nature of the guidance lesson allows you to modify for a variety of grade levels.

TIER 2:

CALMING THE STORM SELF-CONTROL GROUP

- **When to use it:** By November you have likely identified some students who struggle with making wise choices and using positive coping strategies. Starting this self-control group in November will help students finish the semester strong.
- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 8 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** This group is designed for upper elementary students in grades 3-6 who are struggling with self-control and healthy decision making. Determine who these students are through teacher referrals.

november cont'd

TIER 3:

CREATIVE GRATITUDE JOURNAL

- **When to use it:** Use this gratitude journal in November as students are focusing on what they are thankful for around Thanksgiving.
- **How to use it:** Have students reflect of what they are grateful for and write their thoughts in the journal. Encourage them to get creative with coloring and personalizing it. You can have them work on it independently as “homework” for you to review in person together, or they can work on a couple of pages over the course of a few individual sessions. For distance learning, students can complete the digital version independently or with you over a video call.
- **Who to use it with:** Use the journal with students who you see individually. It is designed for upper elementary students grades 4-6.

GRATITUDE DISCUSSION CARDS

- **When to use it:** Like the journal, using these cards in November helps students to focus on what they are thankful for around Thanksgiving.
- **How to use it:** Alternate using the discussion cards and dice game with students over a couple of sessions or use the different activities with different students based on their interest level.
- **Who to use it with:** Use the discussion cards with students who you see individually. You can also use them in small groups.

DESTINATION MEDITATION

- **When to use it:** When you have students who randomly pop in your office and need to cool down, this is a great go-to resource.
- **How to use it:** Read one of the guided meditation scripts aloud to students. Encourage them to take the exercise seriously and be sure to debrief afterward.
- **Who to use it with:** Use the guided meditation scripts with students who need calm down strategies to help with anger management, self-regulation, etc.

november cont'd

SOCIAL SKILLS BOARD GAME

- **When to use it:** Play this social skills board game with students who need to practice how to act and react appropriately in various social situations.
- **How to use it:** Have students take turns rolling the die and answering the discussion cards. Ask follow up questions and have students share social skills they need more help with.
- **Who to use it with:** Play the board game with students who you see individually for social skills support. You could also play with a small group!

december

TIER 1:

EMPATHY GUIDANCE LESSON

- **When to use it:** Use an empathy guidance lesson around the holidays to remind students to put themselves in others' shoes and develop a sense of selflessness.
- **How to use it:** The guidance lesson is editable so you can modify it to meet your students' needs. Visit each class during the month to present the lesson. Use the slides and videos as a guide to facilitate further discussion. For distance learning, screenshare the lesson with a class, share with teachers, or assign it via Google Classroom for students to review independently.
- **Who to use it with:** The editable nature of the guidance lesson allows you to modify for a variety of grade levels.

TIER 2:

SELF-ASSESSMENTS BUNDLE

- **When to use it:** It is best to wait until after the holiday break to start new small groups, but December is a great time to collect data as you wrap up your first semester groups. You can send these out before and after groups to track student progress.
- **How to use it:** Have students answer the self-assessment questions then record their data. If you're working with younger students you can survey them by asking them the questions directly and writing down their answers. For distance learning, send out the digital Google Forms version.
- **Who to use it with:** Use this with any students who you are seeing in groups.

December cont'd

TIER 3:

COUNTDOWN TO WINTER BREAK

- **When to use it:** Use this interactive calendar at the beginning of December to help students count down the days to winter break using different counseling activities.
- **How to use it:** Students lift open the daily flap on the calendar to find the corresponding activity. If you have a drop-in student you haven't prepared for, you can simply have them open the day's flap to see what counseling activity they can work on. You can also skip the calendar altogether and select activities based on student needs.
- **Who to use it with:** Use the countdown with unexpected drop-in students and students you see individually.

DRESS AN ELF WITH I-STATEMENTS

- **When to use it:** Use this Christmas craft in December to review I-Statements.
- **How to use it:** Review how to use I-statements, then have students practice them by dressing the elves. For distance learning, try the digital version during an online video call.
- **Who to use it with:** Use the craft activity with students who need help developing conflict resolution skills.

ELF CONTROL GAMES

- **When to use it:** Use this Christmas game in December to review self-control strategies.
- **How to use it:** Have students play the board game and matching game during individual sessions to review self-control coping strategies. Discuss the scenarios and what they would do in more detail. These games are especially fun to play at a holiday party!
- **Who to use it with:** Use the self-control games with individual students who need help practicing self-control. You could play with a small group too!

january

TIER 1:

COOPERATION GUIDANCE LESSON

- **When to use it:** Use a cooperation guidance lesson at the first of the year to remind students to work together in the upcoming semester.
- **How to use it:** The guidance lesson is editable so you can modify it to meet your students' needs. Visit each class during the month to present the lesson. Use the slides and videos as a guide to facilitate further discussion. For distance learning, screenshare the lesson with a class, share with teachers, or assign it via Google Classroom for students to review independently.
- **Who to use it with:** The editable nature of the guidance lesson allows you to modify for a variety of grade levels.

TATTLING VS. REPORTING SCOOT GAME

- **When to use it:** Use a tattling vs. reporting scoot game at the beginning of second semester as classes review rules and behavior expectations.
- **How to use it:** Scoot games are a fun interactive way to help students review a concept. Have students move around the room quickly reading and answering the questions before they can "scoot" to the next one. You can pair the game with music by playing a fun song and the pausing when it is time to scoot.
- **Who to use it with:** Students from all grades can play a scoot game but it is much easier to facilitate when most of the class can read independently.

TIER 2:

READY TO REGULATE SELF-REGULATION GROUP

- **When to use it:** After introducing self-regulation in a school-wide guidance lesson during the first semester you may notice that some students need more support learning how to self-regulate their emotions and behaviors. This makes the start of second semester a great time to start a self-regulation group.

january cont'd

- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 8 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** This group is designed for students in grades 2-6 who need support regulating their emotions and behaviors. Determine who these students are through teacher referrals.

GOAL CLIMBERS GOAL SETTING AND MOTIVATION GROUP

- **When to use it:** The new year is a perfect time to start a goal setting small group.
- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 8 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** Identify students who struggled with motivation during the first half of the school year. Determine these students through teacher referrals.

TIER 3:

SNOWMAN GOAL SETTING FLIP BOOK

- **When to use it:** Use this winter-themed flip book in January to help students set goals for the new year.
- **How to use it:** Have students assemble the flipbooks and write down their academic, behavior, and friendship goals. Discuss accountability and how they can achieve these as they assemble the book.
- **Who to use it with:** Use this flipbook with any students who you see individually.

MINDFUL MORNING BOOM CARDS

- **When to use it:** The beginning of the year is a perfect time to establish new healthy habits. Use these boom cards to introduce mindfulness and help students develop a mindful morning routine.

january cont'd

- **How to use it:** Have students play on an iPad in your office. Debrief after they finish the boom cards and discuss the benefits of having a mindfulness practice. For distance learning, assign the activities via Google Classroom or play over an online video call.
- **Who to use it with:** Use these boom cards with any individual students who would benefit from a consistent, structured morning routine.

February

TIER 1:

FRIENDSHIP GUIDANCE LESSON

- **When to use it:** Use a friendship guidance lesson during second semester to help students maintain their existing friendships and make new ones. It is also a fun lesson to do around Valentine's Day.
- **How to use it:** The guidance lesson is editable so you can modify it to meet your students' needs. Visit each class during the month to present the lesson. Use the slides and video as a guide to facilitate further discussion. For distance learning, screenshare the lesson with a class, share with teachers, or assign it via Google Classroom for students to review independently.
- **Who to use it with:** The editable nature of the guidance lesson allows you to modify for a variety of grade levels.

TIER 2:

EXECUTIVE FUNCTIONING GROUP

- **When to use it:** Start an executive functioning group in second semester to help students prepare for testing season and develop the skills they need to have a strong finish to the school year.
- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 8 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** This group is designed for upper elementary students in grades 4-6 who need help with organization and time management skills. Determine who these students are through teacher referrals.

SOCIAL FLUENCY & SOCIAL SKILLS GROUP

- **When to use it:** A social skills group is beneficial to start at any point during the year, but you will likely have several referrals by this point in the school year.

february cont'd

- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 8 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** This group is designed for older students in grades 5-6. These are students who have the basic understanding of social skills but need support in areas like etiquette, body language, and perspective taking. Determine who these students are through teacher referrals.

TIER 3:

RELATIONAL AGGRESSION LESSON AND ACTIVITIES

- **When to use it:** There is usually some friendship drama at this point in the school year. This relational aggression friendship lesson is also nice to introduce around Valentine's Day.
- **How to use it:** Have students work on the worksheets and use the discussion cards during individual sessions over the course of a few weeks. Encourage them to self-reflect on their behaviors. The discussion cards and bingo game are also great for groups!
- **Who to use it with:** Use these activities during individual sessions with students who are showing relational aggressive behaviors in their friendships. You can also use these activities with a group of students who are having issues with relational aggression, but be mindful of pairing aggressors with targets.

HEALTHY VS. UNHEALTHY FRIENDSHIPS AND RELATIONSHIPS DISCUSSION CARDS

- **When to use it:** These Valentine's Day themed discussion cards are perfect to use in February!
- **How to use it:** Use these discussion cards in individual sessions to encourage students to open up about their experiences in healthy and unhealthy relationships. They are also good to use as an icebreaker during a small group.
- **Who to use it with:** Use these discussion cards with students you are seeing individually who are in unhealthy relationships. Or use them in a preventative manner with all students who you see individually to get the conversation started.

march

TIER 1:

CYBER SAFETY GUIDANCE LESSON

- **When to use it:** Use a cyber safety guidance lesson during second semester to help students reflect on their internet behaviors and digital citizenship.
- **How to use it:** The guidance lesson is editable so you can modify it to meet your students' needs. Visit each class during the month to present the lesson. Use the slides and videos as a guide to facilitate further discussion. For distance learning, screenshare the lesson with a class, share with teachers, or assign it via Google Classroom for students to review independently.
- **Who to use it with:** The editable nature of the guidance lesson allows you to modify for a variety of grade levels.

TIER 2:

TECHNOLOGY GROUP

- **When to use it:** Similarly to the cyber safety guidance lesson. A group focused on technology use and digital citizenship is great to start in second semester.
- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 8 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** All students will receive the cyber safety guidance lesson through tier 1 instruction, but this group is for students who need more support using technology wisely. Determine who these students are through teacher referrals.

STRESS BUSTERS STRESS MANAGEMENT GROUP

- **When to use it:** Use this stress management group in second semester as academic demands increase and students become more stressed.

march cont'd

- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 8 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** Use this group with students who are feeling overwhelmed and experiencing high levels of stress and anxiety. Determine who these students are through teacher referrals.

TIER 3:

LUCKY LEPRECHAUNS GRATITUDE DISCUSSION CARDS AND ACTIVITIES

- **When to use it:** These St. Patrick's Day activities are perfect for March!
- **How to use it:** Use these discussion cards and activities with individual students. Encourage them to not only name things they are grateful for but to focus on why. This is also a good opportunity to discuss how it is important to discuss gratitude year round and not just at Thanksgiving.
- **Who to use it with:** Use these activities with any students you see individually.

SOCIAL SKILLS BOOM CARDS

- **When to use it:** These social skills boom cards are useful all year long, but mid-semester is a good time to reinforce social norms and expectations.
- **How to use it:** Have students play on an iPad in your office. Debrief after they finish the boom cards and discuss how they can use social skills. For distance learning, assign the activities via Google Classroom or play over an online video call.
- **Who to use it with:** Use these activities with any students you see individually.

april

TIER 1:

STUDY SKILLS GUIDANCE LESSON

- **When to use it:** Use a study skills guidance lesson around testing season. April is a good month to teach it to help students finish the year academically strong and prepare for the year ahead.
- **How to use it:** The guidance lesson is editable so you can modify it to meet your students' needs. Visit each class during the month to present the lesson. Use the slides and videos as a guide to facilitate further discussion. For distance learning, screenshare the lesson with a class, share with teachers, or assign it via Google Classroom for students to review independently.
- **Who to use it with:** The editable nature of the guidance lesson allows you to modify for a variety of grade levels.

TIER 2:

PIRATES TO PEACEKEEPERS CONFLICT RESOLUTION GROUP

- **When to use it:** By this point in the school year, some friendships are likely having conflicts. This is a good time to use this group to teach conflict resolution skills and I-statements.
- **How to use it:** Gather referrals of students who could benefit from this group. Put them together by age and meet for 8 weeks. You can also take individual activities out of the group to use with a student one-on-one who isn't in the group.
- **Who to use it with:** Use this group with students who are having trouble resolving conflicts in a healthy manner. Determine who these students are through teacher referrals.

EXPECTED BEHAVIORS CARD GAME

- **When to use it:** This card game is useful all year long, but mid-semester is a good time to reinforce behavior expectations.
- **How to use it:** Use this card game during a small group to review expected vs. unexpected behaviors.

april cont'd

- **Who to use it with:** Use these activities with any group of students who need a reminder about behavior expectations. It is especially helpful for a social skills group.

TIER 3:

EASTER POSITIVE AFFIRMATIONS

- **When to use it:** This Easter activity is perfect for March or April!
- **How to use it:** Set up a positive affirmations egg hunt in your office! Students find and form different positive affirmations to boost self-esteem.
- **Who to use it with:** Use these activities with any students you see individually.

may

TIER 1:

FOCUS AND ATTENTION GUIDANCE LESSON

- **When to use it:** Use a focus and attention guidance lesson at the end of the school year. This is a time when students are easily distracted and off task.
- **How to use it:** The guidance lesson is editable so you can modify it to meet your students' needs. Visit each class during the month to present the lesson. Use the slides and video as a guide to facilitate further discussion. For distance learning, screenshare the lesson with a class, share with teachers, or assign it via Google Classroom for students to review independently.
- **Who to use it with:** The editable nature of the guidance lesson allows you to modify for a variety of grade levels.

TIER 2:

GROUP COUNSELING

- This is when you will start to wrap up your small groups and collect the post-group self-assessment data.

TIER 3:

PROSOCIAL BEHAVIORS AND SOCIAL STORIES

- **When to use it:** Use these social stories to review social skills learned throughout the year.
- **How to use it:** Have students read the stories and then roll the die to answer questions. You can use all of the stories with one student or assign different topics based on student needs.
- **Who to use it with:** Use these activities with any students you see individually.

may cont'd

SUMMER COPING STRATEGIES DIGITAL ACTIVITY

- **When to use it:** This summer-themed activity is perfect to use at the end of the school year.
- **How to use it:** Have students play on an iPad in your office. As they play ask students about a time they have used these coping strategies or which coping strategies they would like to try. For distance learning, assign the activities via Google Classroom or play over an online video call.
- **Who to use it with:** Use these activities with any students you see individually.

DATA TRACKING TOOLS:

END OF THE YEAR REPORT

- **When to use it:** Use this report at the end of the school year to show your principal and team how many students have been impacted by your counseling services.
- **How to use it:** Gather all of the data you've collected throughout the school year (self-assessments, behavior progress monitoring, parent/teacher feedback, etc) and organize it in charts and graphs to show a summary of services provided.
- **Who to use it with:** You use the end of the year report to showcase all of your data.

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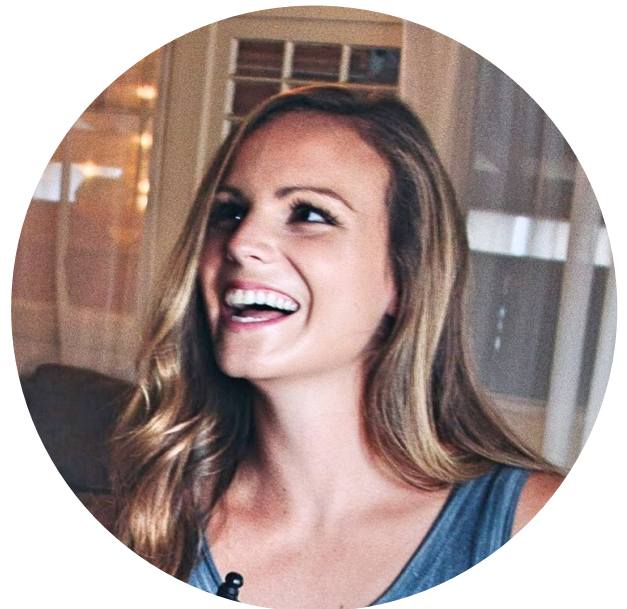


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You've got this,

-Rachel





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