

K-5 Monthly Classroom Lesson Themes

	September	October	November	December	January	February	March	April	May
Kindergarten	Meet the school counselor	1. General feeling word introduction 2. Coping with Angry	1. Coping with sad 2. Coping with worry	1. Friendship - how to be a good friend 2. Being kind to others	1. Manners 2. Intro to DeBug	1. Tattle Tongue 2. Active listening	1. Personal Space 2. Warm Fuzzy	1. Empathy 2. Career	End of year lesson
First	Meet the school counselor	Feelings (Zones)	Coping skills	Including others/ friendship	DeBug & I message	Making Mistakes	Respect & Manners	Career	End of year lesson
Second	Meet the school counselor	Coping skills review	Including others (Invisible Boy)	Active listening with friends	DeBug & I message	Making Mistakes	Respect & Manners	Career	End of year lesson
Third	School counselor review and the size of a problem	Empathy	Digital Citizenship	Difference btw. teasing, conflict, mean moment, and bullying	Conflict resolution - use Debug as framework but focus specifically on talk friendly and talk firmly	Growth Mindset Bullying	Perseverance	Multiple Intelligence & Career	Self-esteem End of year lesson
Fourth	School counselor review and the size of a problem	Digital Citizenship	Problem solving	Respect	Gossiping	Growth Mindset	Perseverance	Multiple Intelligence & Career	Self-esteem End of year lesson
Fifth	School counselor review and the size of a problem	Digital Citizenship	Conflict resolution styles (animals)	Perspective taking	Gossiping	Growth Mindset	Career - multiple intelligences	Transition to 6th	End of year lesson