



SCHOOL COUNSELING CURRICULUM



ASCA Student Standards Alignment

How IMPACT resources support each of the 36 ASCA Student Standards: Mindsets & Behaviors for Student Success, by grade level and tier of support.

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About this alignment

IMPACT is built around the ASCA National Model and the ASCA Student Standards: Mindsets & Behaviors for Student Success. This alignment shows which IMPACT resources support each standard, at which grade levels and in which tier, so you can see the coverage for yourself.

36 of 36
ASCA Student Standards supported by at least one IMPACT resource

301
student-facing resources mapped in this alignment

31
progress monitoring tools, counted in their own column

PK-8
grade levels: PK-1, 2-5 and 6-8, plus a small set of high school resources

How to read this alignment

- **Total** counts the student-facing resources that support a standard: Tier 1 classroom lessons (100), Tier 2 small groups (48), Tier 3 individual counseling resources (24) and flexible activities and games that work in any tier (129).
- **Progress monitoring tools** (self-assessments and surveys) are shown in their own column. Planning tools, monthly lesson plan packs and family or staff materials are not counted, so no resource is counted twice.
- **Grade level columns** follow the grade levels listed for each resource. A resource for two grade levels is counted in both, so the grade level columns can add up to more than the total.
- **"Supports"** means the resource's topic is aligned to the standard, or the resource's own description names the standard. Alignment is by topic: a single resource is not expected to address every part of a standard.
- **High school:** IMPACT is designed for PK-8 school counselors. A small set of high school lessons and advising tools is also included with every license and counted in the 9-12 column.

How resources were aligned

Each resource was reviewed by its title and description and given one to four topics, such as coping skills, friendship or goal setting. Each topic is aligned to the ASCA standards shown in the next table. When a resource's own description lists specific ASCA standards, those standards are used for that resource instead. This keeps the alignment consistent across the whole library and easy to check.

I created IMPACT as a school counselor, for school counselors, and I wanted the standards work to be done for you. I plan IMPACT lessons, small groups and individual curricula with the ASCA Student Standards in mind, and many counselor's guides list the standards each lesson or session addresses. If you need anything else for your review, email me at rachel@brightfutures-counseling.com.

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Alignment by topic

Every IMPACT resource carries one to four topics. This table shows the ASCA standards each topic is aligned to and the number of student-facing resources that carry the topic.

Topic	ASCA standards	What students practice	Resources
Role of the school counselor	M 1, B-SS 3	Students learn how counseling supports whole-child well-being (M 1) and how to connect with a trusted adult (B-SS 3).	6
Emotions and feelings identification	M 1, B-SMS 7	Naming feelings supports social/emotional well-being (M 1) and is the first step in coping (B-SMS 7).	18
Self-regulation and coping skills	B-SMS 2, B-SMS 7, M 1	Self-regulation is self-control (B-SMS 2) plus coping strategies (B-SMS 7) for well-being (M 1).	47
Anger management	B-SMS 2, B-SMS 7	Anger work targets self-control (B-SMS 2) and coping skills (B-SMS 7).	7
Anxiety, worry and stress (coping)	B-SMS 7, M 1	Coping strategies for worry and stress (B-SMS 7) supporting well-being (M 1).	18
Impulse control, self-control and attention	B-SMS 2, B-SMS 4	Self-control (B-SMS 2) and waiting or thinking before acting (B-SMS 4).	23
Friendship and social skills	B-SS 2, B-SS 1, B-SS 9	Positive peer relationships (B-SS 2), communication and listening (B-SS 1), situation-appropriate social behavior (B-SS 9).	41
Conflict resolution	B-SS 1, B-SS 2	I-statements and talking it out (B-SS 1) to keep peer relationships positive (B-SS 2).	22
Kindness and empathy	B-SS 4, B-SS 2, M 2	Empathy (B-SS 4), supportive relationships (B-SS 2), acceptance and respect for others (M 2).	18
Gratitude and optimism	M 1, B-SS 2	Gratitude and optimism support well-being (M 1) and positive relationships (B-SS 2).	8
Growth mindset, perseverance and resilience	M 4, M 3, B-SMS 5, B-SMS 6	Confidence (M 4), positive attitude toward learning (M 3), perseverance (B-SMS 5), overcoming barriers (B-SMS 6).	17
Goal setting and motivation	B-LS 7, B-LS 4, B-SMS 5, M 5	Goal setting (B-LS 7), self-motivation (B-LS 4), perseverance toward goals (B-SMS 5), working toward high-quality results (M 5).	12
Self-esteem and confidence	M 4, M 1	Self-confidence (M 4) and healthy view of self (M 1).	13
Respect and inclusion	M 2, B-SS 2, B-SS 9	Respect and inclusion (M 2), respectful relationships (B-SS 2), appropriate behavior (B-SS 9).	12
Cooperation, teamwork and leadership	B-SS 6, B-SS 7	Collaboration and cooperation (B-SS 6), leadership and teamwork (B-SS 7).	3
Responsibility	B-SMS 1	Responsibility for self and actions (B-SMS 1).	7
Honesty and integrity	B-SS 5, B-SMS 1	Ethical decision-making (B-SS 5) and owning one's actions (B-SMS 1).	5
Bullying prevention	B-SS 5, B-SS 8, B-SS 2	Social responsibility (B-SS 5), advocating for self and others as an upstander (B-SS 8), respectful relationships (B-SS 2).	18
Personal and body safety	B-SMS 9, B-SS 3, B-SS 8	Personal safety skills (B-SMS 9), going to trusted adults (B-SS 3), asserting self (B-SS 8).	6
Health, wellness and substance prevention	M 1, B-SMS 9, B-LS 1	Physical and mental well-being (M 1), personal safety (B-SMS 9), informed decisions (B-LS 1).	2
Mental health awareness and help-seeking	M 1, B-SMS 7, B-SS 3	Well-being (M 1), coping skills (B-SMS 7), seeking help from adults (B-SS 3).	3

Topic	ASCA standards	What students practice	Resources
Grief and loss	B-SMS 7, B-SMS 10, M 1	Coping skills (B-SMS 7), adapting to change (B-SMS 10), well-being (M 1).	5
Divorce and family change	B-SMS 10, B-SMS 7, M 1	Adapting to family change (B-SMS 10), coping skills (B-SMS 7), well-being (M 1).	6
Study skills and executive functioning	B-LS 3, B-LS 4, B-SMS 3	Organization and study skills (B-LS 3), self-direction (B-LS 4), independent work (B-SMS 3).	12
Career and college readiness	M 6, B-LS 7	Postsecondary awareness (M 6) and career goals (B-LS 7).	6
Academic planning and high school advising	M 6, B-LS 7, B-LS 8	Postsecondary planning (M 6), academic goals (B-LS 7), course selection (B-LS 8).	1
Transitions and new students	B-SMS 10, M 2	Managing transitions (B-SMS 10) and feeling accepted in a new setting (M 2).	10
Attendance	M 3, B-SMS 1	Positive attitude toward school (M 3) and responsibility (B-SMS 1).	1
Behavior expectations and check-ins	B-SS 9, B-SMS 1, B-SMS 2	Behavior appropriate to the setting (B-SS 9), responsibility (B-SMS 1), self-control (B-SMS 2).	15
Digital citizenship and online safety	B-LS 5, B-SMS 9, B-SS 5	Media and technology skills (B-LS 5), online safety (B-SMS 9), ethical choices online (B-SS 5).	8
Problem solving	B-LS 1, B-LS 2	Critical thinking (B-LS 1) and creative problem solving (B-LS 2).	11
Decision making and peer pressure	B-LS 9, B-SS 5, B-LS 1	Evidence-based decisions (B-LS 9), ethical choices (B-SS 5), critical thinking (B-LS 1).	6
Self-advocacy	B-SS 8	Self-advocacy (B-SS 8).	2

Two topics are not aligned to a single standard: multi-topic review sets (countdown calendars and discussion card sets that cover many skills) and counseling program management tools, which are designed for adults rather than students.

Summary table: all 36 standards

Counts are numbers of IMPACT resources that support each standard. Grade level and tier columns break the total down; see "How to read this alignment" for the counting rules. Standard wording is from ASCA Student Standards: Mindsets & Behaviors for Student Success (American School Counselor Association, 2021).

Standard	Total	PK-1	2-5	6-8	9-12	Tier 1	Tier 2	Tier 3	Activities	Progress monitoring
Mindset Standards										
M 1 Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being	116	24	101	28	0	25	21	12	58	8
M 2 Sense of acceptance, respect, support and inclusion for self and others in the school environment	40	10	32	10	1	17	8	1	14	2
M 3 Positive attitude toward work and learning	18	6	16	8	1	8	3	2	5	3
M 4 Self-confidence in ability to succeed	30	11	27	13	0	12	6	3	9	4
M 5 Belief in using abilities to their fullest to achieve high-quality results and outcomes	13	4	10	6	0	5	3	2	3	2
M 6 Understanding that postsecondary education and lifelong learning are necessary for long-term success	6	1	3	1	3	6	0	0	0	3
Behavior Standards: Learning Strategies										
B-LS 1 Critical thinking skills to make informed decisions	18	1	12	7	1	4	4	3	7	0
B-LS 2 Creative approach to learning, tasks and problem solving	11	1	11	2	0	0	3	1	7	0
B-LS 3 Time-management, organizational and study skills	12	3	7	10	0	7	4	0	1	2
B-LS 4 Self-motivation and self-direction for learning	24	7	17	15	0	12	6	2	4	4
B-LS 5 Media and technology skills to enhance learning	8	1	4	6	0	4	2	1	1	1
B-LS 6 High-quality standards for tasks and activities	1	0	0	1	0	1	0	0	0	0
B-LS 7 Long- and short-term academic, career and social/emotional goals	19	5	13	7	3	11	3	2	3	5
B-LS 8 Engagement in challenging coursework	1	0	0	0	1	1	0	0	0	1
B-LS 9 Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias	6	0	0	5	1	3	1	2	0	0
B-LS 10 Participation in enrichment and extracurricular activities	1	0	0	0	1	1	0	0	0	0
Behavior Standards: Self-Management Skills										
B-SMS 1 Responsibility for self and actions	27	12	19	6	1	8	3	3	13	3
B-SMS 2 Self-discipline and self-control	81	28	76	13	0	13	11	6	51	8
B-SMS 3 Independent work	12	3	7	10	0	7	4	0	1	2
B-SMS 4 Delayed gratification for long-term rewards	22	9	21	6	0	7	2	2	11	2

Standard	Total	PK-1	2-5	6-8	9-12	Tier 1	Tier 2	Tier 3	Activities	Progress monitoring
B-SMS 5 Perseverance to achieve long- and short-term goals	26	8	23	12	0	11	4	3	8	4
B-SMS 6 Ability to identify and overcome barriers	17	6	16	8	0	8	3	1	5	2
B-SMS 7 Effective coping skills	92	21	80	20	0	13	20	10	49	7
B-SMS 8 Balance of school, home and community activities	3	0	2	1	1	2	1	0	0	0
B-SMS 9 Personal safety skills	16	4	10	8	0	9	2	1	4	1
B-SMS 10 Ability to manage transitions and adapt to change	20	3	17	3	1	3	6	4	7	2
Behavior Standards: Social Skills										
B-SS 1 Effective oral and written communication skills and listening skills	54	21	41	12	0	13	12	1	28	4
B-SS 2 Positive, respectful and supportive relationships with students who are similar to and different from them	100	31	78	27	0	31	18	3	48	5
B-SS 3 Positive relationships with adults to support success	15	3	11	5	0	9	0	1	5	0
B-SS 4 Empathy	18	3	16	5	0	6	4	1	7	1
B-SS 5 Ethical decision-making and social responsibility	30	7	17	15	1	15	4	3	8	1
B-SS 6 Effective collaboration and cooperation skills	3	2	2	2	0	2	1	0	0	0
B-SS 7 Leadership and teamwork skills to work effectively in diverse groups	3	2	2	2	0	2	1	0	0	0
B-SS 8 Advocacy skills for self and others and ability to assert self, when necessary	23	8	16	9	0	9	3	2	9	0
B-SS 9 Social maturity and behaviors appropriate to the situation and environment	60	24	45	14	0	20	11	3	26	5
B-SS 10 Cultural awareness, sensitivity and responsiveness	2	1	2	0	0	2	0	0	0	0

1 student-facing resource has no grade level and is counted in the totals only.

Example resources for each standard

For each standard, here are a few IMPACT resources that support it at each grade level, chosen to show a mix of classroom lessons, small groups, individual counseling resources and activities. The full curriculum includes many more.

Mindset Standards

M 1 Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being 116 resources + 8 progress monitoring

- PK-1** Feelings and Emotion Identification Primary Class Lesson Tier 1 • Anger Management, Emotional Regulation & Overcoming Frustration Counseling Group Tier 2
- 2-5** National School Counseling Week Lesson- ASCA Awareness School Counseling Lesson Tier 1 • Anxiety School Counseling Small Group ASCA & CASEL Aligned Stress Fear & Anxiety Tier 2
- 6-8** Mental Health, Tech, & Social Media Safety Lesson for Middle School Counseling Tier 1 • Middle School Anxiety and Test Anxiety Counseling Group | Anxiety Coping Skills Tier 2

M 2 Sense of acceptance, respect, support and inclusion for self and others in the school environment 40 resources + 2 progress monitoring

- PK-1** Respect Lesson for Kindergarten - Social Emotional Learning & School Counseling Tier 1 • Separation Anxiety School Counseling Small Group for K-2 Primary Students Tier 2
- 2-5** Respect Lesson for Elementary School Social Emotional Learning and Counseling Tier 1 • Empathy Small Group - Elementary Tier 2
- 6-8** Respect Activities for Middle School - Respect SEL and School Counseling Lesson Tier 1 • Respect Lesson and Activities - Group Counseling Lesson Plans for Middle School Tier 2

M 3 Positive attitude toward work and learning 18 resources + 3 progress monitoring

- PK-1** Growth Mindset Primary Lesson Tier 1 • Growth vs. Fixed Mindset and the Power of "Yet" School Counseling Board Game Activity
- 2-5** Growth Mindset vs. Fixed Mindset Classroom Guidance Lesson, Video, and Game Tier 1 • Resiliency Building Counseling Group with Digital Version Tier 2
- 6-8** Optimism SEL Class Lesson: Lessons & Activities to Develop Character Strengths Tier 1 • Goal Setting and Intrinsic Motivation Growth Mindset School Counseling Group Tier 2

M 4 Self-confidence in ability to succeed 30 resources + 4 progress monitoring

- PK-1** Self-Esteem Counseling Guidance Lesson Tier 1 • Self-Esteem Board Game - School Counseling Game with Digital Version Activity
- 2-5** Perseverance SEL Class Character Education Lesson: Develop Character Strengths Tier 1 • Growth Mindset vs. Fixed Mindset Comprehensive 5-Week School Counseling Group Tier 2
- 6-8** Self-Confidence SEL Class Character Education Lesson: Develop Character Strength Tier 1 • Middle School Peer Pressure Individual Counseling Lesson Tier 3

M 5 Belief in using abilities to their fullest to achieve high-quality results and outcomes 13 resources + 2 progress monitoring

- PK-1** Primary Career Exploration & Career Readiness Lesson Tier 1 • Motivation Individual Counseling Curriculum for Primary Students k-2 Tier 3
- 2-5** Intrinsic Motivation Counseling Lesson- Activities to Teach Intrinsic Motivation Tier 1 • Winter Goal Setting Counseling Activity: Academic, Behavioral & Friendship Goals Activity
- 6-8** Self-Management and Responsibility Counseling Group for Middle School Tier 2 • Goal Setting Lesson for Social Emotional Learning & Elementary School Counseling Tier 1

M 6 Understanding that postsecondary education and lifelong learning are necessary for long-term success 6 resources + 3 progress monitoring

- PK-1** Career Exploration Lesson for Social Emotional Learning and School Counseling **Tier 1**
- 2-5** Career Exploration Lesson for Elementary - Career Exploration Worksheets **Tier 1** • College Exploration Elementary Lesson - College and Career Readiness Activities **Tier 1**
- 9-12** High School Counseling Career Lesson - Workplace Wisdom **Tier 1** • Exploring College Options High School Class Lesson + Gallery Walk **Tier 1**

Behavior Standards: Learning Strategies

B-LS 1 Critical thinking skills to make informed decisions 18 resources

- PK-1** Size of the Problem Digital Activity - Boom Cards & Google Slides Game **Activity**
- 2-5** Wellness and Sleep Hygiene Class Lesson **Tier 1** • Size of the Problem Small Group - Elementary **Tier 2**
- 6-8** Using AI with Integrity - Middle School Class Lesson **Tier 1** • Responsibility Middle School Counseling Group: Taking Personal Responsibility **Tier 2**

B-LS 2 Creative approach to learning, tasks and problem solving 11 resources

- PK-1** Size of the Problem Digital Activity - Boom Cards & Google Slides Game **Activity**
- 2-5** Conflict Resolution & Size of the Problem Small Group **Tier 2** • Solution Focused Counseling Individual Curriculum + Data Tracking Tools **Tier 3**
- 6-8** Self-Regulation Counseling Group - Ready to Regulate Small Group **Tier 2**

B-LS 3 Time-management, organizational and study skills 12 resources + 2 progress monitoring

- PK-1** STUDY SKILLS Classroom Guidance Lesson, Activity, and Game with Digital Version **Tier 1** • Learning Styles SEL School Counseling Lesson: Learning Style Survey & Activities **Tier 1**
- 2-5** Middle School Transition Lesson-5th Grade Transition to Middle School Activities **Tier 1** • Study Skills Small Group | Test Taking, Executive Functioning & Managing Anxiety **Tier 2**
- 6-8** Middle School Study Skills Lesson - Study Skills Activities for Middle Schoolers **Tier 1** • Executive Functioning and Study Skills Counseling Group & SEL Activities **Tier 2**

B-LS 4 Self-motivation and self-direction for learning 24 resources + 4 progress monitoring

- PK-1** DETERMINATION Guidance Lesson Activity and Video with Editable Version **Tier 1** • Motivation Individual Counseling Curriculum for Primary Students k-2 **Tier 3**
- 2-5** Study Skills Lesson for Social Emotional Learning & Elementary School Counseling **Tier 1** • SMART Goal Setting Cupcake Goals **Activity**
- 6-8** Executive Functioning Lesson Plans for Middle School Study Skills & Counseling **Tier 1** • Self-Advocacy Middle School Individual Counseling - Self-Advocacy Worksheets **Tier 3**

B-LS 5 Media and technology skills to enhance learning 8 resources + 1 progress monitoring

- PK-1** Cyber Safety SEL Lesson and Activities - Elementary School Counseling **Tier 1**
- 2-5** CYBER SAFETY Guidance Lesson Activity & Game + Editable Google Version **Tier 1** • Technology and Digital Citizenship Group - Technology Counseling Group **Tier 2**
- 6-8** Cyberbullying & Cyber Safety Middle School Counseling Group and Activities **Tier 2** • Mental Health, Tech, & Social Media Safety Lesson for Middle School Counseling **Tier 1**

B-LS 6 High-quality standards for tasks and activities 1 resource

- 6-8** Using AI with Integrity - Middle School Class Lesson **Tier 1**

B-LS 7 Long- and short-term academic, career and social/emotional goals

19 resources + 5 progress monitoring

- PK-1** Primary Career Exploration & Career Readiness Lesson **Tier 1** • Motivation Individual Counseling Curriculum for Primary Students k-2 **Tier 3**
- 2-5** Intrinsic Motivation Counseling Lesson- Activities to Teach Intrinsic Motivation **Tier 1** • St. Patrick's Day Goal Setting Board Game - School Counseling Game **Activity**
- 6-8** Curiosity SEL Class Character Education Lesson: Developing Character Strengths **Tier 1** • Self-Management and Responsibility Counseling Group for Middle School **Tier 2**

B-LS 8 Engagement in challenging coursework

1 resource + 1 progress monitoring

- 9-12** Freshman Foundations Presentation- Lesson for 9th Grade **Tier 1**

B-LS 9 Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias

6 resources

- 6-8** Vaping and E-Cigarettes Prevention for Middle School **Tier 1** • Responsible Decision Making Middle School Individual Curriculum **Tier 3**
- 9-12** High School Counseling Career Lesson - Workplace Wisdom **Tier 1**

B-LS 10 Participation in enrichment and extracurricular activities

1 resource

- 9-12** Freshman Foundations Presentation- Lesson for 9th Grade **Tier 1**

Behavior Standards: Self-Management Skills**B-SMS 1 Responsibility for self and actions**

27 resources + 3 progress monitoring

- PK-1** School Counseling Following Directions Guidance Lesson for Primary Students **Tier 1** • Self-Control, Behavior Management, and Coping Skills Group for Impulse Control **Tier 2**
- 2-5** Honesty Activities and School Counseling Character Ed Lesson on Being Honest **Tier 1** • Appropriate Language and Behavior Individual Counseling Curriculum - Primary **Tier 3**
- 6-8** Integrity SEL Class Lesson - Editable Character Education Counseling Lesson **Tier 1** • Responsibility Middle School Counseling Group: Taking Personal Responsibility **Tier 2**

B-SMS 2 Self-discipline and self-control

81 resources + 8 progress monitoring

- PK-1** Self-Control School Counseling Guidance Lesson for Primary Students **Tier 1** • Emotion Recognition and Self Regulation Six Week School Counseling Small Group **Tier 2**
- 2-5** SELF-REGULATION Guidance Lesson - Editable Class Lesson **Tier 1** • Anger Management and Coping Skills Small Group - Elementary **Tier 2**
- 6-8** Mission Self-Control Escape Room Guidance Lesson on Managing Tough Emotions **Tier 1** • Emotional Regulation & Management Strategies for Middle School Counseling Group **Tier 2**

B-SMS 3 Independent work

12 resources + 2 progress monitoring

- PK-1** STUDY SKILLS Classroom Guidance Lesson, Activity, and Game with Digital Version **Tier 1** • Learning Styles SEL School Counseling Lesson: Learning Style Survey & Activities **Tier 1**
- 2-5** Middle School Transition Lesson-5th Grade Transition to Middle School Activities **Tier 1** • Study Skills Small Group | Test Taking, Executive Functioning & Managing Anxiety **Tier 2**
- 6-8** Executive Functioning Middle School Digital Counseling Lesson **Tier 1** • Middle School Anxiety and Test Anxiety Counseling Group | Anxiety Coping Skills **Tier 2**

B-SMS 4 Delayed gratification for long-term rewards

22 resources + 2 progress monitoring

- PK-1** SELF-CONTROL Guidance Lesson + Editable Google Slides Version **Tier 1** • Impulse Control Hands-On Individual Counseling Lesson and Curriculum **Tier 3**
- 2-5** Self-Control SEL Class Lesson - Editable Character Education Counseling Lesson **Tier 1** • Self-Control School Counseling Group: Develop Self-Control Accountability Habits **Tier 2**
- 6-8** Focus and Attention SEL Classroom Guidance Lesson with Editable Digital Version **Tier 1** • Self-Control Lesson for Social Emotional Learning & Elementary School Counseling **Tier 1**

B-SMS 5 Perseverance to achieve long- and short-term goals

26 resources + 4 progress monitoring

- PK-1** Growth Mindset SEL and School Counseling Lesson, Game, Skits, and Activities **Tier 1** • Growth vs. Fixed Mindset and the Power of "Yet" School Counseling Board Game **Activity**
- 2-5** Interactive Growth Mindset Escape Room Class Lesson: Growth vs. Fixed Mindset **Tier 1** • Growth Mindset Individual Counseling Curriculum | Strategies and Data Tracking **Tier 3**
- 6-8** Perseverance and Determination Elementary Counseling SEL Lesson & Activities **Tier 1** • Resiliency Building Counseling Group with Digital Version **Tier 2**

B-SMS 6 Ability to identify and overcome barriers

17 resources + 2 progress monitoring

- PK-1** Growth Mindset Primary Lesson **Tier 1** • Growth vs. Fixed Mindset and the Power of "Yet" School Counseling Board Game **Activity**
- 2-5** Growth Mindset vs. Fixed Mindset Classroom Guidance Lesson, Video, and Game **Tier 1** • Growth Mindset vs. Fixed Mindset New Year Themed Boom Cards Digital Activity **Activity**
- 6-8** Optimism SEL Class Lesson: Lessons & Activities to Develop Character Strengths **Tier 1** • Goal Setting and Intrinsic Motivation Growth Mindset School Counseling Group **Tier 2**

B-SMS 7 Effective coping skills

92 resources + 7 progress monitoring

- PK-1** Coping Skills Activities & Lesson for Primary Students **Tier 1** • Worry and Anxiety Management - Coping Skills Activities for Primary Grades **Activity**
- 2-5** Coping Skills Digital Lesson **Tier 1** • Circle of Control Small Group for Stress and Anxiety - Elementary **Tier 2**
- 6-8** Stress Management Middle School Class Lesson - Digital & Editable **Tier 1** • Stress Management and Relief Counseling Group: Stress Busters Coping Strategies **Tier 2**

B-SMS 8 Balance of school, home and community activities

3 resources

- 2-5** Wellness and Sleep Hygiene Class Lesson **Tier 1** • Executive Functioning and Study Skills Counseling Group & SEL Activities **Tier 2**
- 9-12** High School Counseling Career Lesson - Workplace Wisdom **Tier 1**

B-SMS 9 Personal safety skills

16 resources + 1 progress monitoring

- PK-1** Personal Safety & Safety Awareness Lesson for Primary **Tier 1** • Personal Space, Boundaries Game, & Appropriate Behavior - School Counseling Game **Activity**
- 2-5** Tattling Vs Reporting Escape Room Guidance Lesson Mission Tattling Vs Reporting **Tier 1** • Bullying Prevention Boom Cards - Digital School Counseling SEL Game **Activity**
- 6-8** Bullying Prevention & Cyberbullying Lessons- Middle School Individual Counseling **Tier 3** • Cyberbullying & Cyber Safety Middle School Counseling Group and Activities **Tier 2**

B-SMS 10 Ability to manage transitions and adapt to change

20 resources + 2 progress monitoring

- PK-1** Separation Anxiety School Counseling Small Group for K-2 Primary Students **Tier 2** • Separation Anxiety Activity Pack for New Students Team Brave Beginners **Activity**
- 2-5** Friendship Group for New Students - Growing Friends Counseling Group **Tier 2** • Counseling Termination Activities - School Counseling End of Year Activities **Activity**
- 6-8** High School Transition Lesson - 8th Grade Transition to High School Activities **Tier 1**

Behavior Standards: Social Skills

B-SS 1 Effective oral and written communication skills and listening skills

54 resources + 4 progress monitoring

- PK-1** Active Listening Counseling Guidance Lesson and Activities for Primary Students **Tier 1** • Social Skills Counseling Group - 10 Weeks of Activities, Games, Lessons & more! **Tier 2**
- 2-5** Good Sportsmanship Lesson & Activities: Elementary Social Skills & Sportsmanship **Tier 1** • Friendship Activities and Lessons - Blooming Friendships Small Group Counseling **Tier 2**
- 6-8** Middle School Friendship Lesson - Healthy Vs. Unhealthy Friendships SEL Lesson **Tier 1** • Relationship Skills Middle School Counseling Group | Build Healthy Relationships **Tier 2**

B-SS 2 Positive, respectful and supportive relationships with students who are similar to and different from them

100 resources + 5 progress monitoring

- PK-1** Friendship School Counseling Guidance Lesson for Primary Students **Tier 1** • Social Skills Individual Counseling Curriculum - Primary **Tier 3**
- 2-5** International Day of Persons with Disabilities -ASCA Awareness Lesson **Tier 1** • Social Skills School Counseling Small Group + Friendship & Conflict Resolution **Tier 2**
- 6-8** Respect Lesson for Middle School Social Emotional Learning and School Counseling **Tier 1** • Empathy Middle School Counseling Group - Teaching Empathy in Middle School **Tier 2**

B-SS 3 Positive relationships with adults to support success

15 resources

- PK-1** Personal Safety & Safety Awareness Lesson for Primary **Tier 1** • Tattling Vs Reporting Digital Game Show with Editable Digital Version **Activity**
- 2-5** Meet The Counselor Escape Room Guidance Lesson - Mission Meet The Counselor **Tier 1** • Meet the Counselor Boom Cards - Digital School Counseling Game **Activity**
- 6-8** Tattling Vs Reporting Escape Room Guidance Lesson Mission Tattling Vs Reporting **Tier 1** • Mental Health, Tech, & Social Media Safety Lesson for Middle School Counseling **Tier 1**

B-SS 4 Empathy

18 resources + 1 progress monitoring

- PK-1** EMPATHY Classroom Guidance Lesson, Activity, and Game + Editable Digital Version **Tier 1** • Kindness Lesson - Elementary School Counseling Social Emotional Learning **Tier 1**
- 2-5** Belonging Lesson & Empathy Activities to Teach Belonging **Tier 1** • Kindness Small Group - Primary and Elementary **Tier 2**
- 6-8** Empathy Middle School Digital Counseling Lesson **Tier 1** • Empathy Middle School Counseling Group - Teaching Empathy in Middle School **Tier 2**

B-SS 5 Ethical decision-making and social responsibility

30 resources + 1 progress monitoring

- PK-1** Honesty School Counseling Class Lesson for Primary **Tier 1** • Bullying Prevention Board Game - School Counseling Game with Digital Version **Activity**
- 2-5** BULLYING PREVENTION Editable Guidance Lesson, Video, and Activity **Tier 1** • Bullying Prevention Game - Salad Bowl Charades School Counseling Game **Activity**
- 6-8** Bullying Prevention Lesson for Middle School Counseling **Tier 1** • Technology and Digital Citizenship Group - Technology Counseling Group **Tier 2**

B-SS 6 Effective collaboration and cooperation skills

3 resources

- PK-1** COOPERATION Guidance Lesson Activity & Video + Editable Google Version **Tier 1** • Cooperation Lesson for Social Emotional Learning & Elementary School Counseling **Tier 1**
- 6-8** Leadership Activities - Group Counseling Lesson Plans for Middle School Students **Tier 2**

B-SS 7 Leadership and teamwork skills to work effectively in diverse groups

3 resources

- PK-1** COOPERATION Guidance Lesson Activity & Video + Editable Google Version **Tier 1** • Cooperation Lesson for Social Emotional Learning & Elementary School Counseling **Tier 1**
- 6-8** Leadership Activities - Group Counseling Lesson Plans for Middle School Students **Tier 2**

B-SS 8	Advocacy skills for self and others and ability to assert self, when necessary	23 resources
PK-1	Bullying Prevention Lesson for Social Emotional Learning and School Counseling Tier 1 • Personal Space, Boundaries Game, & Appropriate Behavior - School Counseling Game Activity	
2-5	BULLYING PREVENTION Editable Guidance Lesson, Video, and Activity Tier 1 • Tattling Vs Reporting Scoot Game School Counseling Game Activity	
6-8	Gossip & Rumors Middle School Digital Counseling Lesson Tier 1 • Bullying Prevention & Cyberbullying Lessons- Middle School Individual Counseling Tier 3	
B-SS 9	Social maturity and behaviors appropriate to the situation and environment	60 resources + 5 progress monitoring
PK-1	Conversing with Others & Social Skills Lesson for Primary Tier 1 • Overcoming Defiance & Following Directions Individual Counseling Curriculum Tier 3	
2-5	Conflict Resolution and Friendship Digital Lesson Tier 1 • Conflict Resolution Strategies Counseling Group - Peacekeepers and Friendships Tier 2	
6-8	Healthy Relationships Middle School Digital Counseling Lesson Tier 1 • Friendship & Conflict Resolution Group Counseling Lesson Plans for Middle School Tier 2	
B-SS 10	Cultural awareness, sensitivity and responsiveness	2 resources
2-5	International Day of Persons with Disabilities -ASCA Awareness Lesson Tier 1	