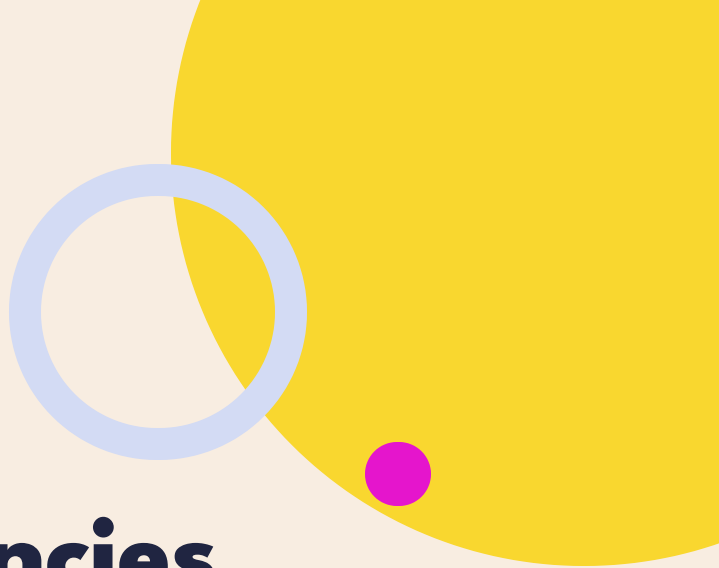




SCHOOL COUNSELING CURRICULUM



CASEL Competencies Alignment

How IMPACT school counseling resources support the five CASEL competencies, by grade level and tier of support.

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About this alignment

IMPACT is a school counseling curriculum first: it is built around the ASCA National Model and the ASCA Student Standards. Many IMPACT resources also support the five CASEL competencies, which is helpful when a district plan or grant asks how a program builds students' coping skills, self-regulation and relationship skills. This document shows that alignment by topic.

5 of 5

CASEL competencies supported across PK-8

296

student-facing resources aligned to at least one competency

166

resources supporting Self-Management, the deepest area

PK-8

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

How to read this alignment

- Counts cover 301 student-facing resources: Tier 1 classroom lessons (100), Tier 2 small groups (48), Tier 3 individual counseling resources (24) and flexible activities and games (129). Progress monitoring tools are counted in their own column.
- A resource supports a competency when its topic is aligned to that competency (see the topic chart), or when the resource's own description names the competency. Alignment is by topic: a single resource is not expected to address every skill within a competency.
- Grade level columns follow the grade levels listed for each resource. A resource for two grade levels is counted in both.
- IMPACT is designed for PK-8. A small set of high school resources is also included and counted in the 9-12 column.

The five competencies

Competency names and definitions are quoted from the CASEL framework (casel.org).

91

Self-Awareness

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

166

Self-Management

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

51

Social Awareness

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

107

Relationship Skills

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

78

Responsible Decision-Making

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Summary chart by grade level and tier

Competency	Total	PK-1	2-5	6-8	9-12	Tier 1	Tier 2	Tier 3	Activities	Progress monitoring
Self-Awareness	91	27	72	31	2	31	20	11	29	10
Self-Management	166	49	139	49	2	45	29	18	74	17
Social Awareness	51	14	44	11	0	18	6	3	24	3
Relationship Skills	107	33	74	34	2	40	17	6	44	5
Responsible Decision-Making	78	21	52	26	4	33	13	5	27	5

Topic by competency

Each IMPACT topic is aligned to the competencies marked below. The number shows how many student-facing resources carry that topic (a resource can carry more than one topic). Multi-topic review sets and counseling program management tools are not aligned to a single competency.

Topic	Resources	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
Role of the school counselor	6				●	
Emotions and feelings identification	18	●				
Self-regulation and coping skills	47		●			
Anger management	7		●			
Anxiety, worry and stress (coping)	18	●	●			
Impulse control, self-control and attention	23		●			
Friendship and social skills	41				●	
Conflict resolution	22				●	●
Kindness and empathy	18			●		
Gratitude and optimism	8			●		
Growth mindset, perseverance and resilience	17	●	●			
Goal setting and motivation	12		●			
Self-esteem and confidence	13	●				
Respect and inclusion	12			●	●	
Cooperation, teamwork and leadership	3				●	
Responsibility	7		●			●
Honesty and integrity	5	●				●
Bullying prevention	18				●	●
Personal and body safety	6					●
Health, wellness and substance prevention	2		●			●
Mental health awareness and help-seeking	3	●	●		●	
Grief and loss	5	●	●			
Divorce and family change	6	●	●			
Study skills and executive functioning	12		●			
Career and college readiness	6	●				●
Academic planning and high school advising	1		●			●
Transitions and new students	10		●		●	
Attendance	1		●			●
Behavior expectations and check-ins	15		●	●		
Digital citizenship and online safety	8					●
Problem solving	11		●			●
Decision making and peer pressure	6				●	●
Self-advocacy	2	●			●	

Example resources for each competency

For each competency, here are IMPACT resources that support it at each grade level, chosen to show a mix of classroom lessons, small groups, individual counseling resources and activities.

Self-Awareness

91 resources + 10 progress monitoring

Topics aligned: emotions and feelings identification, anxiety, worry and stress (coping), growth mindset, perseverance and resilience, self-esteem and confidence, honesty and integrity, mental health awareness and help-seeking, grief and loss, divorce and family change, career and college readiness, self-advocacy.

- PK-1** Feelings and Emotion Identification Primary Class Lesson Tier 1 • Emotion Recognition and Self Regulation Six Week School Counseling Small Group Tier 2 • Worry and Anxiety Management - Coping Skills Activities for Primary Grades Activity
- 2-5** Honesty Activities and School Counseling Character Ed Lesson on Being Honest Tier 1 • Anxiety School Counseling Small Group ASCA & CASEL Aligned Stress Fear & Anxiety Tier 2 • Growth Mindset Individual Counseling Curriculum | Strategies and Data Tracking Tier 3
- 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 • Anxiety Coping Skills Activities- Middle School Individual Counseling Curriculum Tier 3

Self-Management

166 resources + 17 progress monitoring

Topics aligned: self-regulation and coping skills, anger management, anxiety, worry and stress (coping), impulse control, self-control and attention, growth mindset, perseverance and resilience, goal setting and motivation, responsibility, health, wellness and substance prevention, mental health awareness and help-seeking, grief and loss, divorce and family change, study skills and executive functioning, academic planning and high school advising, transitions and new students, attendance, behavior expectations and check-ins, problem solving.

- 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 • Impulse Control Hands-On Individual Counseling Lesson and Curriculum Tier 3
- 2-5** SELF-REGULATION Guidance Lesson - Editable Class Lesson Tier 1 • Size of the Problem Small Group - Elementary Tier 2 • Self-Control Individual Counseling Curriculum + Data Tracking Tools Tier 3
- 6-8** Middle School Study Skills Lesson - Study Skills Activities for Middle Schoolers Tier 1 • Responsibility Middle School Counseling Group: Taking Personal Responsibility Tier 2 • Self-Advocacy Middle School Individual Counseling - Self-Advocacy Worksheets Tier 3

Social Awareness

51 resources + 3 progress monitoring

Topics aligned: kindness and empathy, gratitude and optimism, respect and inclusion, behavior expectations and check-ins.

- PK-1** Respect Lesson for Kindergarten - Social Emotional Learning & School Counseling Tier 1 • Appropriate Language and Behavior Individual Counseling Curriculum - Primary Tier 3 • Following Directions Activities for Primary Grades: Activities to Teach Respect Activity
- 2-5** Respect Lesson for Elementary School Social Emotional Learning and Counseling Tier 1 • Empathy Small Group - Elementary Tier 2 • Empathy Individual Counseling Curriculum and Data Collection Tools Tier 3
- 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 • Creative Gratitude Journal: Teaching Thankfulness & Showing Gratitude Year-Round Activity

Relationship Skills

107 resources + 5 progress monitoring

Topics aligned: role of the school counselor, friendship and social skills, conflict resolution, respect and inclusion, cooperation, teamwork and leadership, bullying prevention, mental health awareness and help-seeking, transitions and new students, decision making and peer pressure, self-advocacy.

- PK-1** Active Listening Counseling Guidance Lesson and Activities for Primary Students **Tier 1** • Separation Anxiety School Counseling Small Group for K-2 Primary Students **Tier 2** • Social Skills Individual Counseling Curriculum - Primary **Tier 3**
- 2-5** National School Counseling Week Lesson- ASCA Awareness School Counseling Lesson **Tier 1** • Friendship Activities and Lessons - Blooming Friendships Small Group Counseling **Tier 2** • Fall Friendship Activities - Friendship Fall Festival Autumn Counseling Activity **Activity**
- 6-8** Middle School Friendship Lesson - Healthy Vs. Unhealthy Friendships SEL Lesson **Tier 1** • Leadership Activities - Group Counseling Lesson Plans for Middle School Students **Tier 2** • Bullying Prevention & Cyberbullying Lessons- Middle School Individual Counseling **Tier 3**

Responsible Decision-Making

78 resources + 5 progress monitoring

Topics aligned: conflict resolution, responsibility, honesty and integrity, bullying prevention, personal and body safety, health, wellness and substance prevention, career and college readiness, academic planning and high school advising, attendance, digital citizenship and online safety, problem solving, decision making and peer pressure.

- PK-1** School Counseling Responsibility Guidance Lesson for Primary Students **Tier 1** • Conflict Resolution Activities for Primary Grades **Activity** • Honesty School Counseling Class Lesson for Primary **Tier 1**
- 2-5** CYBER SAFETY Guidance Lesson Activity & Game + Editable Google Version **Tier 1** • Social Skills School Counseling Small Group + Friendship & Conflict Resolution **Tier 2** • Solution Focused Counseling Individual Curriculum + Data Tracking Tools **Tier 3**
- 6-8** Bullying Prevention Lesson for Middle School Counseling **Tier 1** • Relationship Skills Middle School Counseling Group | Build Healthy Relationships **Tier 2** • Middle School Peer Pressure Individual Counseling Lesson **Tier 3**

When a district plan asks how a counseling program builds student skills, I recommend leading with the ASCA Student Standards and using this chart to show how the same lessons and groups support the CASEL competencies. If you need anything else for your review, email me at rachel@brightfutures-counseling.com.

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