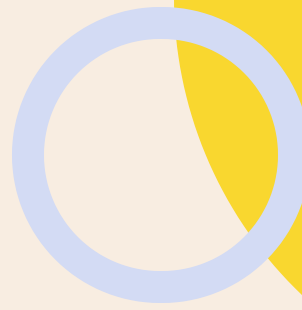




SCHOOL COUNSELING CURRICULUM



IMPACT Resource Catalog

Every resource in the IMPACT library, grouped by topic and grade level, with a one-line description of each.

INSIDE THIS DOCUMENT

- Counts by format and grade level
- Topics covered
- Tier 1 classroom lessons, Tier 2 small groups and Tier 3 individual counseling
- Flexible activities and games
- Data, progress monitoring and planning tools
- Family and staff materials and monthly lesson plan packs

About this catalog

IMPACT gives each counselor a complete, organized library for the whole school year: classroom lessons, small group plans, individual counseling resources and the data tools to show results. This catalog lists those resources by topic and grade level so you can see exactly what your counselors will have.

Counts by format



The catalog also lists the year-long curriculum map files and 7 classroom posters and decor sets. Flexible activities include board games, Boom Cards, task and discussion cards, crafts and journals that work in a classroom, small group or individual session.

Counts by grade level

A resource for more than one grade level is counted in each grade level.

Grade level	Tier 1	Tier 2	Tier 3	Activities	Data tools	Other formats
Primary (PK-1)	48	6	5	33	1	1
Elementary (2-5)	65	38	16	124	2	11
Middle School (6-8)	48	26	7	4	0	3
High School (9-12)	3	0	1	0	3	19
All grades	0	0	0	1	26	22

IMPACT is designed for PK-8 school counselors. The high school resources are mainly advising, planning and family materials, included for counselors who serve a wider grade span.

Topics covered

Each resource is listed once, under its main topic. The number shows how many resources are listed under each topic in this catalog.

Role of the school counselor	9	Personal and body safety	3
Emotions and feelings identification	11	Health, wellness and substance prevention	3
Self-regulation and coping skills	38	Mental health awareness and help-seeking	2
Anger management	8	Grief and loss	6
Anxiety, worry and stress (coping)	19	Divorce and family change	5
Impulse control, self-control and attention	24	Study skills and executive functioning	10
Friendship and social skills	35	Career and college readiness	16
Conflict resolution	15	Academic planning and high school advising	5
Kindness and empathy	18	Transitions and new students	9
Gratitude and optimism	8	Attendance	2
Growth mindset, perseverance and resilience	17	Behavior expectations and check-ins	11
Goal setting and motivation	12	Digital citizenship and online safety	9
Self-esteem and confidence	14	Problem solving	8
Respect and inclusion	7	Decision making and peer pressure	3
Cooperation, teamwork and leadership	3	Self-advocacy	1
Responsibility	5	Multi-topic skill review	8
Honesty and integrity	4	Counseling program management and partnerships	19
Bullying prevention	18		

How to read the listings

Within each topic, resources are grouped by grade level and then by format. Format labels:

Tier 1 Tier 1 classroom lesson	Tier 2 Tier 2 small group	Tier 3 Tier 3 individual counseling
Activity Flexible activity or game	Data tool Data and progress monitoring tool	Planning tool Program planning tool
Family/staff Family and staff handout	Monthly pack Monthly lesson plan pack	Classroom decor Classroom posters and decor

I add and refresh resources throughout the year, so the library your counselors see may include newer resources than this list. If you would like samples of any resource in this catalog, email me at rachel@brightfutures-counseling.com and I will send them.

Rachel

Rachel Davis, MA PPS
Founder, Bright Futures Counseling

Role of the school counselor

9 resources

Elementary (2-5)

Meet the Counselor Board Game - Back to School Meet the School Counselor Lesson

Board game with true or false cards that teaches students the counselor's role and how to access counseling services.

Tier 1

Meet the School Counselor Game Show - Meet the Counselor Template Editable Intro

Editable PowerPoint game show introducing the school counselor's role, designed as a first class lesson of the year.

Tier 1

National School Counseling Week Lesson- ASCA Awareness School Counseling Lesson

Class lesson for National School Counseling Week on the counselor's role and how counselors help students.

Tier 1

Meet the Counselor Boom Cards - Digital School Counseling Game

Digital Boom Cards game with audio teaching what the school counselor does and how to get help.

Activity

Meet the Counselor Game Show BOOM CARDS - Digital School Counseling Game

Digital game show on Boom Learning that teaches students the role of the school counselor.

Activity

Elementary and Middle School (2-8)

Meet The Counselor Escape Room Guidance Lesson - Mission Meet The Counselor

Thirty-minute team escape room lesson with five missions on the counselor's role and counseling services.

Tier 1

All grades

Meet the School Counselor Presentation for Staff

Editable staff presentation, Kahoot game and infographic explaining the counselor's role and services.

Family/staff

School Counseling Open House Toolkit & Meet the Counselor Back to School Night

Open house kit with editable counselor brochure, referral forms, group parent letters and role infographic.

Family/staff

August Lesson Plans

August plan pairing a meet the counselor lesson, separation anxiety group, self-control individual curriculum and needs assessment.

Monthly pack

Emotions and feelings identification

11 resources

Primary (PK-1)

Feelings and Emotion Identification Primary Class Lesson

Pre-K to 1st grade class lesson with games and activities on identifying emotions and feelings.

Tier 1

Primary and Elementary (PK-5)

Emotion Recognition and Self Regulation Six Week School Counseling Small Group

Six-week K-2 group on identifying feelings, recognizing emotions in others and choosing coping skills.

Tier 2

Feelings Check

Feelings check visual for identifying feelings in daily individual and group sessions.

Activity

Feelings Recognition Digital Game - School Counseling Game

Self-checking digital game in Google Slides and Boom Cards for recognizing feelings from faces.

Activity

Elementary (2-5)

Feelings Check Prompt Cards Emoji Emotions and Feelings Recognition Cards

Emoji feelings cards with sentence prompts for check-ins before groups or individual sessions.

Activity

Feelings Game Monster Feelings School Counseling Game

Small group or individual game with dice prompts for talking about anger, sadness, happiness and fear.

Activity

Feelings Map Counseling Check in Activity Daily Feelings Check

Reusable feelings map for identifying feelings, related behaviors and what helps manage them.

Activity

Spanish Feelings Check + Editable Digital Version

Spanish-language feelings check for English learners, with an editable digital version.

Activity

Primary, Elementary and Middle School**Feelings & Emotions Counseling Lesson: Social Emotional Learning Activities**

Tier 1

Classroom lesson where students define emotions, give examples and identify emotional triggers.

Middle School (6-8)**Emotional Regulation & Management Strategies for Middle School Counseling Group**

Tier 2

Seven-week middle school group on recognizing feelings, relaxation techniques and coping skills.

All grades**September Lesson Plans**

Monthly pack

September plan pairing a feelings recognition lesson, emotion recognition group, self-esteem individual curriculum and referral form.

Self-regulation and coping skills

38 resources

Primary (PK-1)**Coping Skills Activities & Lesson for Primary Students**

Tier 1

Pre-K to 1st grade class lesson with a song and activities on coping skills and calm-down strategies.

Primary and Elementary (PK-5)**Coping Strategies Toolbox Digital Activity - Google Slides & Boom Cards Versions**

Activity

Drag-and-drop coping strategies toolbox in Google Slides and Boom Cards for class, group or individual use.

Self-Regulation Lesson - What Color is Your Chameleon? Counseling Activity

Activity

Chameleon storybook and handouts that explain self-regulation and how feelings connect to actions.

Self-Monitoring and Self-Regulation Activity Packet

Data tool

Self-monitoring packet with daily, weekly and monthly emotion trackers for spotting patterns and progress monitoring.

Classroom Calm Down Corner Toolkit

Classroom decor

Editable calm-down corner kit with banner, feelings and calming posters, and strategy cards.

Elementary (2-5)**Coping Skills Digital Lesson**

Tier 1

Editable digital class lesson where students identify when to use coping skills and practice them.

SELF-REGULATION Guidance Lesson - Editable Class Lesson

Tier 1

Editable guidance lesson on emotions, reactions and color-coded self-regulation coping strategies.

Self-Regulation Individual Counseling Curriculum + Data Tracking Tools

Tier 3

Five one-on-one sessions with journal and data tracking tools on self-regulation strategies and coping skills.

Christmas Coping Strategies Digital Activity - Holiday School Counseling SEL

Activity

Christmas-themed drag-and-drop coping strategies activity in Google Slides and Boom Cards.

Coping Strategies Back to School Boom Cards + Google Slides Version

Activity

Back-to-school themed coping strategies activity in Google Slides and Boom Cards.

Distance Learning Thanksgiving Coping Strategies - Boom Cards and Google Version

Activity

Thanksgiving-themed drag-and-drop coping strategies activity in Google Slides and Boom Cards.

Easter Coping Strategies Distance Learning Boom Cards + Google Slides Version

Activity

Easter-themed coping strategies activity in Google Slides and Boom Cards.

FALL Coping Strategies Digital Activity with Boom Cards & Google Slides Versions

Activity

Fall-themed coping strategies activity in Google Slides and Boom Cards.

Mindfulness Guided Meditations to Improve and Refine Focus and Attention Skills

Activity

Three guided meditations with audio and scripts to build focus and attention, for classes, groups or individuals.

Mindfulness Morning Routine BOOM CARDS Digital Activity

Activity

Boom Cards morning routine with intention setting, stretching, affirmations, gratitude and a feelings check.

Progressive Muscle Relaxation - Foldable Calming Activity	Activity
Sea creature foldables teaching deep breathing and progressive muscle relaxation for staying calm.	
Self Regulation Flip Book What Color Is Your Pumpkin? Fall Counseling Activity	Activity
Fall flip book linking feelings to colors, with strategies for regulating emotions and a reflection worksheet.	
Self-Regulation and Managing Emotions Coping Strategies Journal: Digital & Print	Activity
Upper elementary journal, in print and digital, for practicing self-regulation and tracking emotions over time.	
Self-Regulation Board Game School Counseling Game for Coping Strategies	Activity
Board game linking feelings to colors and teaching self-regulation coping strategies.	
SELF-REGULATION Coping Skills Boom Cards Digital Activity - Counseling Game	Activity
Boom Cards activity on feelings, color zones and coping strategies, for individual or small group use.	
Self-Regulation Matching Game - Emotions Memory Card Game	Activity
Memory matching game with 60 cards for connecting feelings and actions to self-regulation colors.	
Self-Regulation Pumpkin Boom Cards - Fall and Halloween SEL Counseling Activity	Activity
Fall pumpkin Boom Cards that explain self-regulation by matching emotions to colors.	
Self-Regulation Scoot Game - Elementary School Counseling Game	Activity
Scoot game with 30 task cards on emotions, temperatures and coping tools.	
St. Patrick's Day Coping Strategies Distance Learning Boom Cards + Google	Activity
St. Patrick's themed coping strategies activity in Google Slides and Boom Cards.	
Summer Coping Strategies - Digital End of the Year Counseling SEL Activity	Activity
Summer-themed coping strategies activity in Google Slides and Boom Cards for the end of the year.	
Valentine's Day Coping Strategies Digital Activity + Google & Boom Cards Version	Activity
Valentine's themed coping strategies activity in Google Slides and Boom Cards.	
Mindful Manatee Mantras Classroom Posters Counseling Office and Classroom Decor	Classroom decor
Seven manatee classroom posters with calming mantras, plus a create-your-own mantra activity.	
Mindful Mandala Mantras - Counseling Office and Classroom Decor	Classroom decor
Mandala classroom posters with positive affirmations for calming down when frustrated.	
Mindful Monkey Mantras - Counseling Office and Classroom Decor	Classroom decor
Seven monkey classroom posters with calming mantras, plus a create-your-own mantra activity.	
Self-Regulation Bulletin Board and Class Decor Self-Regulation Station Check-In	Classroom decor
Bulletin board check-in station where students mark their emotional state on a thermometer display.	
Primary, Elementary and Middle School	
Self-Regulation Lesson for Social Emotional Learning and School Counseling	Tier 1
Classroom lesson giving students color and temperature language for emotions, each paired with a coping strategy.	
Mindfulness Meditations - 10 Calm Classroom Guided Meditations to Promote Focus	Activity
Ten themed guided meditation scripts for calm and focus, usable with a class, group or individual.	
Elementary and Middle School (2-8)	
Mindfulness Counseling Group - Strategies to Self-Reflect & Practice Mindfulness	Tier 2
Eight-week upper elementary and middle school group practicing mindfulness strategies, self-reflection and communication.	
Self-Regulation Counseling Group - Ready to Regulate Small Group	Tier 2
Eight-week group on feelings and color zones, size of the problem, triggers and support systems.	
All grades	
Mindfulness School Counseling Self-Assessment	Data tool
Print and Google Forms self-assessment for measuring growth in mindfulness skills.	
Self-Regulation School Counseling Self-Assessment	Data tool
Print and Google Forms self-assessment for tracking self-regulation progress.	
March Lesson Plans	Monthly pack
March plan pairing a self-regulation lesson, academic skills group, divorce individual curriculum and self-assessments.	

Calm Down Corner Bulletin Board Sign and Classroom Decor

Calm-down corner sign with mandalas for a classroom or office calming space.

Classroom decor**Anger management**

8 resources

Primary and Elementary (PK-5)**Anger Management, Emotional Regulation & Overcoming Frustration Counseling Group**

Seven-week group on anger triggers, body signals, consequences and calm-down strategies.

Tier 2**Anger Management Board Game with Digital Version**

Board game with 24 cards for identifying anger triggers and practicing calming strategies, in print and digital.

Activity**Anger Management Digital Activity with Editable Google & Boom Cards Version**

Digital activity in Google Slides and Boom Cards where students name frustrations and choose coping strategies.

Activity**Elementary (2-5)****Anger Management and Coping Skills Small Group - Elementary**

Six-week group on feelings beneath anger, choices and consequences, and calming strategies.

Tier 2**Anger Management Individual Counseling Curriculum + Data Tracking Tools**

Five one-on-one sessions with journal and data tracking tools on anger management strategies and coping skills.

Tier 3**Anger Management Games Chill Zone School Counseling Games**

Five winter-themed games teaching seven calm-down strategies for managing anger.

Activity**Primary, Elementary and Middle School****Anger Management Lesson for Social Emotional Learning and School Counseling**

Classroom lesson with movement and games where students define anger and identify coping strategies.

Tier 1**All grades****Anger Management Self-Assessment Editable School Counseling Data Collection Tool**

Editable print and Google Forms self-assessment for tracking anger management progress.

Data tool**Anxiety, worry and stress (coping)**

19 resources

Primary (PK-1)**Identifying Worries Lesson & Activities for Primary**

Pre-K to 1st grade class lesson on identifying worries and noticing how worry feels in the body.

Tier 1**Worry and Anxiety Management - Coping Skills Activities for Primary Grades**

Seven grab-and-go activities for primary drop-in students needing worry and anxiety coping skills.

Activity**Primary and Elementary (PK-5)****Separation Anxiety School Counseling Small Group for K-2 Primary Students**

Six-week K-2 group with coping skills for separation anxiety when leaving caregivers for school.

Tier 2**Separation Anxiety Activity Pack for New Students Team Brave Beginners**

Activity pack for new students with separation worries: feelings, coping strategies and making friends.

Activity**Elementary (2-5)****Anxiety School Counseling Small Group ASCA & CASEL Aligned Stress Fear & Anxiety**

Eight-week group on the brain and body connection in anxiety, problem solving and calming tools.

Tier 2**Circle of Control Small Group for Stress and Anxiety - Elementary**

Seven-week group on separating what is and is not in your control and coping with stress and worry.

Tier 2**Anxiety & Worry Individual Counseling Curriculum | Coping Skills and Strategies**

Five one-on-one sessions with journal and data tracking tools on coping skills for worry and anxiety.

Tier 3

Stress and Anxiety Boom Cards Digital Game: Learn to Reduce Stress & Shift Focus Boom Cards on separating what students can and cannot control to reduce stress and worry.	Activity
Stress Counseling Games and Activities to Prepare For, Relieve and Manage Stress Worksheets and coping skills games helping younger students prevent and manage everyday stress.	Activity
Worry and Anxiety Counseling Scoot Game Learn to Cope with Stress & Anxiety Scoot game with 21 cards on what is in your control and coping strategies for worry and stress.	Activity
Worry and Anxiety Management - Coping Skills - Elementary Counseling Activities Eight grab-and-go activities for elementary drop-in students needing worry and anxiety coping skills.	Activity
Primary, Elementary and Middle School	
Anxiety Management and Coping Skills SEL Classroom Lesson for School Counseling Classroom lesson using a brain-based explanation of anxiety and coping tools for feeling less anxious.	Tier 1
Elementary and Middle School (2-8)	
Stress Management and Relief Counseling Group: Stress Busters Coping Strategies Eight-week upper elementary and middle school group on identifying and managing stress and building support.	Tier 2
Middle School (6-8)	
Stress Management Middle School Class Lesson - Digital & Editable Editable middle school class lesson on gauging stress level, what is in your control and coping strategies.	Tier 1
Middle School Anxiety and Test Anxiety Counseling Group Anxiety Coping Skills Six-week middle school group on recognizing and preventing anxiety, test anxiety, and practicing coping skills.	Tier 2
Anxiety Coping Skills Activities- Middle School Individual Counseling Curriculum Seven one-on-one sessions with journal for middle schoolers on anxiety triggers and coping skills.	Tier 3
All grades	
Anxiety School Counseling Self-Assessments Individual & Group Data Collection Print and Google Forms anxiety self-assessment for individual and group data collection.	Data tool
Stress Management School Counseling Self-Assessment Print and Google Forms self-assessment for tracking stress management skills.	Data tool
April Lesson Plans April plan pairing an anxiety coping skills lesson, anxiety group, worry individual curriculum and a motivation survey.	Monthly pack

Impulse control, self-control and attention

24 resources

Primary (PK-1)	
Self-Control School Counseling Guidance Lesson for Primary Students Pre-K to 1st grade class lesson with a story and games on self-control strategies.	Tier 1
Primary and Elementary (PK-5)	
SELF-CONTROL Guidance Lesson + Editable Google Slides Version Editable guidance lesson where students define self-control and identify strategies to stay in control.	Tier 1
Impulse Control Small Group - Primary and Elementary Seven-week group on thinking before acting, accepting unwanted outcomes and managing strong emotions.	Tier 2
Self-Control, Behavior Management, and Coping Skills Group for Impulse Control Eight-week K-2 group teaching self-control strategies, choices and consequences.	Tier 2
Impulse Control Hands-On Individual Counseling Lesson and Curriculum Hands-on one-on-one sessions for K-2 students on impulse control strategies, with data tracking tools.	Tier 3
Self-Control Board Game + Digital School Counseling Game Board game with 24 cards for practicing self-control strategies, in print and digital.	Activity

Self-Control Coping Skills Activities for Primary Five hands-on grab-and-go self-control activities for primary drop-in students.	Activity
St. Patrick's Day Self-Control Board Game - School Counseling Activity St. Patrick's board game with cards on examples of self-control and slip-ups.	Activity
Elementary (2-5)	
Self-Control Individual Counseling Curriculum + Data Tracking Tools Five one-on-one sessions with journal and data tracking tools on self-control strategies and coping skills.	Tier 3
Christmas sELF-Control Boom Cards - Distance Learning Self-Control Activity Christmas-themed Boom Cards on the importance of self-control, with audio on every slide.	Activity
sELF-Control Christmas Game + Google Slides Digital Holiday Board Game Holiday matching game and board game for practicing self-control and coping skills, with a digital version.	Activity
Self-Control Coping Skills Activities for Elementary Five grab-and-go self-control and perseverance activities for elementary drop-in students.	Activity
Self-Control Scoot Game Counseling Game Scoot game with 30 cards on defining self-control and using strategies in different situations.	Activity
Self-Control Social Skills Card Game Self-CONtROLLS Card game with 12 scenarios where students pick the response that shows self-control and expected behavior.	Activity
Self-Control Task Cards Self-CONtROLLS Counseling Cards One hundred task cards with realistic scenarios for choosing self-control and coping strategies.	Activity
Self-CONtROLLS - Self-Control Activity Pack + Digital Version Troll-themed activity pack with self-assessment quiz, strategies, matching game and worksheets on self-control, plus digital version.	Activity
Primary, Elementary and Middle School	
Focus and Attention Lesson for Social Emotional Learning and School Counseling Classroom lesson teaching strategies to stay focused and pay attention at school.	Tier 1
Self-Control Lesson for Social Emotional Learning & Elementary School Counseling Classroom lesson where students define self-control and choose strategies for everyday situations.	Tier 1
Elementary and Middle School (2-8)	
Focus and Attention SEL Classroom Guidance Lesson with Editable Digital Version Editable class lesson with games on staying focused and ignoring distractions.	Tier 1
Mission Self-Control Escape Room Guidance Lesson on Managing Tough Emotions Team escape room lesson with five missions on self-control and coping when angry or upset.	Tier 1
Self-Control SEL Class Lesson - Editable Character Education Counseling Lesson Editable Canva class lesson on self-control as a character strength, compatible with the book Thrivers.	Tier 1
Self-Control School Counseling Group: Develop Self-Control Accountability Habits Eight-week upper elementary and middle school group on triggers, coping skills and self-control habits.	Tier 2
All grades	
Self-Control School Counseling Self-Assessment Print and Google Forms self-control self-assessment for upper elementary and middle school students.	Data tool
Self-Control Self-Assessment Editable School Counseling Data Collection Tool Editable print and Google Forms self-assessment for tracking self-control progress.	Data tool

Friendship and social skills

35 resources

Primary (PK-1)	
Active Listening Counseling Guidance Lesson and Activities for Primary Students Pre-K to 1st grade class lesson with a story, games and movement on active listening strategies.	Tier 1

Conversing with Others & Social Skills Lesson for Primary	Tier 1
Primary class lesson on conversation skills: listening, taking turns and giving compliments.	
Friendship School Counseling Guidance Lesson for Primary Students	Tier 1
Pre-K to 1st grade class lesson with a story, games and song on being a good friend.	
Social Skills Activities for Primary Grades - School Counseling Activities	Activity
Seven grab-and-go social skills activities for primary drop-in students.	
Primary and Elementary (PK-5)	
FRIENDSHIP Guidance Lesson, Activity, and Video - Friendship Class Lesson	Tier 1
Editable class lesson on qualities of a good friend, I-statements and basic conflict resolution.	
Good Sportsmanship Lesson for Primary Students - Sportsmanship Activities	Tier 1
Primary class lesson on good sportsmanship behaviors like complimenting and encouraging others.	
Social Skills Counseling Group - 10 Weeks of Activities, Games, Lessons & more!	Tier 2
Ten-week group on meeting new people, starting conversations, dealing with losing and problem solving.	
Social Skills Individual Counseling Curriculum - Primary	Tier 3
Hands-on one-on-one sessions for K-2 students on friendship, manners, conflict resolution and coping skills.	
Friendship Activity SEL Craft - Social Emotional Learning Friendship Activities	Activity
Friendship pizza craft and worksheets for younger students on qualities of a good friend.	
Friendship Board Game - School Counseling Friendship Game with Digital Version	Activity
Board game with 24 cards on qualities of a good friend, apologizing and solving friendship conflicts.	
Social Skills Board Game with Digital Version	Activity
Board game on social filters, expected behavior and recovering from social mistakes, in print and digital.	
Social Skills Elementary Counseling SEL Game - Social Filters: Print & Digital	Activity
Sorting game on using a social filter for what to say and not say, in print and digital.	
Social Skills Halloween Board Game - School Counseling SEL Activity	Activity
Halloween board game with 24 cards on friendship, empathy, listening, cooperation and handling disappointment.	
Social Skills Scoot Game Interactive Social Skills Game	Activity
Scoot game with 30 cards on conversations, feelings, losing, personal space and resolving conflicts.	
Elementary (2-5)	
Good Sportsmanship Lesson & Activities: Elementary Social Skills & Sportsmanship	Tier 1
Elementary class lesson on good sportsmanship and treating teammates and classmates with respect.	
Friendship Activities and Lessons - Blooming Friendships Small Group Counseling	Tier 2
Six-week group on making and keeping friends, qualities of a good friend and resolving conflicts.	
Social Skills School Counseling Small Group + Friendship & Conflict Resolution	Tier 2
Eight-week group on making friends, communication, reading nonverbal cues and handling difficult social situations.	
Christmas & Holiday Friendship Activities - Holiday Games & SEL Friendship Craft	Activity
Holiday-themed friendship crafts, board game and activities on the qualities of a good friend.	
Elementary Social Skills Activities and Games	Activity
Eight grab-and-go social skills activities and games for drop-in students.	
Fall Friendship Activities - Friendship Fall Festival Autumn Counseling Activity	Activity
Fall-themed friendship activities and discussion cards to supplement a counseling group or classroom lesson.	
Friendships Discussion Cards - Healthy vs. Unhealthy Valentine's Day Cards	Activity
Sixteen Valentine's themed discussion cards on healthy versus unhealthy friendships.	
Get to Know You Bingo School Counseling Game	Activity
Get-to-know-you bingo for the first day of school or the start of a new group.	
Healthy Vs Unhealthy Friendships Valentine's Day BOOM CARDS Digital Activity	Activity
Valentine's themed Boom Cards on telling healthy from unhealthy friendships, with discussion prompts.	
Loyalty Scoot Game Counseling Game	Activity
Eight-card Scoot game where students move around the room answering questions about loyalty.	

Prosocial Behaviors and Social Stories Counseling Social Skills Activity	Activity
Six social stories with discussion dice on self-control, friendship, anger and seeing others' perspectives.	
Social Skills BOOM CARDS - Digital Social Skills Game	Activity
Boom Cards on how to act in social situations at school, at home and with friends.	
Primary, Elementary and Middle School	
Friendship Skills Lesson for Social Emotional Learning and School Counseling	Tier 1
Classroom lesson on making and keeping friends, qualities of a good friend and conflict resolution.	
Elementary and Middle School (2-8)	
Social Skills Group Social Fluency Social Skills Counseling Group	Tier 2
Eight-week middle school group on managing emotions, resolving conflicts, conversation and phone etiquette.	
Middle School (6-8)	
Healthy Relationships Middle School Digital Counseling Lesson	Tier 1
Editable middle school class lesson on healthy relationships, warning signs and handling conflict positively.	
Middle School Friendship Lesson - Healthy Vs. Unhealthy Friendships SEL Lesson	Tier 1
Middle school class lesson on healthy versus unhealthy friendships and resolving conflicts in healthy ways.	
Friendship & Conflict Resolution Group Counseling Lesson Plans for Middle School	Tier 2
Seven-week middle school group on friendship skills, conflict resolution, empathy and perspective taking.	
Relationship Skills Middle School Counseling Group Build Healthy Relationships	Tier 2
Eight-week middle school group on healthy versus unhealthy relationships, communication and conflict resolution.	
All grades	
Friendship Self-Assessment Editable School Counseling Data Collection Tool	Data tool
Editable print and Google Forms self-assessment for tracking friendship skills.	
Social Skills School Counseling Self-Assessment	Data tool
Print and Google Forms social skills self-assessment for upper elementary and middle school students.	
Social Skills Self-Assessment Editable School Counseling Data Collection Tool	Data tool
Editable print and Google Forms self-assessment for tracking social skills progress.	

Conflict resolution

15 resources

Primary (PK-1)	
Conflict Resolution & Peacemaking School Counseling Lesson for Primary	Tier 1
Pre-K to 1st grade class lesson with games and activities on peacefully resolving conflicts.	
Conflict Resolution Activities for Primary Grades	Activity
Eight grab-and-go conflict resolution activities for primary drop-in students.	
Primary and Elementary (PK-5)	
Conflict Resolution Board Game & Activity Pack Conflict Resolution Strategies	Activity
Board game and matching game teaching eight conflict resolution strategies, with a digital version.	
I-Statements School Counseling Board Game with Digital Version	Activity
Board game with 24 cards for practicing I-statements and conflict resolution strategies, in print and digital.	
Elementary (2-5)	
Conflict Resolution and Friendship Digital Lesson	Tier 1
Editable digital class lesson on qualities of a good friend and resolving conflicts with I-statements.	
Conflict Resolution Activities - Elementary Conflict Resolution Situation Cards	Activity
Five grab-and-go conflict resolution activities for elementary drop-in students, including role plays and a journal.	

Conflict Resolution Christmas Activity Dress an Elf with I-Statements Christmas elf activity for practicing I-statements, in print and Google Slides.	Activity
Conflict Resolution Counseling Activity Pack Wild About I-Statements Fill-in-the-blank I-statement activities for stating feelings and solutions during conflicts.	Activity
Conflict Resolution Empathy Map Worksheet for reflecting after a conflict on others' feelings and one's own thoughts and actions.	Activity
Dress an Elf with I-Statements Boom Cards Digital Activity for Distance Learning Christmas elf Boom Cards for practicing I-statements and conflict resolution.	Activity
Conflict Resolution I Statements Poster Counseling Office Decor I-statement poster that reminds students how to express feelings and resolve conflicts.	Classroom decor
Elementary and Middle School (2-8)	
Conflict Resolution & Size of the Problem Small Group Eight-week group on why conflicts happen, sizing problems and choosing conflict resolution techniques.	Tier 2
Conflict Resolution Strategies Counseling Group - Peacekeepers and Friendships Eight-week group on causes of conflict, resolution strategies and helping peers resolve conflicts.	Tier 2
All grades	
Conflict Resolution - Conflict Reflection Cards Poster, reflection cards and steps guide helping students decide whether and how to resolve a conflict.	Activity
Conflict Resolution School Counseling Self-Assessment Print and Google Forms self-assessment that accompanies the conflict resolution small group.	Data tool

Kindness and empathy

18 resources

Primary and Elementary (PK-5)	
EMPATHY Classroom Guidance Lesson, Activity, and Game + Editable Digital Version Editable guidance lesson with bingo and games on finding common ground and showing empathy.	Tier 1
Elementary (2-5)	
Belonging Lesson & Empathy Activities to Teach Belonging Class lesson where students define belonging at school and build empathy and connection with classmates.	Tier 1
Compassion & Kindness Small Group Six-week group on compassion toward others and oneself, with pre and post self-assessments.	Tier 2
Empathy Small Group - Elementary Six-week group on recognizing emotions in self and others, perspective taking and active listening.	Tier 2
Kindness Small Group - Primary and Elementary Six-week group on showing kindness to friends, family, peers, oneself and the community.	Tier 2
Empathy Individual Counseling Curriculum and Data Collection Tools Five one-on-one sessions with journal and data tracking tools on perspective taking and empathy.	Tier 3
Empathy and Identifying Feelings Scoot Game - School Counseling SEL Game Scoot game with 30 cards on defining empathy and identifying how others feel.	Activity
Empathy BOOM CARDS - Digital School Counseling Game Boom Cards on defining empathy and identifying how others feel, with audio on every slide.	Activity
Empathy Perspective Taking Counseling Games and Foldable Activities Dice game, scenario cards and foldables for reading facial expressions and situations to build empathy.	Activity
Morning Meeting Discussion Cards Thirty morning meeting discussion cards and feelings check posters on kindness, empathy, friendship and cooperation.	Activity

Primary, Elementary and Middle School**Empathy Lesson for Social Emotional Learning and Elementary School Counseling**

Classroom lesson on reading others' feelings, understanding other perspectives and practicing empathy.

Tier 1

Kindness Lesson - Elementary School Counseling Social Emotional Learning

Classroom lesson where students define kindness and set goals for showing kindness to others.

Tier 1

Elementary and Middle School (2-8)**Empathy SEL Class Lesson - Editable Character Education Counseling Lesson**

Editable Canva class lesson on empathy as a character strength, compatible with the book Thrivers.

Tier 1

Middle School (6-8)**Empathy Middle School Digital Counseling Lesson**

Editable middle school class lesson on what empathy looks and sounds like and responses that block connection.

Tier 1

Empathy Middle School Counseling Group - Teaching Empathy in Middle School

Six-week middle school group on recognizing, practicing and promoting empathy and perspective taking.

Tier 2

All grades**Empathy School Counseling Self-Assessment**

Print and Google Forms self-assessment that accompanies the empathy individual curriculum.

Data tool

December Lesson Plans

December plan pairing an empathy lesson, self-control group, grief individual curriculum and data wall.

Monthly pack

February Lesson Plans

February plan pairing a kindness lesson, relational aggression group, empathy individual curriculum and self-assessments.

Monthly pack

Gratitude and optimism

8 resources

Elementary (2-5)**Gratitude and Shifting Perspectives School Counseling Lesson and Activity**

Upper elementary gratitude lesson with discussion cards and a jar craft on balancing disappointments with gratitude.

Tier 1

Gratitude Discussion Cards and Dice Game Thanksgiving Themed Gratitude Activity

Thanksgiving gratitude discussion cards and dice game for class discussion or counseling sessions.

Activity

Gratitude Journal Thanksgiving Themed Gratitude Journal

Thanksgiving gratitude journal with writing, drawing and letter prompts for lower elementary students.

Activity

Lucky Leprechauns Gratitude Discussion Cards and Activity Pack - St. Patrick's

St. Patrick's themed gratitude discussion cards, coloring sheet and bulletin board activity.

Activity

Restorative Practices Community Circle - Thanksgiving School Counseling Activity

Thanksgiving community circle prompts and talking stick templates for sharing gratitude and building classroom trust.

Activity

Thanksgiving Gratitude Boom Cards - Distance Learning Gratitude Activity

Thanksgiving Boom Cards on the importance of gratitude, with audio on every slide.

Activity

Elementary and Middle School (2-8)**Optimism SEL Class Lesson: Lessons & Activities to Develop Character Strengths**

Editable Canva class lesson on optimism and keeping a positive attitude, compatible with the book Thrivers.

Tier 1

Creative Gratitude Journal: Teaching Thankfulness & Showing Gratitude Year-Round

Year-round gratitude journal with challenge, habit tracker and worksheets, in print and digital.

Activity

Growth mindset, perseverance and resilience

17 resources

Primary (PK-1)

Growth Mindset Primary Lesson

Primary class lesson with movement and discussion on growth mindset, perseverance and the power of yet.

Tier 1

Primary and Elementary (PK-5)

DETERMINATION Guidance Lesson Activity and Video with Editable Version

Editable class lesson on determination, staying motivated and overcoming daily challenges.

Tier 1

Growth Mindset vs. Fixed Mindset Classroom Guidance Lesson, Video, and Game

Editable guidance lesson with games and video on growth versus fixed mindset and the brain as a muscle.

Tier 1

Growth vs. Fixed Mindset and the Power of "Yet" School Counseling Board Game

Board game with 24 cards on growth mindset and the power of yet, in print and digital.

Activity

Elementary (2-5)

Growth Mindset Individual Counseling Curriculum | Strategies and Data Tracking

Five one-on-one sessions with journal prompts and data tracking tools to build growth mindset strategies.

Tier 3

Growth Mindset BOOM CARDS - Digital Perseverance and Growth Mindset Activity

Boom Cards for reframing difficult situations as chances to learn and grow.

Activity

Growth Mindset Scoot Game School Counseling Game for Growth Mindset

Movement-based Scoot game with 30 cards for defining growth mindset and spotting examples of it.

Activity

Growth Mindset vs. Fixed Mindset New Year Themed Boom Cards Digital Activity

New Year themed Boom Cards digital activity on growth versus fixed mindset, with audio on every slide.

Activity

Primary, Elementary and Middle School

Growth Mindset SEL and School Counseling Lesson, Game, Skits, and Activities

Classroom lesson with skits and a game on growth versus fixed mindset and viewing challenges as chances to grow.

Tier 1

Perseverance and Determination Elementary Counseling SEL Lesson & Activities

Classroom lesson on where perseverance is needed and how to stay determined to reach goals.

Tier 1

Elementary and Middle School (2-8)

Interactive Growth Mindset Escape Room Class Lesson: Growth vs. Fixed Mindset

Team escape room lesson with five missions on growth versus fixed mindset and the power of yet.

Tier 1

Perseverance SEL Class Character Education Lesson: Develop Character Strengths

Editable class lesson with activities on perseverance as a character strength, compatible with Thrivers.

Tier 1

Growth Mindset vs. Fixed Mindset Comprehensive 5-Week School Counseling Group

Five-week group on the brain as a muscle, learning from mistakes, the power of yet and challenges.

Tier 2

Resiliency Building Counseling Group with Digital Version

Seven-week nautical-themed group on resilience, goal setting, support systems and not giving up.

Tier 2

All grades

Growth Mindset Self-Assessment Progress Monitoring and Data Collection Tool

Editable print and Google Forms self-assessment for tracking growth mindset progress in groups and individual sessions.

Data tool

Resiliency Self-Assessment Editable School Counseling Data Collection Tool

Editable print and Google Forms self-assessment for tracking resiliency progress.

Data tool

November Lesson Plans

November plan pairing a perseverance lesson, girls self-esteem group, anger management individual curriculum and caseload log.

Monthly pack

Goal setting and motivation

12 resources

Primary and Elementary (PK-5)

Motivation Individual Counseling Curriculum for Primary Students k-2

Hands-on one-on-one sessions helping K-2 students build motivation strategies, with data tracking tools.

Tier 3

Elementary (2-5)

Intrinsic Motivation Counseling Lesson- Activities to Teach Intrinsic Motivation

Class lesson on intrinsic versus extrinsic motivation, with activities for building intrinsic motivation.

Tier 1

SMART Goal Setting Cupcake Goals

Cupcake-themed worksheets and poster introducing SMART goal setting to elementary students.

Activity

St. Patrick's Day Goal Setting Board Game - School Counseling Game

St. Patrick's board game on defining goals, planning steps and spotting roadblocks.

Activity

Winter Goal Setting Counseling Activity: Academic, Behavioral & Friendship Goals

Winter flipbook for setting academic, behavior and friendship goals for the new year.

Activity

Motivation Assessment Survey - Behavior Assessment Tool with Digital Version

Student survey in print and Google Forms that identifies what motivates each student, to inform behavior plans.

Data tool

Primary, Elementary and Middle School

Goal Setting Lesson for Social Emotional Learning & Elementary School Counseling

Classroom lesson where students learn the SMART framework and write their own SMART goal.

Tier 1

Elementary and Middle School (2-8)

Curiosity SEL Class Character Education Lesson: Developing Character Strengths

Editable class lesson on curiosity as a character strength, compatible with the book Thrivers.

Tier 1

Goal Setting and Intrinsic Motivation Growth Mindset School Counseling Group

Eight-week group on goal setting, intrinsic motivation, time management and support systems.

Tier 2

Middle School (6-8)

Self-Management and Responsibility Counseling Group for Middle School

Seven-week middle school group on organization tools, SMART goals, self-control, coping skills and personal hygiene.

Tier 2

All grades

Goal Setting and Motivation School Counseling Self-Assessment

Print and Google Forms self-assessment for tracking goal setting and motivation skills.

Data tool

January Lesson Plans

January plan pairing a goal setting lesson, executive functioning group, growth mindset individual curriculum and behavior surveys.

Monthly pack

Self-esteem and confidence

14 resources

Primary (PK-1)

Self-Esteem Counseling Guidance Lesson

Primary class lesson with games and music on confidence, positive self-talk and personal strengths.

Tier 1

Primary and Elementary (PK-5)

SELF-ESTEEM Guidance Lesson, Activity, and Video with Digital Version

Editable guidance lesson with videos and a guided meditation on self-esteem strategies and positive traits.

Tier 1

Positive Affirmations Easter & Springtime Self-Esteem Activity

Easter-themed sorting activity where students build positive affirmations to strengthen self-esteem.

Activity

Self-Esteem Board Game - School Counseling Game with Digital Version

Board game with 24 cards for identifying strengths, replacing negative self-talk and responding confidently.

Activity

Elementary (2-5)**Self-Esteem Boys Counseling Group Self-Esteem MVPs Confidence Group**

Eight-week boys group on self-concept, feelings, growth mindset, positive self-image and goal setting.

Tier 2**Self-Esteem Individual Counseling Curriculum + Data Tracking Tools**

Five one-on-one sessions with journal and data tracking tools on building self-confidence and self-esteem.

Tier 3**Self-Concept and Self-Esteem Scrapbook All About Me Interactive Craft**

Cut-and-paste All About Me scrapbook where students identify strengths, interests and what makes them proud.

Activity**Self-Esteem and Kindness Counseling Activity Pack Positive Vibes Tribe**

Kindness cards, affirmation game and self-esteem worksheets for spreading kindness and building confidence.

Activity**Primary, Elementary and Middle School****Self-Esteem Lesson for Social Emotional Learning & Elementary School Counseling**

Classroom lesson on defining self-esteem and using positive self-talk and compliments.

Tier 1**Elementary and Middle School (2-8)****Self-Confidence SEL Class Character Education Lesson: Develop Character Strength**

Editable class lesson with activities on self-confidence as a character strength, compatible with Thrivers.

Tier 1**GATE Students Counseling Group Mega Minds Gifted Group**

Ten-week group for gifted students on strengths, high expectations, perfectionism, worries and friendships.

Tier 2**Self-Esteem Girls Counseling Group - Love Your Selfie Girls Confidence Group**

Eight-week girls group on self-concept, feelings, communication, gratitude, body image and goal setting.

Tier 2**All grades****Gifted Students Self-Assessment Editable School Counseling Data Collection Tool**

Editable print and Google Forms self-assessment for tracking progress in the gifted students group.

Data tool**Self-Esteem Self-Assessment Editable School Counseling Data Collection Tool**

Editable print and Google Forms self-assessment for tracking self-esteem progress.

Data tool**Respect and inclusion**

7 resources

Primary and Elementary (PK-5)**Easter Diversity Lesson and Activity with Digital Version**

Easter-themed lesson and activities on celebrating differences, with slides, worksheets and compliment cards.

Tier 1**Respect Lesson for Kindergarten - Social Emotional Learning & School Counseling**

Kindergarten and first grade class lesson where students define respect and practice showing it.

Tier 1**Elementary (2-5)****International Day of Persons with Disabilities -ASCA Awareness Lesson**

Class lesson for International Day of Persons with Disabilities on appreciating people similar to and different from themselves.

Tier 1**Respect Lesson for Elementary School Social Emotional Learning and Counseling**

Classroom lesson where elementary students define respect and practice it at home, school and in the community.

Tier 1**Middle School (6-8)****Respect Activities for Middle School - Respect SEL and School Counseling Lesson**

Middle school class lesson on different ways to show respect, with role-play scenarios.

Tier 1**Respect Lesson for Middle School Social Emotional Learning and School Counseling**

Middle school class lesson where students define respect and practice it at home, school and in the community.

Tier 1**Respect Lesson and Activities - Group Counseling Lesson Plans for Middle School**

Seven-week middle school group on showing respect at home, school and in the community, even with strong emotions.

Tier 2

Cooperation, teamwork and leadership

3 resources

Primary and Elementary (PK-5)

COOPERATION Guidance Lesson Activity & Video + Editable Google Version

Editable guidance lesson where students define cooperation and discuss how they cooperate daily.

Tier 1

Primary, Elementary and Middle School

Cooperation Lesson for Social Emotional Learning & Elementary School Counseling

Classroom lesson on cooperation, team roles and working well with others.

Tier 1

Middle School (6-8)

Leadership Activities - Group Counseling Lesson Plans for Middle School Students

Eight-week middle school group on leadership qualities, taking initiative, active listening, empathy and intrinsic motivation.

Tier 2

Responsibility

5 resources

Primary (PK-1)

School Counseling Responsibility Guidance Lesson for Primary Students

Pre-K to 1st grade class lesson with a story, games and song on being responsible.

Tier 1

Primary and Elementary (PK-5)

RESPONSIBILITY Classroom Guidance Lesson with Editable Digital Version

Editable guidance lesson where students define responsibility and choose new tasks to take on.

Tier 1

Elementary (2-5)

Thanksgiving Responsibility Activity What's On Your Plate? Responsibility Lesson

Thanksgiving craft, worksheets and discussion cards on what students are responsible for and why it matters.

Activity

Thanksgiving Responsibility Boom Cards Distance Learning Activity

Thanksgiving Boom Cards on current and new responsibilities and why responsibility matters.

Activity

Primary, Elementary and Middle School

Responsibility Lesson for Social Emotional Learning and School Counseling

Classroom lesson on taking responsibility for actions and showing responsibility in different settings.

Tier 1

Honesty and integrity

4 resources

Primary (PK-1)

Honesty School Counseling Class Lesson for Primary

Pre-K to 1st grade class lesson with a song, social story and craft on honesty.

Tier 1

Elementary (2-5)

Honesty Activities and School Counseling Character Ed Lesson on Being Honest

Classroom lesson with slides, video and hands-on activities on honesty and building trust.

Tier 1

Honesty & Integrity Small Group

Six-week group on honesty, trust and communicating truthfully in difficult situations.

Tier 2

Elementary and Middle School (2-8)

Integrity SEL Class Lesson - Editable Character Education Counseling Lesson

Editable Canva class lesson on integrity as a character strength, compatible with the book Thrivers.

Tier 1

Bullying prevention

18 resources

Primary and Elementary (PK-5)

BULLYING PREVENTION Editable Guidance Lesson, Video, and Activity

Editable class lesson on defining bullying, being an upstander, and telling tattling from reporting.

Tier 1

Bullying Prevention Lesson for Social Emotional Learning and School Counseling

Classroom lesson with scripts on bullying roles, what counts as bullying, and being an upstander.

Tier 1

Bullying Prevention Board Game - School Counseling Game with Digital Version

Board game with role-play and discussion cards on what bullying is, bullying roles and prevention.

Activity

Bullying Prevention Halloween Board Game - School Counseling Fall Game

Halloween-themed board game on bullying roles, what is and is not bullying, and prevention ideas.

Activity

Tattling Vs Reporting Digital Game Show with Editable Digital Version

Editable PowerPoint game show on the difference between tattling and reporting.

Activity

Elementary (2-5)

Relational Aggression School Counseling Small Group - ASCA & CASEL Aligned

Six-week group on relational aggression, inclusive friendships, encouraging words and seeking positive attention.

Tier 2

Bullying Prevention Boom Cards - Digital School Counseling SEL Game

Self-grading Boom Cards on types of bullying, cyberbullying, being an upstander, and bullying versus being mean.

Activity

Bullying Prevention Game - Salad Bowl Charades School Counseling Game

Charades-style game with a handout reviewing bullying terms and tattling versus reporting.

Activity

Relational Aggression and Bullying Counseling Activities Girls Guide to Bullying

Activity pack with lessons, games and worksheets on relational aggression, types of bullying and prevention strategies.

Activity

Relational Aggression Social Skills Card Game Counseling Game

Card game where students choose the best response to relational aggression scenarios.

Activity

Tattling Vs Reporting Scoot Game School Counseling Game

Scoot game with 30 cards on the difference between tattling and reporting.

Activity

Bullying Prevention School Wide Activities - Fall and Halloween Activities

School-wide Halloween bullying prevention activities: compliment cards, fact bookmarks and a kindness chain.

Planning tool

Elementary and Middle School (2-8)

Tattling Vs Reporting Escape Room Guidance Lesson Mission Tattling Vs Reporting

Team escape room lesson with five missions on telling tattling from reporting.

Tier 1

Middle School (6-8)

Bullying Prevention Lesson for Middle School Counseling

Middle school class lesson on identifying bullying, bully, bystander and upstander roles, and appropriate responses.

Tier 1

Gossip & Rumors Middle School Digital Counseling Lesson

Editable middle school class lesson on how gossip and rumors spread and making responsible choices about sharing.

Tier 1

Relational Aggression Lesson for Middle School - Middle School Friendship Lesson

Middle school class lesson on recognizing relational aggression, healthy versus unhealthy relationships and how to respond.

Tier 1

Bullying Prevention & Cyberbullying Lessons- Middle School Individual Counseling

Six one-on-one sessions for middle schoolers showing bullying behavior, exploring motives and healthy alternatives.

Tier 3

All grades

October Lesson Plans

October plan pairing a bullying prevention lesson, social skills group, self-regulation individual curriculum and organization tools.

Monthly pack

Personal and body safety

3 resources

Primary (PK-1)

Personal Safety & Safety Awareness Lesson for Primary

Primary class lesson on safe versus unsafe situations, trusted adults and how to get help.

Tier 1

Primary and Elementary (PK-5)

Personal Space, Boundaries Game, & Appropriate Behavior - School Counseling Game

Practice the Cactus game teaching personal space, boundaries and appropriate behavior, in print and digital.

Activity

Elementary (2-5)

Body Safety Lesson - Safe vs. Unsafe Touch Erin's Law Lesson

Elementary class lesson on body safety, safe versus unsafe touch and secrets, and telling a trusted adult.

Tier 1

Health, wellness and substance prevention

3 resources

Elementary (2-5)

Wellness and Sleep Hygiene Class Lesson

Upper elementary class lesson on why sleep matters and building healthy sleep and wellness habits.

Tier 1

Red Ribbon Week Editable Toolkit - Wellness Week and Red Ribbon Week Activities

Editable Red Ribbon Week or wellness week toolkit with announcements, dress-up days and class activities.

Planning tool

Middle School (6-8)

Vaping and E-Cigarettes Prevention for Middle School

Middle school lesson on the facts about vaping and practicing responses to negative peer pressure.

Tier 1

Mental health awareness and help-seeking

2 resources

Middle School (6-8)

Suicide Prevention Lesson Middle School Counseling

Middle school class lesson on warning signs, healthy versus unhealthy coping and where to get help, with a universal screener.

Tier 1

Depression Middle School Individual Counseling Curriculum

Seven one-on-one sessions with journal for middle schoolers on understanding low mood, coping skills and healthy goals.

Tier 3

Grief and loss

6 resources

Primary and Elementary (PK-5)

Grief Board Game with Print and Digital Version

Board game with 24 cards for discussing grief experiences and related feelings, in print and digital.

Activity

Elementary (2-5)

Grief Counseling Group Memory Keepers Grief Group

Five-week group for students coping with loss from death, divorce or incarceration, ending with hopeful goal setting.

Tier 2

Grief and Loss Individual Counseling Curriculum + Data Tracking Tools

Five one-on-one sessions with journal and data tracking tools on coping skills after a loss.

Tier 3

Memory Keepers Grief Workbook - Help Support Students Struggling with a Loss

Grief workbook for expressing feelings about a loss, recalling positive memories and making a coping plan.

Tier 3

Middle School (6-8)**Grief and Loss Middle School Individual Counseling Curriculum- Grief Activities**

Six one-on-one sessions with journal for middle schoolers on grief, related emotions, coping skills and healthy habits.

Tier 3**All grades****Grief Self-Assessment Editable School Counseling Data Collection Tool**

Editable print and Google Forms self-assessment for tracking progress in grief support.

Data tool**Divorce and family change**

5 resources

Elementary (2-5)**Children of Incarcerated Parents Six Week School Counseling Small Group**

Six-week group helping students cope with a parent's incarceration, identify support systems and build relationships.

Tier 2**Divorce School Counseling Small Group - 5 Week ASCA & CASEL Aligned Small Group**

Five-week group on how divorce affects students, coping strategies and identifying support people.

Tier 2**Military Child and Military Families Counseling Group - Military Kid Activities**

Six-week group for students with family in the military, covering feelings, coping strategies, routines and support systems.

Tier 2**Divorce Individual Counseling Curriculum + Data Tracking Tools**

Five one-on-one sessions with journal and data tracking tools on coping with a parent's divorce.

Tier 3**Divorce Discussion Cards Counseling Activity**

Twenty-four discussion cards on family changes after divorce, for groups, individual sessions or matching.

Activity**Study skills and executive functioning**

10 resources

Primary and Elementary (PK-5)**STUDY SKILLS Classroom Guidance Lesson, Activity, and Game with Digital Version**

Editable guidance lesson with charades activities on time management, organization and stress relief.

Tier 1**Primary, Elementary and Middle School****Learning Styles SEL School Counseling Lesson: Learning Style Survey & Activities**

Classroom lesson and survey helping students identify their learning styles and use them to self-advocate.

Tier 1**Study Skills Lesson for Social Emotional Learning & Elementary School Counseling**

Classroom lesson teaching study skills and executive functioning strategies.

Tier 1**Elementary and Middle School (2-8)****Executive Functioning and Study Skills Counseling Group & SEL Activities**

Eight-week group on planning, task initiation, time management, flexible thinking and test anxiety.

Tier 2**Study Skills Small Group | Test Taking, Executive Functioning & Managing Anxiety**

Six-week group on test-taking strategies, organization, planning ahead and coping with test anxiety.

Tier 2**Executive Functioning, Self-Reflection, and Study Skills Digital Doodle Journal**

Editable Google Slides doodle journal on executive functioning strategies and self-reflection.

Activity**Middle School (6-8)****Executive Functioning Lesson Plans for Middle School Study Skills & Counseling**

Middle school class lesson on prioritizing tasks, organizing schedules and managing time.

Tier 1**Executive Functioning Middle School Digital Counseling Lesson**

Editable middle school class lesson on organization, routines and planning weekly responsibilities.

Tier 1**Middle School Study Skills Lesson - Study Skills Activities for Middle Schoolers**

Middle school class lesson on study strategies, helping students choose methods that fit how they learn.

Tier 1

All grades**Executive Functioning School Counseling Self-Assessment Data Collection Tool****Data tool**

Print and Google Forms self-assessment that accompanies the executive functioning small group.

Career and college readiness

16 resources

Primary (PK-1)**Primary Career Exploration & Career Readiness Lesson****Tier 1**

Primary class lesson on community helpers, strengths and interests, and connecting interests to careers.

Elementary (2-5)**Career Exploration Lesson for Elementary - Career Exploration Worksheets****Tier 1**

Elementary career exploration activities plus a career day toolkit with planning steps and parent invitation templates.

College Exploration Elementary Lesson - College and Career Readiness Activities**Tier 1**

Elementary activities introducing college options, with a survey, pennant craft and myth versus truth cards.

Primary, Elementary and Middle School**Career Exploration Lesson for Social Emotional Learning and School Counseling****Tier 1**

Classroom lesson introducing career clusters and helping students connect interests to future plans.

High School (9-12)**Exploring College Options High School Class Lesson + Gallery Walk****Tier 1**

High school college research lesson with flag project, gallery walk and compare-and-contrast chart.

High School Counseling Career Lesson - Workplace Wisdom**Tier 1**

High school career lesson using workplace scenarios on integrity, professionalism, time and money management.

High School Senior Exit Survey**Data tool**

Digital senior exit survey for collecting postsecondary plans and scholarship outcomes.

Scholarship Tracker - Tools for High School Counselors**Data tool**

Scholarship reporting form and tracker for recording scholarship awards earned by the graduating class.

FAFSA & Financial Aid Toolkit**Planning tool**

FAFSA checklist, tracking tools and communication scripts for guiding seniors and families through financial aid.

Free College Application Week Planning Toolkit for High School Counseling**Planning tool**

Editable toolkit for running a College Application Week with schedule, announcements and student activities.

High School Senior Meeting Toolkit - Tools for High School Counselors**Planning tool**

Step-by-step senior meeting process covering graduation requirements, transcripts, forms and postsecondary planning.

FAFSA & Financial Aid Parent Night Presentation**Family/staff**

Parent night presentation on the FAFSA, types of financial aid, timelines and next steps.

High School Senior Parent Night Presentation - Tools for High School Counselors**Family/staff**

Editable senior parent night presentation on graduation requirements, deadlines, pathways and financial aid.

High School Senior Postsecondary Pathways - College, Career, & Post-Grad Options**Family/staff**

One-page guides for seniors on postsecondary pathways: employment, military, community college or trade school, and universities.

Student Athlete Tip Sheet -High School Counselor Tool**Family/staff**

One-page NCAA eligibility tip sheet for student athletes covering core courses, GPA and deadlines.

All grades**May Lesson Plans****Monthly pack**

May plan pairing a career exploration lesson, conflict resolution group, individual curriculum and end-of-year report.

Academic planning and high school advising

5 resources

High School (9-12)

Quarter One Check-In and Reflection Sheet for High School Counseling

Bilingual quarter-one reflection sheet where high schoolers review grades, attendance and study habits.

Data tool

E-Learning Course Commitment Form- High School Counseling

Student and family commitment form outlining expectations for an online course program.

Planning tool

High School Counseling 4 Year Plan Worksheet

Four-year course planning worksheet aligning high school course choices with graduation requirements and goals.

Planning tool

High School Counseling Schedule Change Toolkit

Student schedule template and process map for managing high school schedule change requests.

Planning tool

High School Counseling Promotion & Retention Guidelines

Customizable guide for explaining promotion and retention decisions and support options to families.

Family/staff

Transitions and new students

9 resources

Elementary (2-5)

Middle School Transition Lesson-5th Grade Transition to Middle School Activities

Editable class lesson preparing 5th graders for middle school, covering organization, time management and common worries.

Tier 1

Counseling Termination Activities - School Counseling End of Year Activities

End-of-year activities for closing out counseling groups and individual sessions.

Activity

My Summer Reflection Book

Back-to-school mini-book where students share summer experiences, giving the counselor insight for the year.

Activity

Elementary and Middle School (2-8)

Friendship Group for New Students - Growing Friends Counseling Group

Five-week group helping new students feel welcome, make friends and adjust to a new school.

Tier 2

Middle School (6-8)

High School Transition Lesson - 8th Grade Transition to High School Activities

Class lesson preparing 8th graders for high school through planning strategies and prioritizing interests.

Tier 1

High School (9-12)

Freshman Foundations Presentation- Lesson for 9th Grade

Ninth grade orientation presentation on graduation requirements, credits, GPA and getting involved.

Tier 1

Freshman Parent Night Presentation

Freshman parent night presentation on graduation requirements, promotion criteria, GPA and extracurriculars.

Family/staff

High School Enrollment Welcome Packet

Editable welcome packet sharing key school information with new and returning high school families.

Family/staff

All grades

New Students School Counseling Self-Assessment

Print and Google Forms self-assessment that accompanies the new students friendship group.

Data tool

Attendance

2 resources

High School (9-12)

High School Attendance Contract

Attendance contract for individual intervention: reflecting on habits, naming barriers and committing to steps.

Tier 3

All grades**School-Wide Attendance Initiatives - 5 Attendance Activities****Planning tool**

Five school-wide attendance initiatives with announcement prompts, classroom trophies, certificates and reward passes.

Behavior expectations and check-ins

11 resources

Primary (PK-1)**School Counseling Following Directions Guidance Lesson for Primary Students****Tier 1**

Pre-K to 1st grade class lesson with a story, games and chant on following directions.

Following Directions Activities for Primary Grades: Activities to Teach Respect**Activity**

Five grab-and-go activities for primary drop-in students on following directions and showing respect.

Primary and Elementary (PK-5)**Appropriate Language and Behavior Individual Counseling Curriculum - Primary****Tier 3**

Hands-on one-on-one sessions helping K-2 students use appropriate language and behavior at school.

Overcoming Defiance & Following Directions Individual Counseling Curriculum**Tier 3**

Hands-on one-on-one sessions helping K-2 students follow directions and reduce defiant behavior.

Recess Behavior Expectations Flipbook**Activity**

Flipbook for young students on acceptable recess behavior and being a good friend, with teacher guide.

Elementary (2-5)**Counseling Check In Snapshot of My Day Counseling Conversation Starter****Activity**

Reusable check-in worksheet for starting conversations about school life, home life and friendships.

Expected and Unexpected Behaviors Scoot Game Counseling Game**Activity**

Scoot game with 30 cards on telling expected from unexpected behaviors at school and home.

Expected Vs Unexpected Behaviors - Behavior Management Social Skills Boom Cards**Activity**

Boom Cards for identifying expected behaviors at school, at home and in the community.

Following Directions & Respect Activities - Engaging Activities to Teach Respect**Activity**

Seven grab-and-go activities for elementary drop-in students on following directions and showing respect.

Elementary and Middle School (2-8)**Expected Behaviors Social Skills Card Game****Activity**

Card game with 12 scenarios for discussing expected and unexpected social behaviors.

All grades**Data Collection Behavior Surveys - School Counseling Data Tracking Forms****Data tool**

Parent and teacher behavior surveys, print and Google Forms, for pre and post data on students served.

Digital citizenship and online safety

9 resources

Elementary (2-5)**CYBER SAFETY Guidance Lesson Activity & Game + Editable Google Version****Tier 1**

Editable guidance lesson on protecting personal information online and being a good cyber citizen.

Primary, Elementary and Middle School**Cyber Safety SEL Lesson and Activities - Elementary School Counseling****Tier 1**

Classroom lesson with activities on cyber safety and digital citizenship.

Elementary and Middle School (2-8)**Technology and Digital Citizenship Group - Technology Counseling Group**

Eight-week upper elementary and middle school group on digital citizenship, digital footprint and cyberbullying prevention.

Tier 2**Cyber Safety Parent Workshop**

Done-for-you parent workshop on social media, screen time and supporting children's online safety.

Family/staff**Middle School (6-8)****Mental Health, Tech, & Social Media Safety Lesson for Middle School Counseling**

Middle school class lesson on reviewing social media habits, their effect on well-being, and setting healthy tech goals.

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

Middle school class lesson on using AI responsibly and with academic integrity.

Tier 1**Cyberbullying & Cyber Safety Middle School Counseling Group and Activities**

Six-week middle school group on safe online behavior, cyberbullying and screen time habits.

Tier 2**All grades****Technology, Digital Citizenship, and Research Skills Counseling Self-Assessment**

Print and Google Forms self-assessment for technology, digital citizenship and research skills.

Data tool**June Lesson Plans**

June plan pairing a cyber safety lesson, end-of-year closing activities, solution-focused individual curriculum and data wall.

Monthly pack**Problem solving**

8 resources

Primary and Elementary (PK-5)**Size of the Problem Digital Activity - Boom Cards & Google Slides Game**

Drag-and-drop size of the problem activity in Google Slides and Boom Cards.

Activity**Elementary (2-5)****Size of the Problem Small Group - Elementary**

Six-week group on matching reaction size to problem size, coping strategies and problem solving.

Tier 2**Solution Focused Counseling Individual Curriculum + Data Tracking Tools**

Five one-on-one sessions with data tracking tools using a solution-focused approach to identify solutions.

Tier 3**Counseling Activities for Self-Regulation and Size of the Problem and Reaction**

Hands-on activity pack on sizing problems, matching reactions and finding solutions.

Activity**Size of the Problem Counseling Lap Book**

Interactive lap book on problem sizes, matching reactions, feelings and who can help.

Activity**Size of the Problem Pumpkins Fall SEL Activity - Boom Cards Fall Game**

Fall pumpkin Boom Cards on sizing problems and choosing appropriate reactions and solutions.

Activity**Size of the Problem Pumpkins Flip Book + Fall Themed Self-Regulation Activities**

Fall flip book, seed sort and worksheet on sizing problems and appropriate reactions.

Activity**Size of the Problem Scoot Game School Counseling Game**

Scoot game with 30 cards on problem size, related feelings and who can help.

Activity**Decision making and peer pressure**

3 resources

Middle School (6-8)**Responsibility Middle School Counseling Group: Taking Personal Responsibility**

Six-week middle school group on decision-making strategies and the consequences of choices.

Tier 2

Middle School Peer Pressure Individual Counseling Lesson

Six one-on-one sessions with journal for middle schoolers on peer pressure, personal values and self-esteem.

Tier 3

Responsible Decision Making Middle School Individual Curriculum

Six one-on-one sessions with journal for middle schoolers on values, goals, pros and cons, and consequences of decisions.

Tier 3

Self-advocacy

1 resource

Middle School (6-8)**Self-Advocacy Middle School Individual Counseling - Self-Advocacy Worksheets**

Five one-on-one sessions with journal for middle schoolers on self-advocacy, goal setting, listening and learning preferences.

Tier 3

Multi-topic skill review

8 resources

Elementary (2-5)**SEL Day Lesson- ASCA Awareness School Counseling Lesson**

SEL Day class lesson introducing the five core social and emotional skills with practice activities.

Tier 1

Countdown to Spring Break, School Counseling Spring Activity Pack

Spring countdown calendar with 20 short skill-building activities for drop-in individual or small group visits.

Activity

Countdown to Summer Break - End of the Year Counseling SEL Summer Activity Pack

Summer countdown calendar with 20 short skill-building activities for end-of-year individual or small group visits.

Activity

Countdown to Winter Break - Winter Themed Counseling and SEL Activity Pack

Winter countdown calendar with 20 short skill-building activities for drop-in individual or small group visits.

Activity

Fall SEL Activities & Fall School Counseling Activity - Countdown to Fall Break

Fall countdown calendar with 20 short skill-building activities for drop-in individual or small group visits.

Activity

School Counseling SEL Discussion Cards

122 discussion cards across 14 counseling topics for small groups, individual sessions or whole-class use.

Activity

Spring SEL Boom Cards - Digital Social Emotional Learning Activity

Spring Boom Cards covering eight social and coping skills, including I-statements, coping skills, self-control and kindness.

Activity

Summer SEL Toolkit for Parents and Caregivers

At-home summer toolkit for parents and caregivers to support students over the break.

Family/staff

Counseling program management and partnerships

19 resources

Elementary and Middle School (2-8)**Year-Long School Counseling Curriculum Map**

Year-long curriculum map of groups, lessons, individual activities, seasonal activities and data tools by month.

Planning tool

Middle School (6-8)**Middle School Counseling Lesson Plans - Year Long Curriculum Map**

Middle school year-long curriculum map of class lessons, groups, individual curricula and data tools by month.

Planning tool

High School (9-12)**504 Case Manager Toolkit**

Editable 504 case management templates, including at-a-glance summary and guardian and teacher input forms.

Planning tool

High School Counseling Opening School Year Checklist

High school opening-of-year checklist with enrollment, transcript review and schedule change trackers.

Planning tool

High School Counselor School Year Planning Checklist High school counselor year planning checklist with registration dashboard and evaluation artifacts tracker.	Planning tool
High School Graduation Checklist Graduation ceremony planning checklist with logistics and an emergency kit inventory.	Planning tool
School Counselor Appointment Request Form- High School Counseling Online form for high school students to request a counselor appointment by concern type.	Planning tool
Senior Awards Nomination Form Editable Google Form for collecting senior award and scholarship nominations.	Planning tool
All grades	
Needs Assessment for School Counseling + Digital Version Teacher and administrator needs assessment, in print and digital, for planning services from classroom feedback.	Data tool
School Counseling Data Collection Spreadsheets - Caseload and Counseling Log Google Sheets caseload tracker and counseling log, with video walkthrough, for tracking students served.	Data tool
School Counseling Data Wall - Counseling Bulletin Board Bulletin board template and Sheets tracker for displaying counseling program data and services provided.	Data tool
School Counseling EDITABLE End of the Year Report Editable end-of-year report template for sharing counseling program data with principals and stakeholders.	Data tool
Late Pass for Counseling Print-and-cut late passes for students returning from counseling sessions.	Planning tool
School Counseling Lesson Plans - Year Long Curriculum Map (PDF) Year-long curriculum map (PDF) showing which lessons, groups, individual curricula and data tools to use each month.	Planning tool
School Counseling Organization Hacks Counselor Organization Tools Editable trackers, counseling log, sign-in and call sheets for organizing caseload and student visit data.	Planning tool
School Counseling Referral Form Editable Google Forms referral forms for student self-referral and parent or teacher referral.	Planning tool
School Counseling Group Parent Letters + Permission Slips Editable parent letters and permission slips explaining small group goals and why a student was selected.	Family/staff
SEL & Trauma Informed Practices Workshop for Staff - SEL Staff Training Toolkit Editable staff training kit on social-emotional skills and trauma-informed practices, with presentation, icebreaker and discussion questions.	Family/staff
School Counseling Lesson Plans - Year Long Curriculum Map + Monthly PDFs (ZIP) ZIP collection of the year-long curriculum map plus the monthly lesson plan PDFs across all three tiers.	Collection