

PK-8 Scope and Sequence

A month-by-month map of IMPACT Tier 1 classroom lessons for Primary, Elementary and Middle School, with the Tier 2 and Tier 3 resources that follow each month.

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How the year fits together

IMPACT is organized so a counselor can open the month and start teaching. Each month has a theme, classroom lessons for every grade level, and a matching small group, individual counseling curriculum and data tool. This map shows that plan for the whole school year.

Counselors can swap any lesson for another on the same theme; every grade level section ends with the other Tier 1 lessons available for that grade level. July is not included because the monthly plans run August through June. Schools that end in May can fold the June lessons into May.

Year at a glance

Month	Primary (PK-1)	Elementary (2-5)	Middle School (6-8)	Tier 2 and Tier 3 (monthly plan)
August	Classroom expectations and listening	Meet the counselor	Meet the counselor and getting organized	Separation anxiety group; self-control individual; needs assessment
September	Feelings and friendship	Feelings and respect	Study skills and mental health awareness	Emotion recognition group; self-esteem individual; referral form
October	Bullying prevention and respect	Bullying prevention, tattling vs reporting	Bullying and substance use prevention	Social skills group; self-regulation individual; organization tools
November	Growth mindset and honesty	Perseverance and gratitude	Empathy and perseverance	Girls self-esteem group; anger management individual; caseload log
December	Self-control and empathy	Empathy and appreciating differences	Self-control and respect	Self-control group; grief and loss individual; data wall
January	Goal setting and responsibility	Goal setting and growth mindset	Executive functioning and goal setting	Executive functioning group; growth mindset individual; behavior surveys
February	Kindness and conversation skills	Kindness and the counselor's role	Healthy relationships	Relational aggression group; empathy individual; self-assessments
March	Coping skills and self-esteem	Self-regulation, SEL Day, careers	Careers and academic integrity	Academic skills group; divorce individual; self-assessments
April	Worries and personal safety	Coping with worry, test preparation, body safety	Stress and anxiety coping	Anxiety group; anxiety and worry individual; motivation survey
May	Careers and peaceful problem solving	Careers and the move to middle school	Transition to high school, gossip and rumors	Conflict resolution group; social skills individual; end-of-year report
June	Sportsmanship	Online safety and healthy summer habits	Social media and well-being	Closing activities; solution-focused individual; data wall

Recommended implementation

Tier 1: classroom lessons

Recommended: one classroom lesson per class each month, August through June. IMPACT classroom lessons typically include a counselor's guide, an outline or script, student activities and pre and post self-assessments.

Tier 2: small groups

Recommended: small groups of 6 to 8 weekly sessions for students identified through referrals and academic, behavior and attendance data. Each group includes weekly session outlines, and most include pre and post self-assessments.

Tier 3: individual counseling

Recommended: an individual counseling curriculum for students who need more support, with a student journal and data tracking tools to monitor progress session by session.

Data and progress monitoring

Recommended: pre and post self-assessments or teacher and parent behavior surveys for every group and individual plan, with periodic data review. Each monthly plan names a data or planning tool.

Recommended schedule

Tier	Who	How often	IMPACT tools
Tier 1	All students, class by class	One lesson per class each month, August through June	Monthly classroom lesson; pre and post self-assessments
Tier 2	Students identified by data, referrals and self-assessments	Weekly small group, 6 to 8 sessions	Group outlines; group self-assessments; teacher and parent behavior surveys
Tier 3	Students who need individual support	Individual sessions, as planned by the counselor	Individual curriculum with student journal and data tracking tools
Program data	Counselor and school team	Review regularly; report at year end	Needs assessment, referral form, caseload log, data wall, end-of-year report

From classroom to small group to individual support

1 Teach

Tier 1 lesson for every class, with pre and post self-assessments

2 Identify

Self-assessments, referrals and teacher surveys show who needs more

3 Support

Tier 2 group (6 to 8 sessions) or Tier 3 individual curriculum

4 Monitor

Pre and post data and rating scales show growth and next steps

Primary (PK-1) lessons by month

Month	Theme	Tier 1 classroom lessons	Notes
August	Classroom expectations and listening	School Counseling Following Directions Guidance Lesson for Primary Students Grades PK-1 Active Listening Counseling Guidance Lesson and Activities for Primary Students Grades PK-1	Tip: the editable Meet the School Counselor Game Show can be adapted for younger students.
September	Feelings and friendship	Feelings and Emotion Identification Primary Class Lesson Grades PK-1 Friendship School Counseling Guidance Lesson for Primary Students Grades PK-1	
October	Bullying prevention and respect	Bullying Prevention Lesson for Social Emotional Learning and School Counseling Grades 1-5 (use in grade 1) Respect Lesson for Kindergarten - Social Emotional Learning & School Counseling Grades K-1	October is National Bullying Prevention Month.
November	Growth mindset and honesty	Growth Mindset Primary Lesson Primary Honesty School Counseling Class Lesson for Primary Grades PK-1	
December	Self-control and empathy	Self-Control School Counseling Guidance Lesson for Primary Students Grades PK-1 EMPATHY Classroom Guidance Lesson, Activity, and Game + Editable Digital Version Grades 1-5 (use in grade 1)	
January	Goal setting and responsibility	Goal Setting Lesson for Social Emotional Learning & Elementary School Counseling Grades 1-6 (use in grade 1) School Counseling Responsibility Guidance Lesson for Primary Students Grades PK-1	
February	Kindness and conversation skills	Kindness Lesson - Elementary School Counseling Social Emotional Learning Grades 1-6 (use in grade 1) Conversing with Others & Social Skills Lesson for Primary Primary	
March	Coping skills and self-esteem	Coping Skills Activities & Lesson for Primary Students Grades PK-1 Self-Esteem Counseling Guidance Lesson Primary	
April	Worries and personal safety	Identifying Worries Lesson & Activities for Primary Grades PK-1 Personal Safety & Safety Awareness Lesson for Primary Primary	April is National Child Abuse Prevention Month.
May	Careers and peaceful problem solving	Primary Career Exploration & Career Readiness Lesson Grades PK-1 Conflict Resolution & Peacemaking School Counseling Lesson for Primary Grades PK-1	

Month	Theme	Tier 1 classroom lessons	Notes
June	Sportsmanship	Good Sportsmanship Lesson for Primary Students - Sportsmanship Activities Primary and elementary (PK-5)	A good fit for field day season.

More Tier 1 lessons for this grade level (27)

- Anger Management Lesson for Social Emotional Learning and School Counseling
- Anxiety Management and Coping Skills SEL Classroom Lesson for School Counseling
- BULLYING PREVENTION Editable Guidance Lesson, Video, and Activity
- Career Exploration Lesson for Social Emotional Learning and School Counseling
- COOPERATION Guidance Lesson Activity & Video + Editable Google Version
- Cooperation Lesson for Social Emotional Learning & Elementary School Counseling
- Cyber Safety SEL Lesson and Activities - Elementary School Counseling
- DETERMINATION Guidance Lesson Activity and Video with Editable Version
- Easter Diversity Lesson and Activity with Digital Version
- Empathy Lesson for Social Emotional Learning and Elementary School Counseling
- Feelings & Emotions Counseling Lesson: Social Emotional Learning Activities
- Focus and Attention Lesson for Social Emotional Learning and School Counseling
- FRIENDSHIP Guidance Lesson, Activity, and Video - Friendship Class Lesson
- Friendship Skills Lesson for Social Emotional Learning and School Counseling
- Growth Mindset SEL and School Counseling Lesson, Game, Skits, and Activities
- Growth Mindset vs. Fixed Mindset Classroom Guidance Lesson, Video, and Game
- Learning Styles SEL School Counseling Lesson: Learning Style Survey & Activities
- Perseverance and Determination Elementary Counseling SEL Lesson & Activities
- RESPONSIBILITY Classroom Guidance Lesson with Editable Digital Version
- Responsibility Lesson for Social Emotional Learning and School Counseling
- SELF-CONTROL Guidance Lesson + Editable Google Slides Version
- Self-Control Lesson for Social Emotional Learning & Elementary School Counseling
- SELF-ESTEEM Guidance Lesson, Activity, and Video with Digital Version
- Self-Esteem Lesson for Social Emotional Learning & Elementary School Counseling
- Self-Regulation Lesson for Social Emotional Learning and School Counseling
- STUDY SKILLS Classroom Guidance Lesson, Activity, and Game with Digital Version
- Study Skills Lesson for Social Emotional Learning & Elementary School Counseling

Elementary (2-5) lessons by month

Month	Theme	Tier 1 classroom lessons	Notes
August	Meet the counselor	Monthly plan lesson Meet The Counselor Escape Room Guidance Lesson - Mission Meet The Counselor Grades 2-6 Meet the School Counselor Game Show - Meet the Counselor Template Editable Intro Grades 2-5	
September	Feelings and respect	Monthly plan lesson Feelings & Emotions Counseling Lesson: Social Emotional Learning Activities Grades 1-6 Respect Lesson for Elementary School Social Emotional Learning and Counseling Grades 2-5	
October	Bullying prevention, tattling vs reporting	Monthly plan lesson BULLYING PREVENTION Editable Guidance Lesson, Video, and Activity Grades 1-5 Tattling Vs Reporting Escape Room Guidance Lesson Mission Tattling Vs Reporting Grades 2-6	October is National Bullying Prevention Month.
November	Perseverance and gratitude	Monthly plan lesson Perseverance SEL Class Character Education Lesson: Develop Character Strengths Grades 3-6 Gratitude and Shifting Perspectives School Counseling Lesson and Activity Upper elementary	
December	Empathy and appreciating differences	Monthly plan lesson Empathy SEL Class Lesson - Editable Character Education Counseling Lesson Grades 3-6 International Day of Persons with Disabilities -ASCA Awareness Lesson Elementary (2-5)	International Day of Persons with Disabilities is December 3.
January	Goal setting and growth mindset	Monthly plan lesson Goal Setting Lesson for Social Emotional Learning & Elementary School Counseling Grades 1-6 Interactive Growth Mindset Escape Room Class Lesson: Growth vs. Fixed Mindset Grades 2-6	
February	Kindness and the counselor's role	Monthly plan lesson Kindness Lesson - Elementary School Counseling Social Emotional Learning Grades 1-6 National School Counseling Week Lesson- ASCA Awareness School Counseling Lesson Elementary (2-5)	National School Counseling Week is in early February.
March	Self-regulation, SEL Day, careers	Monthly plan lesson Self-Regulation Lesson for Social Emotional Learning and School Counseling Grades 1-6 SEL Day Lesson- ASCA Awareness School Counseling Lesson Elementary (2-5) Career Exploration Lesson for Elementary - Career Exploration Worksheets Elementary (2-5)	Also fits: SELF-REGULATION Guidance Lesson - Editable Class Lesson. SEL Day is in March. Starts career exploration ahead of May; includes a career day toolkit.

Month	Theme	Tier 1 classroom lessons	Notes
April	Coping with worry, test preparation, body safety	Monthly plan lesson Anxiety Management and Coping Skills SEL Classroom Lesson for School Counseling Grades 1-6 STUDY SKILLS Classroom Guidance Lesson, Activity, and Game with Digital Version Grades 1-5 Body Safety Lesson - Safe vs. Unsafe Touch Erin's Law Lesson Grades 2-5	Before spring testing. April is National Child Abuse Prevention Month.
May	Careers and the move to middle school	Monthly plan lesson Career Exploration Lesson for Social Emotional Learning and School Counseling Grades 1-6 Middle School Transition Lesson-5th Grade Transition to Middle School Activities 5th grade	Also fits: Career Exploration Lesson for Elementary - Career Exploration Worksheets. Designed for 5th grade.
June	Online safety and healthy summer habits	Monthly plan lesson Cyber Safety SEL Lesson and Activities - Elementary School Counseling Grades 1-6 Wellness and Sleep Hygiene Class Lesson Upper elementary	Also fits: CYBER SAFETY Guidance Lesson Activity & Game + Editable Google Version.

More Tier 1 lessons for this grade level (41)

- Anger Management Lesson for Social Emotional Learning and School Counseling
- Belonging Lesson & Empathy Activities to Teach Belonging
- Bullying Prevention Lesson for Social Emotional Learning and School Counseling
- College Exploration Elementary Lesson - College and Career Readiness Activities
- Conflict Resolution and Friendship Digital Lesson
- COOPERATION Guidance Lesson Activity & Video + Editable Google Version
- Cooperation Lesson for Social Emotional Learning & Elementary School Counseling
- Coping Skills Digital Lesson
- Curiosity SEL Class Character Education Lesson: Developing Character Strengths
- CYBER SAFETY Guidance Lesson Activity & Game + Editable Google Version
- DETERMINATION Guidance Lesson Activity and Video with Editable Version
- Easter Diversity Lesson and Activity with Digital Version
- EMPATHY Classroom Guidance Lesson, Activity, and Game + Editable Digital Version
- Empathy Lesson for Social Emotional Learning and Elementary School Counseling
- Focus and Attention Lesson for Social Emotional Learning and School Counseling
- Focus and Attention SEL Classroom Guidance Lesson with Editable Digital Version
- FRIENDSHIP Guidance Lesson, Activity, and Video - Friendship Class Lesson
- Friendship Skills Lesson for Social Emotional Learning and School Counseling
- Good Sportsmanship Lesson & Activities: Elementary Social Skills & Sportsmanship
- Good Sportsmanship Lesson for Primary Students - Sportsmanship Activities
- Growth Mindset SEL and School Counseling Lesson, Game, Skits, and Activities
- Growth Mindset vs. Fixed Mindset Classroom Guidance Lesson, Video, and Game
- Honesty Activities and School Counseling Character Ed Lesson on Being Honest
- Integrity SEL Class Lesson - Editable Character Education Counseling Lesson
- Intrinsic Motivation Counseling Lesson- Activities to Teach Intrinsic Motivation
- Learning Styles SEL School Counseling Lesson: Learning Style Survey & Activities
- Meet the Counselor Board Game - Back to School Meet the School Counselor Lesson
- Mission Self-Control Escape Room Guidance Lesson on Managing Tough Emotions
- Optimism SEL Class Lesson: Lessons & Activities to Develop Character Strengths
- Perseverance and Determination Elementary Counseling SEL Lesson & Activities
- Respect Lesson for Kindergarten - Social Emotional Learning & School Counseling
- RESPONSIBILITY Classroom Guidance Lesson with Editable Digital Version
- Responsibility Lesson for Social Emotional Learning and School Counseling
- Self-Confidence SEL Class Character Education Lesson: Develop Character Strength
- SELF-CONTROL Guidance Lesson + Editable Google Slides Version
- Self-Control Lesson for Social Emotional Learning & Elementary School Counseling
- Self-Control SEL Class Lesson - Editable Character Education Counseling Lesson
- SELF-ESTEEM Guidance Lesson, Activity, and Video with Digital Version
- Self-Esteem Lesson for Social Emotional Learning & Elementary School Counseling
- SELF-REGULATION Guidance Lesson - Editable Class Lesson
- Study Skills Lesson for Social Emotional Learning & Elementary School Counseling

Middle School (6-8) lessons by month

Month	Theme	Tier 1 classroom lessons	Notes
August	Meet the counselor and getting organized	Meet The Counselor Escape Room Guidance Lesson - Mission Meet The Counselor Grades 2-6 (use in grade 6) Executive Functioning Middle School Digital Counseling Lesson Middle school (6-8)	
September	Study skills and mental health awareness	Middle School Study Skills Lesson - Study Skills Activities for Middle Schoolers Grades 6-8 Suicide Prevention Lesson Middle School Counseling Grades 6-8	September is Suicide Prevention Awareness Month. Includes a universal screener; follow your district protocols.
October	Bullying and substance use prevention	Bullying Prevention Lesson for Middle School Counseling Grades 6-8 Vaping and E-Cigarettes Prevention for Middle School Grades 6-8	Red Ribbon Week is the last week of October.
November	Empathy and perseverance	Empathy Middle School Digital Counseling Lesson Middle school Perseverance SEL Class Character Education Lesson: Develop Character Strengths Grades 3-6 (use in grade 6)	
December	Self-control and respect	Self-Control SEL Class Lesson - Editable Character Education Counseling Lesson Grades 3-6 (use in grade 6) Respect Lesson for Middle School Social Emotional Learning and School Counseling Grades 6-8	
January	Executive functioning and goal setting	Executive Functioning Lesson Plans for Middle School Study Skills & Counseling Grades 6-8 Goal Setting Lesson for Social Emotional Learning & Elementary School Counseling Grades 1-6 (use in grade 6)	
February	Healthy relationships	Healthy Relationships Middle School Digital Counseling Lesson Middle school Relational Aggression Lesson for Middle School - Middle School Friendship Lesson Grades 6-8	
March	Careers and academic integrity	Career Exploration Lesson for Social Emotional Learning and School Counseling Grades 1-6 (use in grade 6) Using AI with Integrity - Middle School Class Lesson Middle school	
April	Stress and anxiety coping	Stress Management Middle School Class Lesson - Digital & Editable Middle school Anxiety Management and Coping Skills SEL Classroom Lesson for School Counseling Grades 1-6 (use in grade 6)	

Month	Theme	Tier 1 classroom lessons	Notes
May	Transition to high school, gossip and rumors	High School Transition Lesson - 8th Grade Transition to High School Activities 8th grade Gossip & Rumors Middle School Digital Counseling Lesson Middle school (6-8)	Designed for 8th grade.
June	Social media and well-being	Mental Health, Tech, & Social Media Safety Lesson for Middle School Counseling Grades 6-8	Ahead of summer screen time.

More Tier 1 lessons for this grade level (27)

- Anger Management Lesson for Social Emotional Learning and School Counseling
- Cooperation Lesson for Social Emotional Learning & Elementary School Counseling
- Curiosity SEL Class Character Education Lesson: Developing Character Strengths
- Cyber Safety SEL Lesson and Activities - Elementary School Counseling
- Empathy Lesson for Social Emotional Learning and Elementary School Counseling
- Empathy SEL Class Lesson - Editable Character Education Counseling Lesson
- Feelings & Emotions Counseling Lesson: Social Emotional Learning Activities
- Focus and Attention Lesson for Social Emotional Learning and School Counseling
- Focus and Attention SEL Classroom Guidance Lesson with Editable Digital Version
- Friendship Skills Lesson for Social Emotional Learning and School Counseling
- Growth Mindset SEL and School Counseling Lesson, Game, Skits, and Activities
- Integrity SEL Class Lesson - Editable Character Education Counseling Lesson
- Interactive Growth Mindset Escape Room Class Lesson: Growth vs. Fixed Mindset
- Kindness Lesson - Elementary School Counseling Social Emotional Learning
- Learning Styles SEL School Counseling Lesson: Learning Style Survey & Activities
- Middle School Friendship Lesson - Healthy Vs. Unhealthy Friendships SEL Lesson
- Mission Self-Control Escape Room Guidance Lesson on Managing Tough Emotions
- Optimism SEL Class Lesson: Lessons & Activities to Develop Character Strengths
- Perseverance and Determination Elementary Counseling SEL Lesson & Activities
- Respect Activities for Middle School - Respect SEL and School Counseling Lesson
- Responsibility Lesson for Social Emotional Learning and School Counseling
- Self-Confidence SEL Class Character Education Lesson: Develop Character Strength
- Self-Control Lesson for Social Emotional Learning & Elementary School Counseling
- Self-Esteem Lesson for Social Emotional Learning & Elementary School Counseling
- Self-Regulation Lesson for Social Emotional Learning and School Counseling
- Study Skills Lesson for Social Emotional Learning & Elementary School Counseling
- Tattling Vs Reporting Escape Room Guidance Lesson Mission Tattling Vs Reporting

How Tier 2 and Tier 3 follow each month

Each monthly lesson plan pairs the classroom theme with a small group, an individual counseling curriculum and a data or planning tool. Classroom lessons and their self-assessments help the counselor spot students who need more practice; those students move into the month's small group, and students who need more support receive the individual curriculum. Progress is tracked with the data tools, so the counselor can see who is ready to move back to Tier 1 support.

Month	Tier 2 small group	Tier 3 individual curriculum	Data or planning tool	Middle school options
August	Separation Anxiety School Counseling Small Group for K-2 Primary Students	Self-Control Individual Counseling Curriculum + Data Tracking Tools	Needs Assessment for School Counseling + Digital Version	Tier 2 Friendship Group for New Students - Growing Friends Counseling Group Tier 3 Self-Advocacy Middle School Individual Counseling - Self-Advocacy Worksheets
September	Emotion Recognition and Self Regulation Six Week School Counseling Small Group	Self-Esteem Individual Counseling Curriculum + Data Tracking Tools	School Counseling Referral Form	Tier 2 Emotional Regulation & Management Strategies for Middle School Counseling Group Tier 3 Anxiety Coping Skills Activities- Middle School Individual Counseling Curriculum
October	Social Skills School Counseling Small Group + Friendship & Conflict Resolution For a longer group, use Social Skills Counseling Group - 10 Weeks of Activities, Games, Lessons & more! (grades 1-5).	Self-Regulation Individual Counseling Curriculum + Data Tracking Tools	School Counseling Organization Hacks Counselor Organization Tools	Tier 2 Friendship & Conflict Resolution Group Counseling Lesson Plans for Middle School Tier 3 Bullying Prevention & Cyberbullying Lessons- Middle School Individual Counseling
November	Self-Esteem Girls Counseling Group - Love Your Selfie Girls Confidence Group	Anger Management Individual Counseling Curriculum + Data Tracking Tools	School Counseling Data Collection Spreadsheets - Caseload and Counseling Log	Tier 2 Empathy Middle School Counseling Group - Teaching Empathy in Middle School
December	Self-Control School Counseling Group: Develop Self-Control Accountability Habits Designed for grades 3-7. For K-2, use Self-Control, Behavior Management, and Coping Skills Group for Impulse Control.	Grief and Loss Individual Counseling Curriculum + Data Tracking Tools	School Counseling Data Wall - Counseling Bulletin Board	Tier 2 Self-Management and Responsibility Counseling Group for Middle School Tier 3 Grief and Loss Middle School Individual Counseling Curriculum- Grief Activities
January	Executive Functioning and Study Skills Counseling Group & SEL Activities	Growth Mindset Individual Counseling Curriculum Strategies and Data Tracking	Data Collection Behavior Surveys - School Counseling Data Tracking Forms	Tier 2 Executive Functioning and Study Skills Counseling Group & SEL Activities
February	Relational Aggression School Counseling Small Group - ASCA & CASEL Aligned	Empathy Individual Counseling Curriculum and Data Collection Tools	The self-assessment that matches the group topic	Tier 2 Relationship Skills Middle School Counseling Group Build Healthy Relationships Tier 3 Middle School Peer Pressure Individual Counseling Lesson

Month	Tier 2 small group	Tier 3 individual curriculum	Data or planning tool	Middle school options
March	Study Skills Small Group Test Taking, Executive Functioning & Managing Anxiety	Divorce Individual Counseling Curriculum + Data Tracking Tools	The self-assessment that matches the group topic	Tier 2 Middle School Anxiety and Test Anxiety Counseling Group Anxiety Coping Skills Tier 3 Responsible Decision Making Middle School Individual Curriculum
April	Anxiety School Counseling Small Group ASCA & CASEL Aligned Stress Fear & Anxiety	Anxiety & Worry Individual Counseling Curriculum Coping Skills and Strategies	Motivation Assessment Survey - Behavior Assessment Tool with Digital Version	Tier 2 Stress Management and Relief Counseling Group: Stress Busters Coping Strategies
May	Conflict Resolution & Size of the Problem Small Group Individual curriculum designed for grades K-2.	Social Skills Individual Counseling Curriculum - Primary	School Counseling EDITABLE End of the Year Report	Tier 2 Social Skills Group Social Fluency Social Skills Counseling Group
June	Counseling Termination Activities - School Counseling End of Year Activities Closing activities for groups and individual students at the end of the year.	Solution Focused Counseling Individual Curriculum + Data Tracking Tools	School Counseling Data Wall - Counseling Bulletin Board	Tier 2 Leadership Activities - Group Counseling Lesson Plans for Middle School Students

The monthly plans name mostly elementary groups and individual curricula. The middle school options are IMPACT resources for grades 6-8 that match each month's theme.

I built the monthly plans so that no counselor has to start the year with a blank calendar. Use this map as a starting point and adjust it to your school's needs, calendar and data. If you would like the curriculum map files or sample lessons for your review, email me at rachel@brightfutures-counseling.com.

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