

BEECHWOOD INDEPENDENT SCHOOLS PK-13 WELLNESS COUNSELING CURRICULUM

Grade

PK

1 Lesson Per Week

K

1 Lesson Per Week

1

1 Lesson Per Week

2

1 Lesson Per Week

3

1 Lesson Per Week

4

1 Lesson Bi-Weekly
Alternating with
Tier 2 Small Groups

5

1 Lesson Bi-Weekly
Alternating with
Tier 2 Small Groups

6

1 Lesson Bi-Weekly
Alternating with
Tier 2 Small Groups

Year at a Glance

- Emotion Regulation
- Kids on the Block-Child Abuse Puppet Show



- Skills for Learning (Ready to learn, Positive Self-talk, Self-Control)
- Empathy (Identifying and understanding feelings)
- Anti-Bullying-Kids on the Block
- Emotion Management
- Problem Solving



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- Empathy (Identifying and understanding feelings)
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- Emotion Management
- Problem Solving



- Skills for Learning (Ready to learn, Positive Self-talk, Self-Control)
- Empathy (Identifying and understanding feelings)
- Anti-Bullying-Kids on the Block
- Emotion Management
- Problem Solving
- Small Groups



- Skills for Learning (Ready to learn, Positive Self-talk, Self-Control)
- Empathy (Identifying and understanding feelings)
- Anti-Bullying-Kids on the Block
- Emotion Management
- Problem Solving
- Test Taking Strategies
- Small Groups



- Empathy
- Anti-Bullying -Kids on the Block
- Emotion Management/Mindfulness
- Problem Solving
- Test Taking Strategies
- Family Nurturing Center (Child Safety Matters)
- Small Groups



- Empathy
- Anti-Bullying
- Emotion Management
- Problem Solving
- Family Nurturing Center (Child Safety Matters)
- Small Groups



- Empathy/Anti-bullying
- Emotion Management
- Problem Solving
- Family Nurturing Center (Teen Safety Matters)
- Suicide Prevention Programming
- Small Groups



Wellness Area(s)

Emotion Management
Empathy
Personal Safety

Emotion Management
Interpersonal Skills
Empathy
Bullying Prevention

Emotion Management
Interpersonal Skills
Empathy
Bullying Prevention

Emotion Management
Interpersonal Skills
Empathy
Bullying Prevention

Emotion Management
Interpersonal Skills
Empathy
Bullying Prevention

Emotion Management
Interpersonal Skills
Digital Safety
Personal Safety
Empathy
Bullying Prevention

Emotion Management
Digital Safety
Personal Safety
Empathy
Bullying Prevention

Emotion Management
Digital Safety
Personal Safety
Empathy
Bullying Prevention

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Grade

Year at a Glance

Wellness Area(s)

7

1 Lesson Per Quarter
+ 125 Individual
Meetings

- Suicide prevention programming
- Counseling small groups
- 1:1 meetings with counselor
- Digital safety classroom lesson
- Positive peer relationships classroom lesson



Emotion Management
Interpersonal Skills
Digital Safety
Bullying Prevention

8

1 Lesson Per Quarter
+ 125 Individual
Meetings

- Suicide prevention programming
- Counseling small groups
- Respecting privacy classroom lesson
- Positive peer relationships classroom lesson



Emotion Management
Interpersonal Skills
Digital Safety
Empathy
Bullying Prevention

9

1 Lesson Per Quarter
+ 125 Individual
Meetings

- Suicide prevention programming
- Counseling small groups
- Respecting self and others classroom lesson
- Stress management classroom lesson



Emotion Management
Interpersonal Skills
Empathy
Digital Safety
Bullying Prevention

10

1 Lesson Per Quarter
+ 125 Individual
Meetings

- Suicide prevention programming
- Counseling small groups
- 1:1 meetings with counselor
- Respecting self and others classroom lesson
- Stress management classroom lesson



Emotion Management
Interpersonal Skills
Empathy
Digital Safety
Bullying Prevention

11

3 Lessons Per Year
+ 125 Individual
Meetings

- Suicide prevention programming
- Counseling small groups
- 1:1 meetings with counselor
- Classroom lesson on finishing strong/managing stress entering senior year



Emotion Management
Interpersonal Skills
Resilience
Future Planning

12

2 Lessons Per Year
+ 125 Individual
Meetings

- Suicide prevention programming
- Counseling small groups
- 1:1 meetings with counselor throughout the year



Emotion Management
Interpersonal Skills
Resilience
Future Planning

13

- Year 13 Survey and follow-up
- Summer session for last-minute decision support



Resilience
Future Planning

wearebeechwood.