

Week Beginning	2ND/3RD GRADE		2ND GRADE		3RD GRADE	
	Counseling Curriculum Crosswalk/Integration	Second Sten Teacher 2nd Grade	Second Sten Reinforce	Second Sten Teacher 3rd Grade	Second Sten Reinforce	
Aug 21		Feeling Proud		Why Emotions?		
Aug 28	The Butterfly Effect	Feeling Disappointed		How Angry?		
Sept 5	Me & My Feelings Pt 1	Help Yourself Feel Better	Feeling Proud/Disappointed	Take a Break	Why Emotions?/How Happy?	
Sept 12	Me & My Feelings Pt 2	Different Feelings	Feel Better/Diff Feelings	How Happy?		
Sept 19	My Feelings Thermometer	How Do You Feel?	How Do You Feel?	Strength of Feelings-	Strength of Feelings/Take A Break	
Sept 26	My Brain House/Upstairs & Downstairs Brain	Getting Good at Something		Changing Your Brain		
Oct 3	Annie: In/Out of My Control	What Mistakes Tell Us		Getting Better with Practice		
Oct 10	Albert: Understanding Anger	Helpful & Unhelpful Thoughts		More Than Practice	How Angry?	
Oct 17	Fred: Understanding Fear	We Can Change Our Thoughts		Planning for Practice		
Oct 31	Bob: Fight, Flight or Freeze	Learn and Get Better		Make a Practice Plan		
Nov 7	Bob: My Feelings & My Body	The Way to Say a Problem		STEP by Step		
Nov 14	Felix: Neuroplasticity	Thinking of Solutions	Getting Good at Something / What Mistakes Tell Us	S: Say the Problem	Changing Your Brain/Getting Better w Practice	
Nov 21/Nov 28	Frank: Focusing Attention	Which Solution?		T: Think and E: Explore	More Than Practice / Planning for Practice	
Dec 5	Carl: Coping Skills	What Would I Want?		P: Pick a Solution		
Dec 12	Carl: Coping Skills / Superpower Senses	Be a Problem-Solver		Solving a Problem		
Dec 19/ Jan 2	Patty: IDEA Problem-Solving	What's Empathy?	Say Problem, Which Solution?, What I Want & Be a Problem-Solver	Kindness and Friendship	Say The Problem, Think & Explore, Pick Solution & Solving a Problem	
Jan 9	ANTS Intro: Automatic Negative Thoughts	Empathy in Action	Helpful/Unhelpful & We Can Change Thoughts	Building a Friendship		
Jan 23	ANTS: Cammie, Maddie, Jazz, Marty & Ellie	Having Empathy		My Kind of Kindness-		
Jan 30	ANTS: Ollie, Allie, Lester, Freddy & Betty	Empathy at School		Asking Questions		
Feb 6	ANTS: Steve, Pete, Ron, Frank & Charlie	Empathy and Kindness		Do Something Kind		
Feb 13	School Kindness Challenge		Empathy/Empathy in Action		Kindness/Friendships	
Feb 20			Empathy @ School / Empathy & Kindness		Asking Questions / Do Something Kind	
Feb 27	ANTS: Thought Stopping					
Mar 6	ANTS: Puzzle/Memory Match					
Mar 20	ANTS: Catch & Question					
Mar 27	ANTS: BUG OFF!					
Apr 3	Managing Worry & Anxiety					
Apr 10	Taking Tests & Calming Strategies					
Apr 17	My Superpower Senses: Taste					
Apr 24	My Superpower Senses: Smell					
May 1	My Superpower Senses: Touch					
May 8	My Superpower Senses: Sound					
May 15	My Superpower Senses: Sight					