

| Week Beginning | 4TH/5TH GRADE | 4TH GRADE | | 5TH GRADE | |
|----------------|--|----------------------------|---|---------------------------|---|
| | Counseling Curriculum Crosswalk/Integration | Second Step Teacher | Second Step Reinforce | 2nd Step Teacher | 2nd Step Reinforce |
| | | 4th Grade | 4th Grade | 5th Grade | 5th Grade |
| Aug 21 | BOTVIN'S LIFE SKILLS | Setting a Good Goal | | The Right Goal for Me | |
| Aug 28 | RESILIENT MIND | Making a Plan | | My Plan | |
| Sept 5 | Me & My Feelings | Checking Our Progress | | Changing My Plan | |
| Sept 12 | My Feelings Thermometer | Reflecting On Our Journey | | Time to Reflect | Strong Emotions |
| Sept 19 | Self-Esteem | Ready, Set, Goal! | | My 10-Minute Goal | |
| Sept 26 | My Brain House / Upstairs & Downstairs Brain | The Balanced-Brain | The Balanced Brain | Strong Emotions | |
| Oct 3 | Annie: In/Out of My Control | What Is Rethinking? | Setting A Good Goal, Making A Plan, Checking Our Progress | What Is Stress? | |
| Oct 10 | Albert: Understanding Anger | How to Rethink | | Planning for Change | |
| Oct 17 | Dangers of Smoking | Take Another Look | | What Can I Change? | |
| Oct 31 | Fred: Understanding Fear | Rethink It! | | Making a Change | |
| Nov 7 | Bob: Fight, Flight or Freeze | The Same, But Different | | Beginning to STEP | |
| Nov 14 | Felix: Neuroplasticity | Ask, Listen, Learn | Reflecting on Our Journey & Ready, Set, Goal! | When? Where? Who? | Planning for, What Can I & Making A Change |
| Nov 21/Nov | Frank: Focusing Attention | Seeing It Differently | | Solutions Web | |
| Dec 5 | Carl: Coping Skills / Dealing with Stress | Changing Your Mind | | Let's Reflect | What is Stress |
| Dec 12 | Carl: Coping Skills / Superpower Senses | A New Point of View | | Putting It All Together | |
| Dec 19/ Jan | Patty: Problem-Solving / Decision-Making | A Good Problem-Solver | A Good Problem-Solver, Exploring Outcomes & Good Solution | Empathy in the Community | The Right Goal for Me, My Plan, Changing Plan & Reflecting |
| Jan 9 | ANTs Intro: Automatic Negative Thoughts | Saying It Respectfully | Rethinking, Take Another Look & Rethink It | What's the Problem? | |
| Jan 23 | ANTs: Cammie, Maddie, Jazz, Marty & Ellie | Exploring Outcomes | | A Different Point of View | |
| Jan 30 | ANTs: Ollie, Allie, Lester, Freddy & Betty | A Good Solution | | Community Solutions | |
| Feb 6 | ANTs: Steve, Pete, Ron, Frank & Charlie | STEP into Problem-Solving | | Your Solution | |
| Feb 13 | School Kindness Challenge | | Same But Different | | Empathy in Community, What's Problem? Different Point of View & Solutions |
| Feb 20 | | | Saying It Respectfully & Ask, Listen, Learn | | |
| Feb 27 | ANTs: Thought Stopping | | Seeing It Differently, Changing Your Mind & A New Point of View | | Beginning to STEP, When?Where?Who?, Solutions & Reflecting |
| Mar 6 | Downstairs Brain Demands | | | | |
| Mar 20 | Downstairs Brain Stories/Behaviors | | | | |
| Mar 27 | Brain Mapping Review | | | | |
| Apr 3 | Upstairs Brain All The Time | | | | |
| Apr 10 | ANTs: Puzzle/Memory Match | | | | |
| Apr 17 | ANTs: Catch & Question | | | | |
| Apr 24 | ANTs: BUG OFF! | | | | |
| May 1 | Communication Skills | | | | |
| May 8 | Social Skills | | | | |
| May 15 | Being Assertive | | | | |