



SEL Monthly Guidance Lessons 2022-23

Elementary School



Month: August (School Pride)

Objectives: Staff will:

1. Create an account on Second Step (See page 2 for codes): <https://www.secondstep.org/>

You will receive an email from Second Step.



2. Create an account on PACER - <https://www.pacer.org/bullying/classroom/all-in/>



3. Verify that you have the following complete curriculums at your campus:

Everyday SEL – One per elementary staff.



4. Create an account on EverFi. <https://everfi.com/> EVERFI

5. Introduce yourself to each class. Here are a few ideas:

PowerPoint: <https://www.thehelpfulcounselor.com/elementary-school-counselor-introduction-lesson/>

First Aid Kit: <https://savvyschoolcounselor.com/school-counselors-first-aid-kit/>

Cheeseburger Counselor: <https://www.teacherspayteachers.com/Product/Cheeseburger-Counselor-Introduction-1936618>



SEL Monthly Guidance Lessons 2022-23

Elementary School

Second Step Online Activation Codes

Please type in each of the codes as they are listed below. Please be sure to put spaces in between the parts of the code when you type it in as it is below.

Second Step

- Early Learning: SSPE KP48 C2F5 or SSPE KCGC FR7Z
- Kindergarten: SSPK X2F5 0K0D
- 1st Grade: SSP1 LS52 54HT
- 2nd Grade: SSP2 5D5R A83F
- 3rd Grade: SSP3 P9W8 TZ25
- 4th Grade: SSP4 8SL6 6ZB0
- 5th Grade: SSP5 KM51 TN88

Bullying Prevention Unit

- Kindergarten: BPUK D7Z7 2L2M
- 1st Grade: BPU1 NF38 35TD or BPU1 NH38 36AV
- 2nd Grade: BPU2 H3A6 K49Y or BPU2 H5M7 K74P
- 3rd Grade: BPU3 W89Q KS57 or BPU3 X56D LJ86
- 4th Grade: BPU4 FMB5 A6EP or BPU4 ELCD 95FX
- 5th Grade: BPU5 ELHG 95M2 or BPU5 ELUU 95YE

Child Prevention Unit

- Kindergarten: CPUK HBZS BS9F
 - 1st Grade: CPU1 LEC3 EUKQ
 - 2nd Grade: CPU2 NW8W HFCG
 - 3rd Grade: CPU3 PXHB JGLV
 - 4th Grade: CPU4 69YU YT4E
 - 5th Grade: CPU5 7AWL ZU26
- **Julia Meyer** | Client Success Manager
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 Direct: 206-428-9899



SEL Monthly Guidance Lessons 2022-23

Elementary School



Month: September

Character Trait: Respect

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness and Interpersonal Effectiveness – Self-Awareness, Self-Management, Social Awareness, and Relationship Skills

Second Step: Growth Mindset & Goal Setting

Objectives: Students will be able to:

1. Learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives.
2. Set and achieve collective and personal goals and learn from challenges and mistakes.
3. Learn all about the basics of bullying – including the definition of bullying, roles students play, and what they can do to address bullying situations at school.

Guidance Lessons:

1. Second Step: <https://www.secondstep.org>

Second Step Digital Unit 1: Growth Mindset & Goal Setting	Second Step Kit Unit 1: Skills for Learning	Second Step: Child Protection Unit
Kinder: Lessons 1- 2 1st: Lessons 1 - 2 2nd: Lessons 1 - 2 3rd: Lessons 1-2 4th: Lessons 1 - 2 5th: Lesson 1-2	PreK: Lessons 1-4 Kinder: Lessons 1-2 1st: Lessons 1-3 2nd: Lessons 1-2 3rd: Lessons 1-2 4th: Lessons 1-2 5th: Lessons 1-2	Kinder: Lesson 1 1st: Lesson 1 2nd: Lesson 1 3rd: Lesson 1 4th: Lesson 1 5th: Lesson 1

2. PACER Curriculum: <https://www.pacer.org/bullying/classroom/all-in/>

Kindergarten - 5th: September Lessons: Starting the Conversation

Additional Resources:

1. EverFi: [The Compassion Project:](#)
 - a. [2nd & 3rd - Lesson 1 – Compassion Playground](#)
 - b. [4th & 5th Lesson 1 - Compassion & Empathy](#)



SEL Monthly Guidance Lessons 2022-23

Elementary School



Month: October

Character Trait: Good Citizenship, patriotism, concern for the common good and the community, responsible decision-making skills, and respect for authority and the law

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness and Interpersonal Effectiveness – Self-Awareness, Self-Management, Relationship Skills, Social Awareness, Responsible Decision Making/Bullying Prevention.

Second Step: Growth Mindset & Goal Setting

Objectives: Students will be able to:

1. Learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives.
2. Set and achieve collective and personal goals and learn from challenges and mistakes.
3. Learn more about the importance of unity and coming together as a class (or group), a school, and a community to prevent bullying.

Guidance Lessons:

1. Second Step: <https://www.secondstep.org/>

Second Step Digital Unit 1: Growth Mindset & Goal Setting	Second Step Kit Unit 1: Skills for Learning	Second Step Bullying Protection Unit
Kinder: Lessons 3-5 1st: Lessons 3-5 2nd: Lessons 3-5 3rd: Lessons 3-5 4th: Lessons 3-5 5th: Lesson 3-5	PreK: Lessons 5-6 Kinder:4-5 1st: Lessons 4-5 2nd: Lessons 3-4 3rd: Lessons 3-4 4th: Lessons 3-4 5th:Lessons 3-4	Kinder: Lesson 1-2 1st: Lesson 1-2 2nd: Lesson 1-2 3rd: Lesson 1-2 4th: Lesson 1-2 5th: Lesson 1-2

2. PACER Curriculum: <https://www.pacer.org/bullying/classroom/all-in/>
 - a. Kindergarten - 5th: October - United! Together Against Bullying, United for Kindness, Acceptance and Inclusion



SEL Monthly Guidance Lessons 2022-23

Elementary School

Additional Resources:

1. EverFi: [The Compassion Project: Lesson 2:](#)
 - a. [2nd & 3rd – Empathy Eyes](#)
 - b. [4th & 5th - Mistakes & Self-Care](#)
2. Video: “Real Voices:” about handling a challenging situation
3. How Bullying Feels: <https://www.pacer.org/bullying/video/player.asp?video=4>
4. Innoventure Jr: Making Decisions (Early ES):
<https://www.youtube.com/watch?v=QlmEfeC1DO4>
5. Responsible Decision Making (Older ES): <https://www.youtube.com/watch?v=y8Ef94msjoU>
6. Citizenship in the Classroom (ES): <https://www.youtube.com/watch?v=U2TYP5qoN3c>
7. Good Citizenship & Social Skills for Kids/Being a Good Citizen (ES):
<https://www.youtube.com/watch?v=LKCtzuvBZPc>
8. Citizenship in School (ES): <https://www.youtube.com/watch?v=7uk1oPkvVFU>
9. Being a Good Citizen Read Aloud (ES): https://www.youtube.com/watch?v=ha_aeIWTsFs
10. SEL Lesson Self-Awareness (ES): <https://www.youtube.com/watch?v=KlqR88ND-VA>
11. [Bullying Prevention Resources](#)
12. [StopBullying.gov](#)
13. [Cyberbullying Research Center](#)
14. [Common Sense Media](#)



SEL Monthly Guidance Lessons 2022-23

Elementary School

Month: November

Character Trait: Gratitude

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, Personal Health and Safety – Self-Awareness, Self-Management, and Relationship Skills

Second Step: Emotion Management

Objectives: Students will be able to:

1. Learn how to build their emotion vocabularies, practice identifying their own and others' emotions, and recognize the importance of labeling and processing their emotions.
2. Understand and explore how past experiences as well as unique perspectives influence how they feel and respond to situations.
3. Learn more about bullying, as well as get answers to frequently asked questions and common myths about bullying.

Guidance Lessons:

1. Second Step: <https://www.secondstep.org>

Second Step Digital Unit 2: Emotion Management	Second Step Kit Unit 3: Emotion Management	Second Step Bullying Prevention Unit
Kinder: Lessons 6-8 1st: Lessons 6-7 2nd: Lessons 6-7 3rd: Lessons 6-7 4th: Lessons 6-7 5th: Lessons 6-7	PreK: Lessons 13-15 Kinder: Lessons 12-14 1 st : Lessons 12-14 2 nd : Lessons 11-13 3 rd : Lessons 11-13 4th: Lessons 10-12 5th: Lessons 9-10	Kinder: Lesson 3 1st: Lesson 3 2nd: Lesson 3 3rd: Lesson 3 4th: Lesson 3 5th: Lesson 3

2. PACER Curriculum: <https://www.pacer.org/bullying/classroom/all-in/>
 - a. Kindergarten - 5th: November Lessons: Reality About Bullying



SEL Monthly Guidance Lessons 2022-23

Elementary School



Additional Resources:

1. EverFi: [The Compassion Project: Lesson 3:](#)
 - a. [2nd & 3rd - Mindful Maze](#)
 - b. [4th & 5th - Emotions & Mindfulness](#)
2. Reality About Bullying: <https://www.pacer.org/bullying/video/PACERTalks/>
Video: "The Jealous Moment." Practicing Centered Breathing.
3. What is Courage? (ES): https://www.youtube.com/watch?v=rkg-ffNGv_E
4. Managing Worry and Anxiety for Kids (ES):
<https://www.youtube.com/watch?v=l7g8Atv27Q8>
5. Fight Flight Freeze – A Guide to Anxiety for Kids (ES):
https://www.youtube.com/watch?v=FfSbWc3O_5M
6. Why Do We Lose Control of Our Emotions (ES):
<https://www.youtube.com/watch?v=3bKuoH8CkFc>
7. How to Calm Young Children Down in Minutes (ES):
<https://www.youtube.com/watch?v=yRKpNaVaP84>



SEL Monthly Guidance Lessons 2022-23

Elementary School

Month: December

Character Trait: Caring, kindness, empathy, compassion, consideration, patience, generosity, charity, interpersonal skills, and gratitude

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Personal Health and Safety – Social Awareness, Self-Awareness, and Relationship Skills.

Second Step: Emotion Management

Objectives: Students will be able to:

1. Learn how to build their emotion vocabularies, practice identifying their own and others’ emotions, and recognize the importance of labeling and processing their emotions.
2. Understand and explore how past experiences as well as unique perspectives influence how they feel and respond to situations.
3. Learn more about cyberbullying, action steps to take when they see or experience cyberbullying, and tips to being safe online.

Guidance Lessons:

1. Second Step: <https://www.secondstep.org>

Second Step Digital Unit 2: Emotion Management	Second Step Kit Unit 3: Emotion Management	Second Step Bullying Protection Unit
Kinder-Lessons 9-10 1st: Lessons 8-10 2nd: Lessons 8-10 3rd: Lessons 8-10 4th: Lessons 8-10 5th: Lesson 8-10	PreK: Lessons 16-18 Kinder: Lessons 15-17 1st: Lessons 15-16 2nd: Lessons 14-15 3rd: Lessons 14-15 4th: Lessons 13-14 5th: Lessons 13-15	Kinder: Lesson 4 1st: Lesson 4 2nd: Lesson 4 3rd: Lesson 4 4th: Lesson 4 5th: Lesson 4

2. PACER Curriculum: <https://www.pacer.org/bullying/classroom/all-in/>
 - a. Kindergarten - 5th: December Lessons: Cyberbullying



SEL Monthly Guidance Lessons 2022-23

Elementary School

Additional Resources:

1. EverFi: [The Compassion Project](#):
 - a. [2nd & 3rd and 4th & 5th – Offline Lessons](#)
2. Second Step Empathy Song:
https://www.youtube.com/watch?time_continue=38&v=zI8QevbnrG0&feature=emb_logo
3. Videos Cyber bullying:
<https://www.pacer.org/bullying/video/listing.asp?category=Cyberbullying>
<https://www.pacer.org/bullying/video/player.asp?video=89>
4. Stories of Caring: Secret Kindness Agents (ES):
<https://www.youtube.com/watch?v=4hzsnS4PzEI>
5. Character Counts Caring (ES): https://www.youtube.com/watch?v=GZN8fQN7_yg
6. Build Character Build Success: KINDNESS & CARING (ES):
<https://www.youtube.com/watch?v=Gd7ObIbXr4c>
7. Character Caring Training Video (ES): https://www.youtube.com/watch?v=N5u_g_A8Amk
8. Empathy and Social Awareness Activities for Kids (ES):
<https://www.youtube.com/watch?v=GDDS0v0Df7U>
9. Social Awareness (ES): https://www.youtube.com/watch?v=0IfiFLzG_Jc
10. Empathy/Empathy for Kids/Empathy for Children/Empathy for Students (ES):
<https://www.youtube.com/watch?v=H9A-Hpwp3IU>



SEL Monthly Guidance Lessons 2022-23

Elementary School

Month: January

Character Trait: Responsibility, accountability, diligence, perseverance, self-management skills, and self-control

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, and Personal Health and Safety – Self-Awareness, Social Awareness, Self-Management, and Relationship Skills

Second Step: Empathy and Kindness

Objectives: Students will be able to:

1. Learn how to recognize kindness and act kindly toward others, and how to develop empathy by learning strategies to take others’ perspectives.
2. Understand others’ points of view.
3. Learn more about how to support a peer that may be experiencing bullying.

Guidance Lessons:

1. Second Step: <https://www.secondstep.org>

Second Step Digital Unit 3: Empathy and Kindness	Second Step Kit Unit 2: Empathy	Second Step Child Protection Unit
Kinder-Lessons 11-12 1st: Lessons 11-12 2nd: Lessons 11-12 3rd: Lessons 11-12 4th: Lessons 11-12 5th: Lessons 11-12	PreK: Lessons 7-9 Kinder: Lessons 6-8 1st: Lessons 6-8 2nd: Lessons 5-7 3rd: Lessons 5-7 4th: Lessons 5-6 5th: Lessons 5-6	Kinder: Lesson 2 1st: Lesson 2 2nd: Lesson 2 3rd: Lesson 2 4th: Lesson 2 5th: Lesson 2

2. PACER Curriculum: <https://www.pacer.org/bullying/classroom/all-in/>
 - a. Kindergarten - 5th: January Lessons: Being There! - Show Your Support!



SEL Monthly Guidance Lessons 2022-23

Elementary School



Additional Resources:

1. EverFi: [Vault: Understanding Money: 4th – 6th - Lesson 1 – Financial Decision](#)
2. What is Diligence? (ES): <https://www.youtube.com/watch?v=U9vzEgsOC64>
3. Self-Control Song (ES): https://www.youtube.com/watch?v=a0k3wOwJZ_4



SEL Monthly Guidance Lessons 2022-23

Elementary School



Month: February

Character Trait: Integrity

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, and Personal Health and Safety – Self-Awareness, Social Awareness, Self-Management, and Relationship Skills

Second Step: Empathy and Kindness

Objectives: Students will be able to:

1. Learn how to recognize kindness and act kindly toward others, and how to develop empathy by learning strategies to take others’ perspectives. This unit’s 2. content helps students
2. Understand others’ points of view.
3. Learn the skills needed to advocate for themselves and their peers to manage bullying situations.

Guidance Lessons:

1. Second Step: <https://www.secondstep.org>

Second Step Digital Unit 3: Empathy & Kindness	Second Step Kit Unit 2: Empathy	Second Step: Child Protection Unit
Kinder-Lessons 14-15 1st: Lessons 13-15 2nd: Lessons 13-15 3rd: Lesson 13-15 4th: Lessons 13-15 5th: Lesson 13-15	PreK: Lessons 10-12 Kinder: Lessons 9-11 1st: Lessons 9-11 2nd: Lessons 9-10 3rd: Lessons 8-10 4th: Lessons 7-9 5th: Lessons 7-8	Kinder: Lesson 3 1st: Lesson 3 2nd: Lesson 3 3rd: Lesson 3 4th: Lesson 3 5th: Lesson 3

2. PACER Curriculum: <https://www.pacer.org/bullying/classroom/all-in/>
 - a. Kindergarten - 5th: February Lessons: Advocacy and Self-Advocacy



SEL Monthly Guidance Lessons 2022-23

Elementary School



Additional Resources:

1. The National Safe Place: <https://www.nationalsafeplace.org/teen-dating-violence>
2. EverFi:
 - a. [Vault: Understanding Money: 4th – 6th - Lesson 2 – Spending and Saving](#)
 - b. [Healthier Me: 1st – 3rd - Lesson 1 – Meal Builder](#)
3. Love is Respect: <http://www.loveisrespect.org/>
4. All About Honesty – a song for kids about telling the truth (ES):
<https://youtu.be/uo1n3JzEt7Y>
5. Honesty; Pass It On (ES): <https://www.passiton.com/inspirational-stories-tv-spots/91-classroom>
6. Sesame Street: Word on the Street: Respect (Early ES):
<https://www.youtube.com/watch?v=GOzrAK4gOSo>



SEL Monthly Guidance Lessons 2022-23

Elementary School

Month: March

Character Trait: Fairness, justice and freedom from prejudice

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, Post-secondary Planning and Career Readiness – Self-Awareness, Self-Management, and Responsible Decision Making

Second Step: Problem Solving

Objectives: Students will be able to:

1. Learn how to process strong emotions, describe a problem, identify the wants and needs of others, think of and explore the outcomes of potential solutions, and pick the best solution.
2. Ask, listen, and empathize with all parties involved during problem-solving.
3. Learn about inclusion and why it matters in creating safe and supportive schools.

Guidance Lessons:

1. Second Step: <https://www.secondstep.org>

Second Step Digital Unit 4: Problem Solving	Second Step Kit Unit 4: Problem Solving	Second Step Child Protection Unit
Kinder-Lesson 16 1st: Lessons 16 2nd: Lessons 16-17 3rd: Lesson 16 4th: Lesson 16 5th: Lesson 16	PreK: Lessons 19-22 Kinder: Lessons 19-21 1st: Lessons 17-18 2nd- Lessons 17-18 3rd: Lessons 17-18 4th: Lessons 16-17 5th: Lessons 16-17	Kinder: Lesson 4 1st: Lesson 4 2nd: Lesson 4 3rd: Lesson 4 4th: Lesson 4 5th: Lesson 4

2. PACER Curriculum: <https://www.pacer.org/bullying/classroom/all-in/>
 - a. Kindergarten - 5th: March Lessons: Inclusion



SEL Monthly Guidance Lessons 2022-23

Elementary School



Month: April

Character Trait: Trustworthiness, honesty, realizability, punctuality, and loyalty

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, Post-secondary Planning and Career Readiness – Self-Awareness, Self-Management, and Responsible Decision Making

Second Step: Problem Solving

Objectives: Students will be able to:

1. Learn how to process strong emotions, describe a problem, identify the wants and needs of others, think of and explore the outcomes of potential solutions, and pick the best solution.
2. Ask, listen, and empathize with all parties involved during problem-solving.
3. Explore how other students have created solutions to address bullying, as well as design their own creative approaches to discuss and prevent bullying.

Guidance Lessons:

1. Second Step: <https://www.secondstep.org>

Second Step Digital Unit 4: Problem Solving	Second Step Kit Unit 4: Problem Solving	Second Step Child Protection Unit
Kinder-Lessons 17-18 1st: Lessons 17-18 2nd: Lessons 17-18 3rd: Lessons 17-18 4th: Lessons 17-18 5th: Lessons 17-18	PreK: Lessons 23-25 Kinder: Lessons 22-23 1st: Lessons 19-20 2nd- Lessons 19-20 3rd: Lessons 19-20 4th: Lessons 18-20 5th: Lessons 18-20	Kinder: Lesson 5 1st: Lesson 5 2nd: Lesson 5 3rd: Lesson 5 4th: Lesson 5 5th: Lesson 5

2. PACER Curriculum: <https://www.pacer.org/bullying/classroom/all-in/>
 - a. Kindergarten - 5th: March Lessons: Students With Solutions



SEL Monthly Guidance Lessons 2022-23

Elementary School

Additional Resources:

1. EverFi: [Vault: Understanding Money: 4th – 6th - Lesson 4 – Credit and Borrowing](#)
2. Are You Trustworthy?: <https://www.youtube.com/watch?v=qWxk2QFbIEE>
3. The Three Questions, Based on a story by Leo Tolstoy: <https://youtu.be/5pOIYGjivRc>
4. A Rainbow of Friends READ ALOUD! (Early ES):
https://www.youtube.com/watch?v=7F3s_nqY29Q&list=PLQpH6m6XNooGYNV6racL4Xa4KNMRQM_Lc
5. Dean and Diane ~ Value of Accepting Others 1st minute (ES):
<https://www.youtube.com/watch?v=YWG8dqggQEI>
6. Respecting Differences (ES): <https://www.youtube.com/watch?v=PCSLhFIRcH>



SEL Monthly Guidance Lessons 2022-23

Elementary School

Month: May

Character Trait: Courage

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, Post-secondary Planning and Career Readiness – Self-Awareness, Self-Management, and Responsible Decision Making

Second Step: Problem Solving

Objectives: Students will be able to:

1. Learn how to process strong emotions, describe a problem, identify the wants and needs of others, think of and explore the outcomes of potential solutions, and pick the best solution.
2. Ask, listen, and empathize with all parties involved during problem-solving.
3. Creatively engage in conversation, activities, art and music to build their understanding of how to handle bullying situations.

Guidance Lessons:

1. Second Step: <https://www.secondstep.org>

Second Step Digital Unit 4: Problem Solving	Second Step Kit Unit 4: Problem Solving	Second Step Child Protection Unit
Kinder-Lessons 19-20 1st: Lessons 19-20 2nd: Lessons 19-20 3rd: Lesson 19-20 4th: Lessons 19-20 5th: Lessons 19-20	PreK: Lessons 26-28 Kinder: Lessons 24-25 1st: Lessons 21-22 2nd- Lessons 21-22 3rd: Lessons 21-22 4th: Lessons 21-22 5th: Lessons 21-22	Kinder: Lesson 6 1st: Lesson 6 2nd: Lesson 6 3rd: Lesson 6 4th: Lesson 6A/6B 5th: Lesson 6A/6B

2. PACER Curriculum: <https://www.pacer.org/bullying/classroom/all-in/>
 - a. Kindergarten - 5th: May Lessons: Review, Elementary Activities, Bibliotherapy



SEL Monthly Guidance Lessons 2022-23

Elementary School



Additional Resources:

1. EverFi [Vault: Understanding Money: 4th – 5th - Lesson 5 – Future Planning](#)
2. I Gave My Word – Motivational Video – Fearless Motivation (All): <https://youtu.be/wVq3rVFnWaY>
3. The Case Crusaders “I Messages” (Early ES): https://youtu.be/bYf3H70qldI?list=PLnELI22kY1mroC03Ov_nDsUUW_U9_5yqY
4. Effective Communication Skills for Youth (All): <https://youtu.be/pf2ROqiFYLs>



SEL Monthly Guidance Lessons 2022-23 Middle School and High School



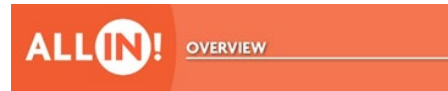
Month: August

Objectives: At staff meeting, staff will:

1. Create an account on 7mindsets: <https://www.7mindsetsportal.com/>



2. Create an account on PACER - <https://www.pacer.org/bullying/classroom/all-in/>



3. Verify that you have the following complete curriculums at your campus:
 - Everyday SEL – One per staff; either Middle or High School.



Notes:



SEL Monthly Guidance Lessons 2022-23 Middle School and High School



Month: September

Character Trait: School Pride

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness and Interpersonal Effectiveness – Social Awareness and Relationship Skills

Purpose: Students are taught the importance of making a difference and having an impact with both the little and larger things they do.

Objective: Students will align their goals and dreams with a purpose that has meaningful benefit to society.

Guidance Lessons:

- PACER Curriculum: <https://www.pacer.org/bullying/>
 - Module 7-Inclusion
- 7mindsets Curriculum (Middle and High School): <https://www.7mindsetsportal.com/>
 - Counselor Led- Live to Give: Make a Difference (6.2)
 - Teacher Led-Live to Give: Create a Legacy (6.4)

Additional Resources:

- EVERFI: Digital Lessons –
 - Middle School - [Character Playbook: Module 1, Analyzing Influences](#)
 - Middle School - [Character Playbook: Module 2 Understanding & Managing Emotions](#)
 - High School - [Honor Code: Module 1, Relationships](#)



SEL Monthly Guidance Lessons 2022-23 Middle School and High School



Month: October

Character Trait: Good Citizenship, Patriotism, Concern for the Common and the Community, Responsible Decision Making, and Respect for Authority and the Law

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, Post-Secondary Planning & Career Readiness – Social Awareness, and Responsible Decision Making

Purpose: Students become more aware of the influence of others and learn strategies to execute positive social exchanges and develop deeper positive relationship with others.

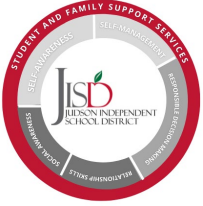
Objective: Students will learn the importance of living authentically and the connection that will have on the needs of their community and the world.

Guidance Lessons:

- PACER Curriculum: <https://www.pacer.org/bullying/>
 - Module 7-Inclusion
- 7mindsets Curriculum (Middle and High School): <https://www.7mindsetsportal.com/>
 - Counselor Led- Attitude of Gratitude: Thank It Forward (5.3)
 - Teacher Led- Live to Give: Stretch Yourself (6.1)

Additional Resources:

- EVERFI: Digital Lessons –
 - Middle School - [Character Playbook: Module 3, Communicating Effectively](#)
 - Middle School - [Character Playbook Module 4, Resolving Conflict](#)
 - High School - [Honor Code: Module 2, Leadership & Module 3, Resilience](#)



SEL Monthly Guidance Lessons 2022-23 Middle School and High School



Month: November

Character Trait: Courage

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, Post-Secondary Planning & Career Readiness, and Personal Health and Safety – Social Awareness and Self-Management

Purpose: Students will learn the importance of having values, maintaining authenticity, and acting with conviction.

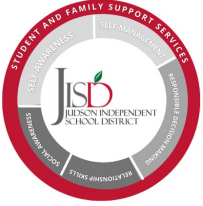
Objective: Students learn to better manage peer pressure and become more consistently driven towards honesty, good decision making, and serving others.

Guidance Lessons:

- PACER Curriculum: <https://www.pacer.org/bullying/>
 - Module 3-Reality About Bullying
- 7mindsets Curriculum (Middle and High School): <https://www.7mindsetsportal.com/>
 - Counselor Led-Passion First: Take A Stand (2.3)
 - Teacher Led-Passion First: Be Authentic (2.4)

Additional Resources:

- EVERFI: Digital Lessons –
 - Middle School - [Character Playbook: Module 5, Stepping In](#)
 - High School - [Honor Code: Module 4, Courage](#)



SEL Monthly Guidance Lessons 2022-23 Middle School and High School



Month: December

Character Trait: Caring, Kindness, Empathy, Compassion, Consideration, Patience, Generosity, Charity, Interpersonal Skills, and Gratitude

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness and Interpersonal Effectiveness – Self-Awareness, Social Awareness and Relationship Skills

Purpose: Students learn to interact with each other in a more open and honest manner.

Objective: Students become more mindful of others and learn strategies to execute positive social exchanges and develop strategies to connect and develop relationships with others.

Guidance Lessons:

- PACER Curriculum: <https://www.pacer.org/bullying/>
 - Module 2-Inclusion
- 7mindsets Curriculum (Middle and High School): <https://www.7mindsetsportal.com/>
 - Counselor Led-The Time Is Now-Let Yourself Be Vulnerable (7.3)
 - Teacher Led-Attitude of Gratitude-Be More Grateful (5.2)

Additional Resources:

- EVERFI: Digital Lessons –
 - Middle School - [Character Playbook: Module 6, Making Decisions](#)
 - High School - [Honor Code: Module 5, Community](#)



SEL Monthly Guidance Lessons 2022-23 Middle School and High School



Month: January

Character Trait: Responsibility, Accountability, Diligence, Perseverance, Self-Management Skills, and Self-Control

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, and Post-Secondary Planning & Career Readiness – Self-Awareness, Self-Management, and Responsible Decision Making

Purpose: Students learn to take responsibility for the outcomes in their lives and to organize and manage themselves to be more prepared and make better decisions.

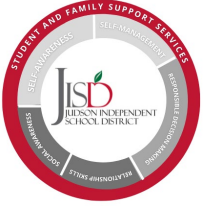
Objective: Students learn to value personal growth over extrinsic rewards and to seek personal development through successes and failures.

Guidance Lessons:

- PACER Curriculum: <https://www.pacer.org/bullying/>
 - Module 4-Cyberbullying
- 7mindsets Curriculum (Middle and High School): <https://www.7mindsetsportal.com/>
 - Counselor Led-100% Accountable: Own Your Life (4.1)
 - Teacher Led-100% Accountable: Grow Through Life (4.4)

Additional Resources:

- EVERFI: Digital Lessons
 - Middle School - [Ignition Digital Wellness & Safety: Module 1, Connections & Community](#)
 - High School - [Mental Wellness: Module 1, What is Mental Health](#)
 - High School - [Mental Wellness: Module 2, Understanding Mental Health Challenges](#)



SEL Monthly Guidance Lessons 2022-23 Middle School and High School



Month: February

Character Trait: Respect and Courtesy

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, and Post-Secondary Planning & Career Readiness – Social Awareness and Self-Management

Purpose: Students will learn to identify and deepen the empowering relationships in their lives while minimizing the negative influences of others.

Objective: Students will learn to orient their activities toward positive and productive efforts within guidelines and rules of engagement.

Guidance Lessons:

- PACER Curriculum: <https://www.pacer.org/bullying/>
 - Module 5-Being There-Show Your Support
- 7mindsets Curriculum (Middle and High School): <https://www.7mindsetsportal.com/>
 - Counselor Led-We Are Connected: Maximize Positive Relationships (3.2)
 - Teacher Led-The Time Is Now: Act with Purpose (7.4)

Additional Resources:

- EVERFI: Digital Lessons –
 - Middle School - [Ignition Digital Wellness & Safety: Module 2, Safety & Privacy](#)
 - High School - [Mental Wellness: Module 3, Mental Health Coping Strategies](#)



SEL Monthly Guidance Lessons 2022-23 Middle School and High School



Month: March

Character Trait: Fairness, Justice, and Freedom from Prejudice

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, and Personal Health and Safety – Social Awareness and Relationship Skills

Purpose: Students learn to value and respect all classmates and colleagues, treating each with fairness and respect.

Objective: Students build a greater appreciation for their own capabilities and perspectives, as well as those from people of different backgrounds, abilities, and cultures.

Guidance Lessons:

- PACER Curriculum: <https://www.pacer.org/bullying/>
 - Module 6-Advocacy and Self-Advocacy
- 7mindsets Curriculum (Middle and High School): <https://www.7mindsetsportal.com/>
 - Counselor Led-We Are Connected: Embrace Everyone (3.1)
 - Teacher Led-Passion First: Focus on Strengths (2.1)

Additional Resources:

- EVERFI: Digital Lessons –
 - Middle School - [Ignition Digital Wellness & Safety: Module 3, Screen Time vs Offline Time](#)
 - High School - [Mental Wellness: Module 4, Staying Healthy in Times of Uncertainty](#)



SEL Monthly Guidance Lessons 2022-23 Middle School and High School



Month: April

Character Trait: Trustworthiness, Honesty, Reliability, Punctuality, and Loyalty

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, and Post-Secondary Planning & Career Readiness – Self-Awareness, Self-Management, and Responsible Decision Making

Purpose: Students gain a stronger self-image resulting in the ability to cope with challenging situations in a more positive manner.

Objective: Students develop strategies to develop critical empowering relationships needed for success.

Guidance Lessons:

- PACER Curriculum: <https://www.pacer.org/bullying/>
 - Module 7-Inclusion
- 7mindsets Curriculum (Middle and High School): <https://www.7mindsetsportal.com/>
 - Counselor Led-Attitude of Gratitude-Treasure Yourself (5.1)
 - Teacher Led-We Are Connected-Build Your Own Dream Team (3.3)

Additional Resources:

- EVERFI: Digital Lessons –
 - Middle School - [Ignition Digital Wellness & Safety: Module 4, Technology & Data](#)
 - High School - [Mental Wellness: Module 5, Seeking & Offering Help](#)



SEL Monthly Guidance Lessons 2022-23 Middle School and High School



Month: May

Character Trait: Integrity

Texas Comprehensive Developmental Guidance and Counseling Program: Intrapersonal Effectiveness, Interpersonal Effectiveness, and Post-Secondary Planning & Career Readiness – Self-Awareness and Responsible Decision Making

Purpose: Students will develop an open-mindedness about other cultures and the ability to build new connections with and embrace the differences of others.

Objective: Students will learn how to build meaningful relationships and learn how to work with, for and through others to accomplish goals and overcome challenges.

Guidance Lessons:

- PACER Curriculum: <https://www.pacer.org/bullying/>
 - Module 8-Students with Solutions
- 7mindsets Curriculum (Middle and High School): <https://www.7mindsetsportal.com/>
 - Counselor Led-Attitude of Gratitude: Elevate Your Perspective (5.4)
 - Teacher Led-We Are Connected-Lead with Value (3.4)

Additional Resources:

- EVERFI: Digital Lessons
 - Middle School - [Ignition Digital Wellness & Safety: Module 5, Rights & Literacy](#)
 - Middle School - [Ignition Digital Wellness & Safety: Module 6, Evaluating Content](#)
 - High School - [Mental Wellness: Module 6, Mental Health Distress](#)