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18 schoolwide themes, one every other week. Each theme has three packets: **A** for K–1, **B** for 2–3 and **C** for 4–5. Every packet is a 20-minute lesson with an optional 10-minute extension.

Texas Model area: ■ Interpersonal ■ Intrapersonal ■ Health and Safety ■ Career Readiness ☐ Check when taught

FALL 2026 Cycles 1–8 · make-up week Dec 14–18

TAB	THEME AND DATES	K–1 · PACKET A	2–3 · PACKET B	4–5 · PACKET C
1	Meet Your Counselor Aug 17–28 Back to school Health and Safety	CL-01A ☐ Helpers All Around Me	CL-01B ☐ How a Counselor Helps	CL-01C ☐ Speaking Up for Myself
2	Being a Good Student Aug 31–Sep 11 Labor Day Sep 7 Intrapersonal	CL-02A ☐ Listening with My Whole Body	CL-02B ☐ My Learning Super Skills	CL-02C ☐ Organized and Ready
3	Proud of Who I Am Sep 14–25 Hispanic Heritage Month Intrapersonal	CL-03A ☐ My Name Is Special	CL-03B ☐ Strength Detectives	CL-03C ☐ Names and Languages
4	Building Friendships Sep 28–Oct 9 Interpersonal	CL-04A ☐ How to Make a Friend	CL-04B ☐ Joining In	CL-04C ☐ Friendship Starters
5	Kindness and Upstanders Oct 12–23 Bullying Prevention Month · Unity Day Oct 21 Health and Safety	CL-05A ☐ Kind Words, Kind Hands	CL-05B ☐ Be an Upstander	CL-05C ☐ Upstander Power
6	Healthy Choices Oct 26–Nov 6 Red Ribbon Week Oct 23–31 Health and Safety	CL-06A ☐ Safe or Not Safe?	CL-06B ☐ Stop, Think, Choose	CL-06C ☐ Healthy Choices Game Plan
7	Gratitude Nov 9–20 Before Thanksgiving break Intrapersonal	CL-07A ☐ Thank-You Hunt	CL-07B ☐ Gratitude Glasses	CL-07C ☐ Gratitude in Action
8	Being a Good Sibling and Family Helper Nov 30–Dec 11 Before winter break Interpersonal	CL-08A ☐ I'm a Family Helper	CL-08B ☐ Sibling Teamwork	CL-08C ☐ Role Model at Home

INSIDE EVERY PACKET (7 PAGES)

1–3

Lesson plan: standards, script, answer keys, support, family and schoolwide ideas

4

Projector page

5

Student worksheet
(1 per student)

6

Extension cards
(reuse every class)

7

Family letter, English and Spanish
(1 per student)

EVERY LESSON

Hook 3

Teach 5

Practice 9 min

Wrap-up 3

Optional extension +10 min

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SPRING 2027 Cycles 9–18 · last day for students Jun 3

TAB	THEME AND DATES	K-1 · PACKET A	2-3 · PACKET B	4-5 · PACKET C
9	Growth Mindset and Goals Jan 7–22 New year <i>Intrapersonal</i>	CL-09A The Power of Yet ☐	CL-09B Mistakes Help Me Grow ☐	CL-09C Goal Getters ☐
10	Building Trust Jan 25–Feb 5 National School Counseling Week Feb 1–5 <i>Interpersonal</i>	CL-10A Telling the Truth ☐	CL-10B Trust Builders and Trust Breakers ☐	CL-10C Earning and Repairing Trust ☐
11	Being a Good Friend Feb 8–19 Random Acts of Kindness Week Feb 14–20 <i>Interpersonal</i>	CL-11A Sharing and Taking Turns ☐	CL-11B Fixing a Friendship Oops ☐	CL-11C Healthy Friendships ☐
12	Career Exploration Feb 22–Mar 5 Career and Technical Education Month <i>Career Readiness</i>	CL-12A Community Helpers and Their Tools ☐	CL-12B Interests to Careers ☐	CL-12C My Future Path ☐
13	My Amazing Body Mar 8–12, 22–26 Spring break falls in the middle <i>Health and Safety</i>	CL-13A My Body Can! ☐	CL-13B Kind Body Talk ☐	CL-13C Real Bodies, Real Messages ☐
14	Calm and Confident Mar 30–Apr 9 STAAR window opens Apr 5 <i>Intrapersonal</i>	CL-14A Feelings Words and Calm-Down Tools ☐	CL-14B My Calm-Down Toolbox ☐	CL-14C Test Confidence ☐
15	Being a Good Neighbor Apr 12–23 Earth Day Apr 22 <i>Interpersonal</i>	CL-15A Neighbors Help Neighbors ☐	CL-15B Caring for Our Community ☐	CL-15C Making a Difference ☐
16	Empathy and Respect Apr 26–May 7 <i>Interpersonal</i>	CL-16A How Would They Feel? ☐	CL-16B Walk in Their Shoes ☐	CL-16C Respect Everyone ☐
17	Solving Problems Peacefully May 10–21 Mental Health Month <i>Interpersonal</i>	CL-17A Small Problem, Big Problem ☐	CL-17B Problem-Solving Steps ☐	CL-17C Conflict Resolution ☐
18	Celebrating My Growth May 24–Jun 3 Last day for students Jun 3 <i>Intrapersonal</i>	CL-18A Look How I've Grown ☐	CL-18B Our Year in Review ☐	CL-18C Ready for What's Next ☐

HOW TO USE THIS BINDER

- **File by tab.** Put each cycle behind its numbered tab (1–18), packets in A, B, C order. The packet code (for example, CL-05B) is printed on every page.
- **Before each cycle,** copy page 5 and page 7 for every student, and page 6 on card stock for each band.
- **Every lesson opens the same way:** “Today we’ll talk about story characters, not real people. Use the names in the stories.”
- **Families may preview** every lesson and handout (TEC §33.004). Keep a second copy of this binder in the counseling office for previews.
- **Check the library page** for newer versions before each cycle, and see the Implementation Guide for the schedule, opt-outs and SB 12 rules.