

# Nursery—Grade 5 School Counseling Core Curriculum Scope and Sequence

## International School Counseling Association Nursery - Grade 5 School Counseling Core Curriculum Scope and Sequence Version: Master Document

**A note about this document:** In an endeavor to make our jobs both easier and more cohesive, members of the ISCA team have been working on developing a PS—Grade 12 Scope & Sequence for the Core Counseling Curriculum. What this specifically addresses are content that could/would ideally be available to all students over the course of a school year.

The Core Counseling Curriculum consists of structured developmental lessons designed to assist students in achieving the desired competencies below and to provide all students with the knowledge and skills in the four domains (academic, career, personal/social and global perspective). This curriculum is infused throughout the school's overall curriculum and is presented systematically through preK-12 classrooms, individual student planning and group activities. It is important to note that it does not need to be delivered solely by the school counselor. The various methods below are ways in which curriculum can be delivered include: classroom instruction, interdisciplinary units, group activities, etc.

A scope and sequence is an overview of the skills and content covered in your Core Counseling Curriculum at each grade over a period of time (scope), and in an order (sequence). Fully developed unit plans will require more detail than the outlines sketched here in the scope and sequence.

Using the [CASEL competencies](#) as a framework, the ISCA standards as a guide and the experience of counselors around the world as the foundation for this project, we have developed this Core Counseling Curriculum Scope & Sequence. We hope to have created a user-friendly document that counselors can use to support their curriculum lessons - it is not meant to be prescriptive in any way, but rather a resource that is helpful, dynamic, and recognizes the diversity that exists in our jobs.

Also important to the school community is having comprehensive prevention programs that focus on areas such as bullying, mental health awareness and suicide prevention and child protection. To emphasize these school-wide programs, which involve wellness committees, administration, crisis response teams, policies, procedures and student education, we have identified elements of the Core Counseling Curriculum that would naturally be a part of these prevention programs.

ISCA would like to extend its sincere appreciation to the authors of the of the Scope and Sequence who graciously contributed their time, passion and expertise to its creation. Specifically, Kathryn Manu, Heather DeVore, Brooke Fezler, and the ISCA Taskforce, as well as the many counselors who piloted and contributed their feedback through surveys and conference workshops from March 2016-May 2019.



Mental Health, Wellbeing and Suicide Prevention










Child Protection and Safeguarding





Bullying/Harassment Prevention






## Grade 5 Core Counseling Curriculum Sequence

CASEL Competency	Topic(s)	Objectives	ISCA Student Standards 2022
	Introductions/Identity	Know who the counselor is and what the counselor does.	SE: A2: Relationships SE: C1: Personal Safety
Social Awareness Self-Awareness	Community Identity/ Citizenship	Students will understand their own areas of strength and areas for growth and how to contribute positively to the classroom community.	A: A1: Self-Awareness as a Learner A: B1: Self-Directed Learning and Student Agency A: B2: Planning and Goal Setting
Relationship Skills	Diversity/Tolerance/Respect	Students will develop skills to work collaboratively with all different types of people.	SE: A2: Relationships GPID: A2: Cultural Competency GPID: B2: Cultural Identity A: A2: Effective Learning
Relationship Skills	Friendship Skills 	Students will understand the nuances of friendship and how to identify when a friendship needs to end (building on previous conversations and in developmentally appropriate context).	SE: A2: Relationships GPID: B1: Identity Development
Responsible Decision-Making	Conflict Resolution Problem-Solving Skills 	Students will know the difference between rude, mean and bullying behaviors and how to mediate conflict before it escalates.	SE: A2: Relationships SE: C1: Personal Safety GPID: A2: Cultural Competency GPID: C1: Advocacy and Equity
Social Awareness	Mindset Self-Awareness 	Students will understand the concept of body image and how it is impacted by media influences.	SE: A1: Social & Self-Awareness SE: C1: Personal Safety
Self-Management Social Awareness Relationship skills Responsible Decision-Making	Self-Care 	Students will explicitly understand the idea of consent and how it applies to their friendships, social dynamics, and issues of personal safety outside of school.	SE: C1: Personal Safety
Self-Management/Self-Awareness	Stress Management 	Students will learn to internalize self-reflection & self-regulation strategies.	SE: A1: Social & Self-Awareness
Self-Awareness	Mindset Self-Awareness 	Students will understand the pre-adolescent brain and how resilience, perseverance and gratitude connect to happiness on a fundamental level.	SE: A1: Social & Self-Awareness A: A2: Effective Learning






CASEL Competency	Topic(s)	Objectives	ISCA Student Standards 2022
Self-Awareness/Responsible Decision-Making	Self-Care/Wellness 	Students will continue to gain understanding of their changing bodies and the social/emotional impact of growing.	SE: A1: Social & Self-Awareness
Self-Awareness/Responsible Decision-Making	Career Awareness	Students will examine their areas of interest and how this connects with time management and decision-making in future planning/reflection.	SE: B1: Decision Making A: A1: Self-Awareness as a Learner A: A2: Effective Learning C: A1: Self Exploration
Self-Management/Self-Awareness	Transitions Reflections	Students will understand what the cycle of transition looks like and how to say goodbye/end a school year in a positive fashion.	GPID: D1: Transitions GPID: D2: Adaptability


## Grade 4 Core Counseling Curriculum Sequence

CASEL Competency	Topic(s)	Objectives	ISCA Student Standards 2022
	Introductions/Identity	Know who the counselor is and what the counselor does.	SE: A2: Relationships SE: C1: Personal Safety
Social Awareness Self-Awareness	Community Identity/ Citizenship 	Students will understand their own areas of strength and areas for growth and how to contribute positively to the classroom community.	A: A1: Self-Awareness as a Learner A: B1: Self-Directed Learning and Student Agency A: B2: Planning and Goal Setting
Relationship Skills	Diversity/Tolerance/Respect	Students will develop skills to work collaboratively with all different types of people.	SE: A2: Relationships GDPI: A2: Cultural Competency GPID: B2: Cultural Identity A: A2: Effective Learning
Relationship Skills	Friendship Skills 	Students will understand how friendships change and how to identify when a friendship needs to end (building on previous conversations).	SE: A2: Relationships GPID: B1: Identity Development





CASEL Competency	Topic(s)		Objectives	ISCA Student Standards 2022
Responsible Decision-Making	Conflict Resolution		Students will know what an upstander is and the different ways one can be an upstander.	SE: A2: Relationships SE: B1: Decision Making SE: C1: Personal Safety GPID: A2: Cultural Competency GPID: C1: Advocacy and Equity
Relationship Skills	Friendship Skills		Students will know what peer pressure is and how to respond.	SE: B1: Decision Making
Relationship Skills Responsible Decision-Making	Conflict Resolution		Students will understand steps in the mediation process.	SE: A2: Relationships
Self-Management/Self-Awareness	Mindfulness		Students will learn to internalize self-reflection strategies.	SE: A1: Social & Self-Awareness GPID: B1: Identity Development
Social Awareness	Community Citizenship		Students will appreciate how each individual contributes to the group and the greater community.	GPID: B2: Cultural Identity
Self-Awareness/Responsible Decision-Making	Self-Care/Wellness		Students will gain understanding of their changing bodies and the social/emotional impact of growing.	SE: A1: Social & Self-Awareness
Self-Awareness/Responsible Decision-Making	Time Management Study Skills		Students will gain awareness as to how they currently use their time and how to effectively manage time in a proactive, prosocial and healthy way.	A: A2: Effective Learning A: B1: Self-Directed Learning and Student Agency
Self-Management/Self-Awareness	Transitions Reflections		Students will understand what the cycle of transition looks like and how to say goodbye/end a school year in a positive fashion.	GPID: D1: Transitions GPID: D2: Adaptability




## Grade 3 Core Counseling Curriculum Sequence

CASEL Competency	Topic(s)	Objectives	ISCA Student Standards 2022
	Introductions/Identity	Know who the counselor is and what the counselor does.	SE: A2: Relationships SE: C1: Personal Safety
Social Awareness Self-Awareness	Community Identity	Students will understand their role in the community, what they bring to the community, and how we are all different and come from different types of families/have different identities.	SE: A2: Relationships GPID: B1: Identity Development GPID: B2: Cultural Identity
Self-Awareness Social Awareness	Feelings/Emotions	Students will expand their feelings vocabulary and understand how it feels for them, what it looks like in them and what it looks like in others.	SE: A1: Social & Self-Awareness
Self-Management	Emotional Self-Regulation Anger Management	Students will learn skills and strategies to recognize and control anger.	SE: A1: Social & Self-Awareness
Self-Awareness/Self-Management	Mindfulness 	Students will learn strategies to re-center themselves/gain self-control.	SE: A1: Social & Self-Awareness
Responsible Decision-Making	Decision-Making 	Students will learn how to make positive decisions.	SE: B1: Decision Making
Relationship Skills, Social Awareness	Empathy Friendship Skills 	Students will be able to understand how others might be feeling and how it applies to their own relationships.	SE: A2: Relationships
Relationship Skills	Conflict Resolution Friendship Skills 	Students will understand the difference between rude/mean and bullying behaviors.	SE: A2: Relationships SE: C1: Personal Safety
Relationship Skills Responsible Decision-Making	Conflict Resolution 	Students will know how to use decision-making skills in issues of conflict.	SE: A2: Relationships SE: B1: Decision Making
Self-Awareness	Mindset Career Awareness	Students will understand the importance of gratitude and perseverance and begin to connect the idea of attitude and interest with future decisions.	SE: B1: Decision Making A: A1: Self-Awareness as a Learner A: A2: Effective Learning A: C1: School to Life Experience


CASEL Competency	Topic(s)		Objectives	ISCA Student Standards 2022
Self-Management Responsible Decision-Making	Self-Care		Students will know how to take care of their bodies and make positive decisions.	SE: B1: Decision Making SE: C1: Personal Safety
Self-Management/Self-Awareness	Transitions Reflections		Students will understand what the cycle of transition looks like and how to say goodbye/end a school year in a positive fashion.	GPID: D1: Transitions GPID: D2: Adaptability







## Grade 2 Core Counseling Curriculum Sequence

CASEL Competency	Topic(s)		Objectives	ISCA Student Standards 2022
	Introductions/Identity		Know who the counselor is and what the counselor does and how to access the counselor and who students can go to for help.	SE: A2: Relationships SE: C1: Personal Safety
Social Awareness Self-Awareness	Community Identity		Students will understand their role in the community, what they bring to the community, and what the community will ideally look like.	SE: A2: Relationships GPID: B1: Identity Development GPID: B2: Cultural Identity
Social Awareness	Diversity/Inclusion		Students will respect each other and learn about differences.	SE: A2: Relationships GPID: A2: Cultural Competency
Responsible Decision-Making Self-Awareness	Respect		Students will understand the four different types of respect: self-respect, respect of others, respect of the environment, respect for the community.	SE: A2: Relationships
Relationship Skills	Conflict Resolution		Students will understand what teasing is and why people tease.	SE: A2: Relationships
Relationship Skills Self-Management	Conflict Resolution		Students will develop strategies to respond to teasing and conflict.	SE: A2: Relationships

CASEL Competency	Topic(s)		Objectives	ISCA Student Standards 2022
Relationship Skills	Friendship Skills		Students will understand the difference between tattling and telling and how that connects to good friendship.	SE: A2: Relationships
Social Awareness	Community Citizenship		Students will understand the power and importance of kindness.	SE: A2: Relationships
Self-Management	Emotional Self-Regulation		Students will learn/revisit skills and strategies to recognize and control emotional reactions.	SE: A1: Social & Self-Awareness
Self-Awareness Responsible-Decision Making	Self-Care Personal Safety		Students will know how to care for/protect their bodies and make positive choices.	SE: B1: Decision Making
Social Awareness	Career Awareness		Students will be able to understand how what they learn in school can apply to future interests and goals.	A: C1: School to Live Experience C: A1: Self Exploration
Self-Awareness Social Awareness	Transitions		Students will understand what the transition cycle looks like and how to say goodbye.	GPID: D1: Transitions GPID: D2: Adaptability









## Grade 1 Core Counseling Curriculum Sequence

CASEL Competency	Topic(s)		Objectives	ISCA Student Standards 2022
	Introductions/Identity		Know who the counselor is and what the counselor does and who students can go to for help.	SE: A2: Relationships SE: C1: Personal Safety
Social Awareness Self-Awareness	Community Identity		Students will understand their role in the community, what they bring to the community, and why cooperation will be important as the year goes forward.	SE: A2: Relationships GPID: B1: Identity Development GPID: B2: Cultural Identity
Social Awareness	Empathy		Students will continue to recognize the feelings of others and be able to identify ways to respond to the feelings of others.	SE: A2: Relationships







CASEL Competency	Topic(s)		Objectives	ISCA Student Standards 2022
Responsible Decision-Making Self-Awareness	Respect Communication		Students will understand how to communicate in respectful ways with classmates and adults.	SE: A2: Relationships
Relationship Skills	Conflict Resolution		Students will learn how to use "I-messages" as a means of communicating when problems arise.	SE: A2: Relationships SE: B1: Decision Making
Relationship Skills Self-Management	Conflict Resolution		Students will review examples of "good choices" vs. "bad choices" and how to think before making a choice.	SE: B1: Decision Making
Relationship Skills	Friendship Skills		Students will understand the difference between tattling and telling and how that connects to good friendship.	SE: A2: Relationships
Self-Awareness Responsible Decision-Making	Self-Care		Students will explore what it means to live a healthy life, including how to care for their bodies and what to avoid in terms of optimal self-care as well. <i>Note: This may be co-taught with a classroom teacher if already part of curriculum or taught by a nurse or other school member depending on school curriculum/structure)</i>	SE: C1: Personal Safety
Self-Management	Emotional Self-Regulation		Students will learn/revisit skills and strategies that are helpful in calming down/controlling strong emotional responses.	SE: A1: Social & Self-Awareness
Self-Awareness Responsible Decision-Making	Self-Care Personal Safety		Students will understand the idea of personal space.	SE: C1: Personal Safety
Relationship Skills Responsible Decision-Making	Self-Care Personal Safety Friendship Skills		Students will understand situations in which it is okay to say "no" and begin to understand different refusal skills and their importance.	SE: C1: Personal Safety
Self-Awareness Social Awareness	Transitions		Students will understand what the transition cycle looks like and how to say goodbye.	GPID: D1: Transitions GPID: D2: Adaptability






## Kindergarten Core Counseling Curriculum Sequence

CASEL Competency	Topic(s)		Objectives	ISCA Student Standards 2022
	Introductions/Identity		Know who the counselor is and what the counselor does and who students can go to for help.	SE: A2: Relationships SE: C1: Personal Safety
Self-Management Self-Awareness	Emotional Self-Regulation		Students will continue to develop their emotional awareness and know how to respond to negative feelings.	SE: A1: Social & Self-Awareness
Relationship Skills	Friendship Skills		Students will review tools for making friends and engaging in positive play with peers.	SE: A2: Relationships
Self-Management Relationship Skills	Conflict Resolution Problem-Solving Skills		Students will have strategies to gain self-control and perspective when faced with challenging situations.	SE: B1: Decision Making
Self-Awareness Self-Management	Stress Management Self-Care		Students will understand the importance of relaxation as a way to address stressful moments and be able to name at least two calming strategies.	SE: C1: Personal Safety
Responsible Decision-Making Self-Awareness	Decision-Making Skills		Students will continue to develop skills in perseverance and positive thinking.	A: A1: Self-Awareness as a Learner A: A2: Effective Learning
Social Awareness	Self-Care Personal Safety		Students will be able to differentiate between "safe touch" and "unsafe touch".	SE: C1: Personal Safety
Relationship skills	Conflict resolution		Students will be introduced to the difference between tattling and telling.	SE: A2: Relationships
Self-Management Social Awareness	Self-Care Personal Safety		Students will know basic personal information about themselves and their families and what to do if they ever are in a dangerous situation.	SE: C1: Personal Safety
Social Awareness	Citizenship		Students will value the importance of kindness and compassion for self and others.	SE: A2: Relationships

## Pre-Kindergarten (age 4-5) Core Counseling Curriculum Sequence

CASEL Competency	Topic(s)	Objectives	ISCA Student Standards 2022
	Introductions/Identity	Know who the counselor is and what the counselor does and who students can go to for help.	SE: A2: Relationships SE: C1: Personal Safety
Self-Management Responsible Decision-Making	Community Citizenship	Students will learn how to follow 1-2 step directions and demonstrate good listening skills.	A: A2: Effective Learning
Self-Management Self-Awareness	Mindset/Perseverance 	Students will understand when and how to use their best effort to continue when mistakes are made.	A: A1: Self-Awareness as a Learner A: A2: Effective Learning A: B1: Self-Directed Learning and Student Agency
Relationship Skills	Friendship Skills 	Students will be able to join and participate with others in social/play settings. <i>Note: this is likely to require more than one lesson or co-teaching with classroom teachers.</i>	SE: A2: Relationships
Relationship Skills	Friendship Skills 	Students will learn about making friends and engaging in positive play with peers.	SE: A2: Relationships
Relationship Skills	Conflict Resolution Emotional Self-Regulation 	Students will begin to learn strategies to address problems that may arise when playing with friends.	SE: A2: Relationships
Social Awareness Self-Awareness	Emotional Self-Regulation	Students will continue to expand on their feelings vocabulary and learn about non-verbal communication (beginning to recognize the emotions in others).	SE: A1: Social & Self-Awareness
Self-Awareness Self-Management	Self-Care Emotional Self-Regulation 	Students will learn about the breath and the importance of calming strategies.	SE: A1: Social & Self-Awareness
Self-Awareness Responsible Decision-Making	Self-Care 	Students will learn about basic refusal skills and when it is okay to say “no”.	SE: C1: Personal Safety
Social Awareness	Diversity/Tolerance Respect	Students will learn how different members of the community contribute to the group as a whole.	SE: A1: Social & Self-Awareness GPID: A1: Cultural Knowledge and Awareness

## Pre-Kindergarten (age 3-4) Core Counseling Curriculum Sequence

CASEL Competency	Topic(s)	Objectives	ISCA Student Standards 2022
	Introductions/Identity	Know who the counselor is and what the counselor does and who students can go to for help.	SE: A2: Relationships SE: C1: Personal Safety
Self-Awareness Social Awareness	Community/Respect	Students will learn about whole body listening skills.	A: A2: Effective Learning SE: A2: Relationship
Relationship skills	Friendship Skills Conflict Resolution 	Students will understand the importance of positive communication and will be able to differentiate between helpful (nice) words and hurtful words.	SE: A2: Relationships GPID: A2: Cultural Competency
Relationship Skills Self-Management	Friendship Skills Conflict Resolution 	Students will gain awareness of their bodies and how to use their bodies in helpful ways rather than hurtful ways.	SE: A1: Social & Self-Awareness SE: C1: Personal Safety
Self-Awareness	Self-Care 	Students will learn how to advocate for themselves when in need by asking for help.	SE: C1: Personal Safety
Relationship Skills	Friendship Skills	Students will demonstrate positive prosocial behaviors with a specific focus on taking turns and saying thank you.	SE: A2: Relationships
Self-Management Self-Awareness	Emotional Self-Regulation	Students will begin to explore different words to express emotions/feelings.	SE: A1: Social & Self-Awareness