

Amsterdam School Counseling Guidance Lessons

Monthly Themes:

August/September

- Counselor's Role
- Getting to Know You
- Kindness

October

- Self-Control
- Problem Solving
- Healthy Choices (Red Ribbon Week)

November

- Gratitude
- Self-Esteem

December

- Kindness
- Empathy

January

- Growth Mindset
- Goal-Setting

February

- Friendship
- Self-Care

March

- Conflict Resolution
- Stress Reduction/Coping Skills

April

- College/Career Readiness
- Planning for Future Goals
- Transitions/Dealing with Change

May

- Reflection
- Celebrating Growth

