

# 24/25 Amsterdam School Counseling Guidance Lessons Monthly Themes:

## August/September

- Counselor's Role
- Skills for Learning
- Self-Esteem

## October

- Problem Solving (Kelso's Choices)
- Healthy Choices (Red Ribbon Week)

## November

- Skills for Learning
- Gratitude

## December

- Managing Feelings
- Empathy & Kindness

## January

- Growth Mindset
- Goal-Setting

## February

- Friendship/citizenship skills
- Self-Care

## March

- Grit
- Stress Reduction/Coping Skills

## April

- Planning for Future Goals
- Transitions/Dealing with Change

## May

- Self-Control
- Celebrating Growth