

# 25/26 Amsterdam School Counseling Guidance Lessons

Monthly Themes:

## August/September 🍏

- Counselor's Role
- Skills for Learning (Amsterdam Way)

## October 🍁

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

## November 🦃

- Gratitude

## December ❄️

- Empathy & Kindness

## January 🎉

- Growth Mindset

## February ❤️

- Friendship/citizenship skills

## March 🍀

- Self-Esteem

## April 🐰

- Grit/Perseverance

## May 🌻

- Planning for future goals