



**POST FALLS**  
SCHOOL DISTRICT #273

## ELEMENTARY SCHOOL COUNSELING SCOPE AND SEQUENCE

### *Quarter 1*

- **INTRODUCTION LESSON TO THE COUNSELOR AND THE COUNSELING PROGRAM**
- **SKILLS FOR LEARNING**
  - LISTENING, FOCUSING ATTENTION, FOLLOWING DIRECTION, SELF-TALK, AND BEING ASSERTIVE
- **BULLYING PREVENTION UNIT**
  - BYSTANDERS, WHAT IS BULLYING, AND REPORTING
- **EMOTIONAL REGULATION**
  - IDENTIFYING FEELINGS, EMPATHY, AND CALMING STRATEGIES

### *Quarter 2*

- **BULLYING PREVENTION UNIT (CONT.)**
- **SECOND STEP CHILD PROTECTION UNIT**
  - WAYS TO STAY SAFE, SAFETY RULES, AND SAFE & UNSAFE TOUCHES
- **PROBLEM SOLVING SKILLS**

### *Quarter 3*

- **SECOND STEP CHILD PROTECTION UNIT (CONT.)**
- **INTERNET SAFETY AND CYBERBULLYING**

### *Quarter 4*

- **ADDITIONAL TOPICS BY BUILDING AND GRADE LEVEL**

## OUR COUNSELING TEAM

Greensferry Elementary  
Laura Kast

Mullan Trail Elementary  
Mark Porcher

Ponderosa Elementary  
Rebekah Diaz

Prairie View Elementary  
Heather Arnold

Seltice Elementary  
Stacey Marcus

Treaty Rock Elementary  
Doug Sabata

West Ridge Elementary  
Cassie Martines