



**American School
Counselor Association**
ASCA Crosswalk



ASCA Crosswalk

Kindergarten



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
1	I Am Happy	Self-Awareness / Identifying Emotions	M 2.; B-SS 1.; B-SS 2.
2	Following Rules	Self-Management / Self-Discipline	M 3.; B-SMS 2.
3	Learning to Listen	Social Awareness / Respect for Others	B-LS 3.; B-SMS 1.
4	Making Friends	Relationship Skills / Relationship Building	B-SS 2.
5	I Care	Responsible Decision-Making / Ethical Responsibility	B-SMS 1.; B-SS 5.
6	I Am Confident	Self-Awareness / Self-Confidence	B-LS 4.; B-SMS 5.
7	I Am Growing	Self-Management / Goal Setting	B-LS 7.
8	Please and Thank You	Social Awareness / Respect for Others	B-SS 9.
9	Working Together	Relationship Skills / Teamwork	B-SS 2.; B-SS 7.
10	Finding My Way	Responsible Decision-Making / Solving Problems	B-SMS 7.; B-SMS 10.
11	Discovering My Strengths	Self-Awareness / Recognizing Strengths	M 6.; B-LS 4.
12	Putting Things in Order	Self-Management / Organizational Skills	B-SMS 2.; B-SMS 8.; B-LS 3.
13	I Am Different From You	Social Awareness / Perspective-Taking	B-SS 1.; B-SS 2.
14	Sharing and Taking Turns	Relationship Skills / Social Engagement	B-SS 1.; B-SS 2.; B-SS 9.
15	What Is a Problem	Responsible Decision-Making / Identifying Problems	B-SMS 6.; B-SMS 7.; B-SS 4.
16	How I Feel	Self-Awareness / Accurate Self-Perception	B-SS 9.
17	When I Worry	Self-Management / Stress Management	B-SMS 2.; B-SMS 6.
18	We Are Different	Social Awareness / Appreciating Diversity	B-SS 1.; B-SS 2.
19	Talking to Each Other	Relationship Skills / Communication	B-SS 6.; B-SS 2.; B-SS 9.
20	What Is a Situation?	Responsible Decision-Making / Analyzing Situations	B-LS 1.; B-LS 9.
21	I Can Do It	Self-Awareness / Self-Efficacy	M 2.; B-LS 4.
22	Controlling Myself	Self-Management / Impulse Control	B-SMS 2.
23	Understanding Others' Feelings	Social Awareness / Empathy	B-SS 5.
24	I Can Make It Better	Responsible Decision-Making / Evaluating	M 6.; B-LS 4.
25	Why We Go to School	Self-Management / Self-Motivation	B-SMS 5.
26	What Can I Remember?	Responsible Decision-Making / Reflecting	M 6.; B-SMS 1.; B-SMS 7.; B-SS 5.; B-LS 1.
27	Be a STAR Student	Quaver Plus – Academic Achievements	B-SMS 5.
28	Using Kind Words	Quaver Plus – Bullying	B-SS 2.; B-SS 4.
29	Safe and Unsafe Strangers	Quaver Plus – Personal Safety	B-SMS 9.
30	What Is Honesty?	Quaver Plus – Honesty	B-SS 5.; B-SMS 1.
31	Trying New Things	Quaver Plus – Feeling Anxious	B-SMS 10.; B-SS 2.
32	Being Disappointed	Quaver Plus – Disappointment	B-SMS 7.; B-SS 9.
33	We Have Different Feelings	Quaver Plus – Moods	B-LS 1.; B-SMS 7.
34	K-2nd: Coping with Difficult Times	Quaver Plus – Transition	M 1.; M 6.; B-SS 1.; B-SS 2.
35	K-2nd: What Is Grief?	Quaver Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
36	K-2nd: All About Gratitude	Quaver Plus – Gratitude	B-SS 4.; B-SS 2.; B-SS 4. B-SS 5.; B-SS 9.

ASCA Crosswalk

1st Grade



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
1	Sharing Happiness	Self-Awareness / Identifying Emotions	B-SS 2.; B-SS 4.
2	Rules Help Us	Self-Management / Self-Discipline	M 3.; B-SMS 2.
3	Listening Carefully	Social Awareness / Respect for Others	B-LS 3.; B-SMS 1.
4	Friends Are Special	Relationship Skills / Relationship Building	B-SS 2.
5	What I Care About	Responsible Decision-Making / Ethical Responsibility	B-SMS 1.; B-SS 5.
6	Building Confidence	Self-Awareness / Self-Confidence	B-LS 4.; B-SMS 5.
7	Setting Goals	Self-Management / Goal Setting	B-LS 7.
8	Good Manners	Social Awareness / Respect for Others	B-SS 9.
9	Parts of a Team	Relationship Skills / Teamwork	B-SS 2.; B-SS 7.
10	I Can Solve Problems!	Responsible Decision-Making / Solving Problems	B-SMS 7.; B-SMS 10.
11	Sharing My Strengths	Self-Awareness / Recognizing Strengths	M 6.; B-LS 4.; B-SS 6.
12	Organizing Myself	Self-Management / Organizational Skills	B-LS 3.; B-SMS 2.; B-SMS 8.
13	Understanding You	Social Awareness / Perspective Taking	B-SS 1.; B-SS – 2.
14	The Golden Rule	Relationship Skills / Social Engagement	B-SS 1.; B-SS 2.; B-SS 9.
15	How I Feel About Problems	Responsible Decision-Making / Identifying Problems	B-SMS 6.; B-SMS 7.; B-SS 4.
16	Showing My Feelings	Self-Awareness / Accurate Self-Perception	B-SS 9.; B-SS 1.; B-SS 2.
17	I Feel Stressed	Self-Management / Stress Management	B-SS 6.; B-SMS 2.; B-SMS 6.
18	How We're Different	Social Awareness / Appreciating Diversity	B-SS 1.; B-SS 2.
19	Having a Conversation	Relationship Skills / Communication	B-SS 6.; B-SS 2.; B-SS 9.
20	Understanding Problems	Responsible Decision-Making / Analyzing Situations	B-LS 1.; B-LS 9.
21	Positive Mindset	Self-Awareness / Self-Efficacy	M 2.; B-LS 4.
22	Practicing My Self-Control	Self-Management / Impulse Control	B-SMS 2.; B-SMS 7.
23	Understanding My Friends	Social Awareness / Empathy	B-SS 4.
24	Understanding What Worked	Responsible Decision-Making / Evaluating	M 2.; M 5.; B-LS 6.
25	Things I Should Do	Self-Management / Self-Motivation	B-SMS 1.; B-SMS 4.
26	How Do I Reflect?	Responsible Decision-Making / Reflecting	M.6.; B-SMS 1.; B-SMS 7.; B-SS 5.; B-LS.1.
27	Trying My Best	Quaver Plus – Academic Achievements	B-LS 6.; B-LS 8.
28	Standing Up for Me	Quaver Plus – Bullying	B-SS 8.
29	Safe and Unsafe Touch	Quaver Plus – Personal Safety	B-SMS 9.; B-SS 8.
30	Why Is Honesty Important?	Quaver Plus – Honesty	B-SMS 1.; B-SMS 2.; B-SMS 7.; B-SS 5.
31	Big Changes Are Okay	Quaver Plus – Feeling Anxious	B-SMS 10.; B-SS 2.
32	Understanding Disappointment	Quaver Plus – Disappointment	M 1.; B-SMS 7.
33	Having Two Feelings at the Same Time	Quaver Plus – Moods	B-LS 1.; B-SMS 7.; B-SS 1.
34	K-2nd: Coping with Difficult Times	Quaver Plus – Transition	M 1.; M 6.; B-SS 1; B-SS 2.
35	K-2nd: What Is Grief?	Quaver Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
36	K-2nd: All About Gratitude	Quaver Plus – Gratitude	B-SS 4.; B-SS 2.; B-SS 4. B-SS 5.; B-SS 9.

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2nd Grade



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
1	Identifying Strong Feelings	Self-Awareness / Identifying Emotions	M 1.; B-SMS 7.
2	The Reason for Rules	Self-Management / Self-Discipline	M 3.; B-SMS 1.; B-SMS 2.
3	Listening to Others	Social Awareness / Respect for Others	B-SS 1.
4	What Makes a Good Friend?	Relationship Skills / Relationship Building	B-SS 2.
5	Trustworthiness	Responsible Decision-Making / Ethical Responsibility	M 3.; B-SS 2.; B-SS 3.; B-SS 5.; B-SS 9.
6	Showing I Am Confident	Self-Awareness / Self-Confidence	M 2.; M 5.; M 6.
7	Setting a Short-Term Goal	Self-Management / Goal Setting	M 5.; B-LS 7.; B-SMS 5.
8	Respect for My Family	Social Awareness / Respect for Others	B-SS 3.
9	Types of Teams	Relationship Skills / Teamwork	B-SS 6.; B-SS 7.
10	Asking for Help	Responsible Decision-Making / Solving Problems	B-SMS 1.
11	My Strengths and Weaknesses	Self-Awareness / Recognizing Strengths	B-SMS 1.; B-SMS 6.
12	Organization Is Important	Self-Management / Organizational Skills	B-LS 3.; B-SMS 2.
13	My Habits Are Different From Yours	Social Awareness / Perspective Taking	B-SS 2.
14	Including Others	Relationship Skills / Social Engagement	B-SS.; B-SS 4.; B-SS 9.
15	Big and Small Problems	Responsible Decision-Making / Identifying Problems	B-LS 1.
16	What My Feelings Mean	Self-Awareness / Accurate Self-Perception	M 1.; B-SMS 2.; B-SMS 7.
17	Causes of Stress	Self-Management / Stress Management	B-SMS 7.; B-SMS 8.
18	Our Differences Affect Our Choices	Social Awareness / Appreciating Diversity	B-SS 1.; B-SS2.; B-SS 9.
19	People I Can Talk To	Relationship Skills / Communication	M 1.; B-SMS 7.; B-SS 1.; B-SS 3.
20	Major and Minor Situations	Responsible Decision-Making / Analyzing Situations	B-LS 1.
21	Growth Mindset	Self-Awareness / Self-Efficacy	M 1.; M 6.; B-LS 4.
22	Controlling My Emotions	Self-Management / Impulse Control	B-SMS 2.; B-SMS 7.
23	Feeling What Others Feel	Social Awareness / Empathy	B-SS 1.; B-SS 2.; B-SS 4.
24	How to Evaluate Something	Responsible Decision-Making / Evaluating	M 6.; B-LS 6.
25	What Is Motivation?	Self-Management / Self-Motivation	M 1.; M 2.; M 5.; B-LS 4.
26	What Is the Purpose of Reflecting?	Responsible Decision-Making / Reflecting	M 6.; B-SMS 1.; B-SMS 7.; B-SS 5.; B-LS 1.
27	When I Don't Understand	Quaver Plus – Academic Achievements	M 2.; B-SMS 7.; B-SS 8.
28	Bullies; Bystanders; and Victims	Quaver Plus – Bullying	B-SS 4.; B-SS 5.; B-SS 8.
29	Getting Lost	Quaver Plus – Personal Safety	B-SMS 7.; B-SMS 9.; B-SS 9.
30	Telling the Truth	Quaver Plus – Honesty	M 1.; B-SMS 1.; B-SMS 7.; B-SS 5.
31	What to Do When I Worry	Quaver Plus – Feeling Anxious	B-SMS 7.
32	When I Don't Get My Way	Quaver Plus – Disappointment	B-SMS 2.; B-SMS 4.; B-SMS 7.; B-SS 9.
33	What Is a Mood?	Quaver Plus – Moods	B-SMS 7.
34	K-2nd: Coping with Difficult Times	Quaver Plus – Transition	M 1.; M 6.; B-SS 1.; B-SS 2.
35	K-2nd: What Is Grief?	Quaver Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
36	K-2nd: All About Gratitude	Quaver Plus – Gratitude	B-SS 4.; B-SS 2.; B-SS 4. B-SS 5.; B-SS 9.

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3rd Grade



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
1	When I Feel Angry	Self-Awareness / Identifying Emotions	M 1. B-SMS 2. B-SMS 7.
2	Making Rules for Myself	Self-Management / Self-Discipline	M 3.; B-LS 1.; B-SMS 2.
3	Benefits of Listening	Social Awareness / Respect for Others	B-SS-1.
4	Signs of a Strong Friendship	Relationship Skills / Relationship Building	B-SS 2.
5	My Responsibilities	Responsible Decision-Making / Ethical Responsibility	B-SS 5.; B-SMS 1.
6	Value of Self-Confidence	Self-Awareness / Self-Confidence	M 2.; B-LS 1.; B-SMS 2.; B-SMS 4.
7	Goals and Motivation	Self-Management / Goal Setting	B-LS 7.; B-SMS 5.
8	Respect for My School	Social Awareness / Respect for Others	B-SS 3.; B-SS 5.
9	Building a Strong Team	Relationship Skills / Teamwork	B-SS 6.; B-SS 7.
10	Brainstorming Solutions	Responsible Decision-Making / Solving Problems	B-LS 1.; B-LS 9.; B-SS 7.
11	Overcoming My Weakness	Self-Awareness / Recognizing Strengths	B-LS 1.; B-SMS 6.; B-SMS 7.
12	Organizing and Prioritizing My Work	Self-Management / Organizational Skills	B-LS 3.; B-LS 4.
13	We All See Things Differently	Social Awareness / Perspective-Taking	B-SS 2.; B-SS 9.
14	Solving Conflict	Relationship Skills / Social Engagement	B-SS 1.; B-SS 2.; B-SS 8.
15	What Caused the Problem?	Responsible Decision-Making / Identifying Problems	B-LS 1.
16	Perseverance	Self-Awareness / Accurate Self-Perception	B-SMS 5.; B-SMS 7.
17	Managing Stress	Self-Management / Stress Management	B-SMS 7.; B-SMS 8.
18	Learning About Cultures	Social Awareness / Appreciating Diversity	B-LS 9.; B-SS 2.
19	Different Ways to Communicate My Feelings	Relationship Skills / Communication	B-SMS 7.; B-SS 1.; B-SS 3.
20	Breaking Down Situations	Responsible Decision-Making / Analyzing Situations	B-LS 1.
21	Succeeding in a New Situation	Self-Awareness / Self-Efficacy	M 1.; M 2.
22	Thinking Things Through	Self-Management / Impulse Control	B-LS 1.; B-SMS 2.; B-SMS 7.
23	My World is Bigger Than Me	Social Awareness / Empathy	B-SS 2.; B-SS 4.
24	Evaluating My Day	Responsible Decision-Making / Evaluating	M 6.; B-LS 6.
25	Exploring Motivation	Self-Management / Self-Motivation	M 1.; M 2.; M 5.; M 6.; B-LS 4.
26	Reflecting With Others	Responsible Decision-Making / Reflecting	M 6.; B-LS 1.; B-SMS 1.; B-SMS 7.; B-SS 5.
27	Improving My School Work	Quaver Plus – Academic Achievements	M 4.; M 5.; M 6.; B-LS 3.; B-LS 8.
28	Assertiveness and Bullying	Quaver Plus – Bullying	B-SS 8.
29	What to Do in an Emergency	Quaver Plus – Personal Safety	B-SMS 1.; B-SMS 9.; B-SMS 10.
30	What Is Integrity?	Quaver Plus – Honesty	B-SMS 1.
31	What I Can and Can't Control	Quaver Plus – Feeling Anxious	B-SMS 2.; B-SMS 7.
32	How to Lose Respectfully	Quaver Plus – Disappointment	M 6.; B-SMS 2.; B-SS 4.; B-SS 9.
33	When I Don't Like My Mood	Quaver Plus – Moods	B-SMS 7.; B-SS 9.
34	3rd-5th: Beginning Again	Quaver Plus – Transition	M 1.; M 6.; B-SS 1.; B-SS 2.
35	3rd-5th: Dealing With Grief	Quaver Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
36	3rd-5th: The Gift of Gratitude	Quaver Plus – Gratitude	B-SS 4.; B-SS 2.; B-SS 4.; B-SS 5.; B-SS 9.

ASCA Crosswalk

4th Grade



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
1	Understanding My Feelings	Self-Awareness / Identifying Emotions	M 1.; B-SS 4.
2	Benefits of Self-Discipline	Self-Management / Self-Discipline	B-LS 4.; B-SMS 1.; B-SMS 2.; B-SMS 4.
3	Thinking Before Speaking	Social Awareness / Respect for Others	B-SS 1.
4	Celebrating Our Friendships	Relationship Skills / Relationship Building	B-SS 2.
5	Understanding Right from Wrong	Responsible Decision-Making / Ethical Responsibility	B-LS 1.; B-LS 10.; B-SS 5.; B-SS 9.
6	Recovering My Self-Confidence	Self-Awareness / Self-Confidence	M 2.; B-LS 4.; B-SMS 6.; B-SMS 7.
7	Setting Long-Term Goals	Self-Management / Goal Setting	M 5.; B-LS 7.; B-SMS 5.
8	Respect for My Community	Social Awareness / Respect for Others	B-SS 3.; B-SS 5.
9	Keeping the Team Together	Relationship Skills / Teamwork	B-SS 6.; B-SS 7.
10	Making the Right Decision	Responsible Decision-Making / Solving Problems	B-SMS 1.
11	My Personality Traits	Self-Awareness / Recognizing Strengths	B-SS 1.; B-SS 2.; B-SS 6.
12	Optimizing My Time	Self-Management / Organizational Skills	B-LS 2.; B-SMS 8.
13	My Actions and Words Affect Others	Social Awareness / Perspective-Taking	B-SS 2.; B-SS 4.; B-SS 8.
14	What Is Bullying?	Relationship Skills / Social Engagement	M 3.; B-SS 2.
15	Preventing the Problem	Responsible Decision-Making / Identifying Problems	B-LS 1.
16	Improving Myself	Self-Awareness / Accurate Self-Perception	M 2.; B-SMS 5.; B-LS 6.
17	Different Types of Stress	Self-Management / Stress Management	B-SMS 7.; B-SMS 8.
18	Similarities and Differences of Cultures	Social Awareness / Appreciating Diversity	B-SS 1.; B-SS 2.
19	Reading Body Language	Relationship Skills / Communication	B-SS 2.; B-SS 4.
20	Learning from Situations	Responsible Decision-Making / Analyzing Situations	B-LS 1.
21	Being Resilient	Self-Awareness / Self-Efficacy	B-SMS 5.; B-SMS 6.; B-SMS 10.
22	Controlling My Thoughts	Self-Management / Impulse Control	B-SMS 2.; B-SMS 7.
23	How to Express Empathy	Social Awareness / Empathy	B-SS 1.; B-SS 2.; B-SS 3.; B-SS 4.
24	Evaluating Our Decisions	Responsible Decision-Making / Evaluating	M 6.; B-LS 6.
25	Long-Term Motivation	Self-Management / Self-Motivation	M 2.; M 5.; M 6.; B-LS 4.
26	How Do I Apply My Reflection?	Responsible Decision-Making / Reflecting	B-LS 1.; M 6.; B-SMS 1.; B-SMS 7.; B-SS 5.
27	Good Study Skills	Quaver Plus – Academic Achievements	B-LS 3.; B-LS 7.
28	Standing Up for Others	Quaver Plus – Bullying	B-SS 4.; B-SS 5.; B-SS 8.
29	Setting Personal Boundaries	Quaver Plus – Personal Safety	B-SMS 9.; B-SS 8.; B-SS 9.
30	Being Honest with Myself and Others	Quaver Plus – Honesty	M 1.; M 2.
31	What I Feel Anxious About	Quaver Plus – Feeling Anxious	M 1.; B-SMS 7.; B-SMS 10.
32	Setting Realistic Expectations	Quaver Plus – Disappointment	M 5.; B-SMS 2.; B-SMS 5.
33	When a Mood Stays Too Long	Quaver Plus – Moods	B-SMS 5.; B-SMS 7.
34	3rd-5th: Beginning Again	Quaver Plus – Transition	M 1.; M 6.; B-SS 1.; B-SS 2.
35	3rd-5th: Dealing With Grief	Quaver Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
36	3rd-5th: The Gift of Gratitude	Quaver Plus – Gratitude	B-SS 4.; B-SS 2.; B-SS 4.; B-SS 5.; B-SS 9.

ASCA Crosswalk

5th Grade



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
1	Dealing with Multiple Feelings	Self-Awareness / Identifying Emotions	M 1.; B-SMS 7.
2	Practicing Self-Discipline	Self-Management / Self-Discipline	B-SMS 1.; B-SMS 2.; B-SMS 5.
3	Balancing Listening and Talking	Social Awareness / Respect for Others	B-SS 1.
4	Maintaining Friendship Groups	Relationship Skills / Relationship Building	B-SS 2.; B-SMS 7.
5	Being a Responsible Citizen	Responsible Decision-Making / Ethical Responsibility	M 3.; B-SS 5.; B-SS 8.; B-SS 9.
6	I Am Valuable	Self-Awareness / Self-Confidence	M 2.; M 5.; M 6.; B-LS 4.
7	Setting Life Goals	Self-Management / Goal Setting	B-SMS 4.; B-SMS 5.
8	Respect the Planet	Social Awareness / Respect for Others	B-SS 5.
9	Being a Strong Team Leader	Relationship Skills / Teamwork	B-SS 6.; B-SS 7.
10	Short-Term and Long-Term Solutions	Responsible Decision-Making / Solving Problems	B-LS 1.
11	Using My Strengths to Help Others	Self-Awareness / Recognizing Strengths	B-SS 2.; B-SS 3.; B-SS 4.; B-SS 5.
12	Organize; Prioritize; Optimize	Self-Management / Organizational Skills	B-LS 3.; B-SMS 1.
13	Results of Different Perspectives	Social Awareness / Perspective-Taking	B-SS 2.; B-SS 4.; B-SS 9.
14	Conflict vs. Bullying	Relationship Skills / Social Engagement	M 3.; B-SS 2.; B-SS 8.; B-SS 9.
15	My Friend Has a Problem	Responsible Decision-Making / Identifying Problems	B-LS 1.; B-SS 1.
16	Understanding My Personality	Self-Awareness / Accurate Self-Perception	M 1.
17	Consequences of Stress	Self-Management / Stress Management	B-SMS 7.
18	Appreciating Diversity	Social Awareness / Appreciating Diversity	B-SS 2.; B-SS 4.
19	Having Difficult Conversations	Relationship Skills / Communication	B-SS 1.; B-SS 2.; B-SS 8.
20	Anticipating a Situation	Responsible Decision-Making / Analyzing Situations	B-LS 1.
21	Character Helps Me Succeed	Self-Awareness / Self-Efficacy	M 5.
22	Impulses and My Brain	Self-Management / Impulse Control	M 1.; B-SMS 2.; B-SMS 7.
23	Empathy in Action	Social Awareness / Empathy	B-SS 5.; B-SS 6.
24	Evaluating Information	Responsible Decision-Making / Evaluating	M 5.; B-SMS 1.; B-LS 3.; B-LS 9.
25	Self-Motivation Leads to Success	Self-Management / Self-Motivation	M 1.; M 2.; M 5.; M 6.; B-LS 4.
26	Where Do I Go From Here?	Responsible Decision-Making / Reflecting	B-LS 1.; M 6.; B-SMS 1.; B-SMS 7.; B-SS 5.
27	Setting Yourself up for Future Success	Quaver Plus – Academic Achievements	B-LS 3.; B-LS 7.
28	Why Bullies Bully	Quaver Plus – Bullying	B-SMS 7.; B-SMS 9.; B-SS 1.; B-SS 8.
29	Technology Safety	Quaver Plus – Personal Safety	B-LS 5.; B-SMS 2.; B-SMS 9.; B-SS 5.
30	Consequences of Honesty and Dishonesty	Quaver Plus – Honesty	M 1.; B-SMS 1.
31	Reframing Anxious Thoughts	Quaver Plus – Feeling Anxious	M 6.; B-SMS 7.; B-SMS 10.; B-SS 9.
32	Handling Broken Promises	Quaver Plus – Disappointment	M 1.; B-SMS 1.; B-SMS 7.
33	Mood: Changes in My Body and My Brain	Quaver Plus – Moods	M 1.; B-SMS 7.; B-SMS 10.
34	3rd-5th: Beginning Again	Quaver Plus – Transition	M 1.; M 6.; B-SS 1.; B-SS 2.
35	3rd-5th: Dealing With Grief	Quaver Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
36	3rd-5th: The Gift of Gratitude	Quaver Plus – Gratitude	B-SS 4.; B-SS 2.; B-SS 4.; B-SS 5.; B-SS 9.



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