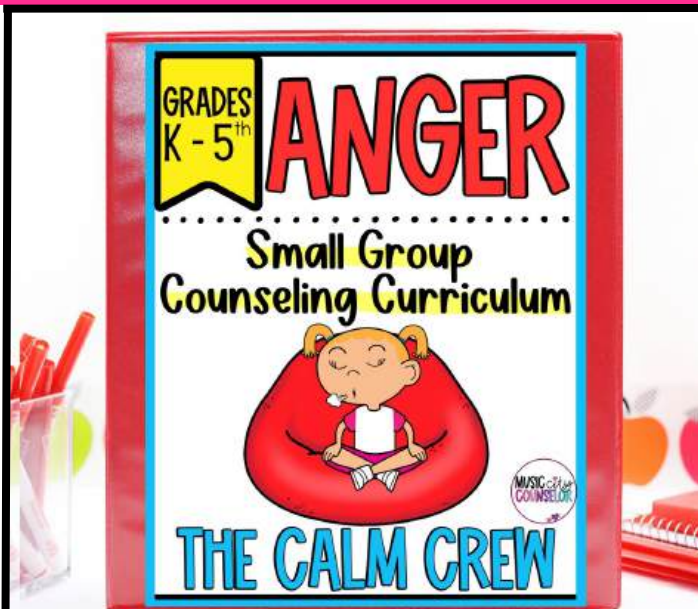




SMALL GROUP COUNSELING

Growing BUNDLE

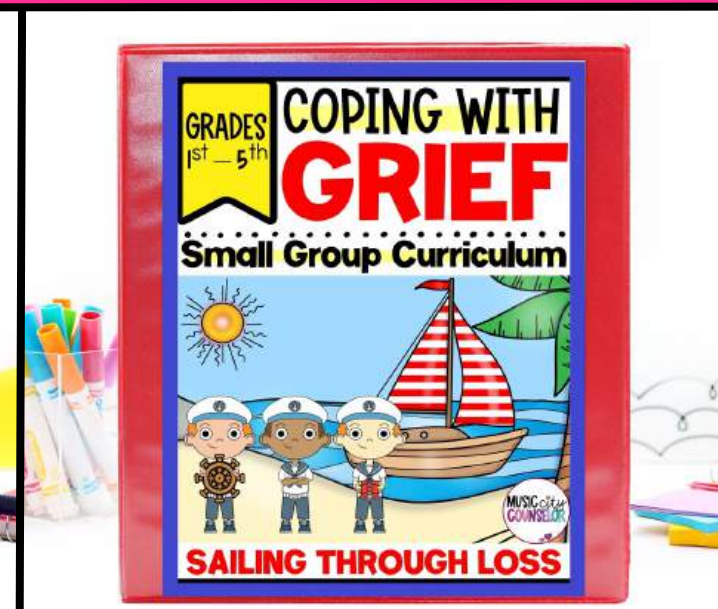
THIS GROWING BUNDLE CURRENTLY INCLUDES 6 GROUPS:



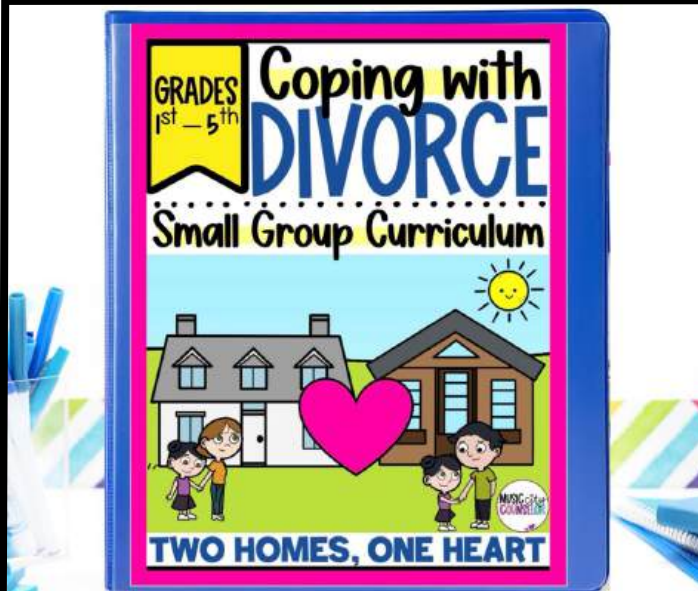
11-WEEK ANGER CURRICULUM



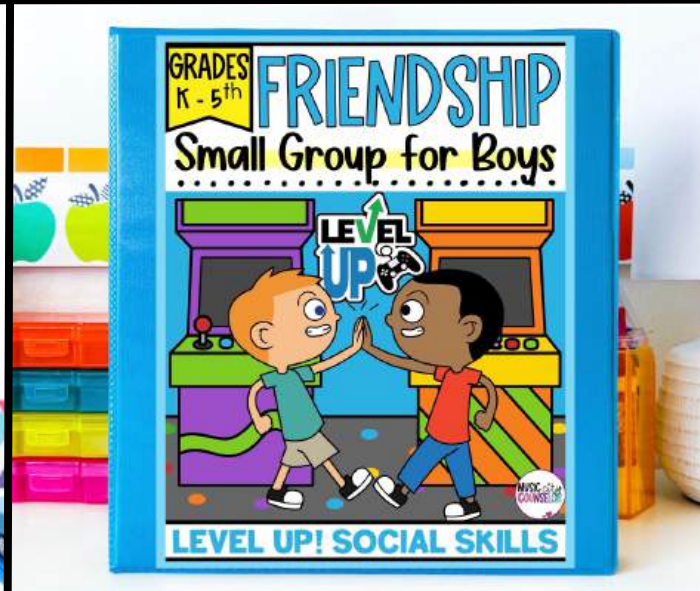
11-WEEK ANXIETY CURRICULUM



10-WEEK GRIEF CURRICULUM



12-WEEK DIVORCE CURRICULUM



BOYS FRIENDSHIP GROUP



FRIENDSHIP GROUP
FOR ELEMENTARY GIRLS



This **GROWING Bundle** includes small group counseling curriculums for **K – 5th graders.**

- These materials are also perfect for **individual counseling!**
- Each time I create a new group, I will add it to this bundle and **buyers will get it for FREE!**

A DETAILED PLAN IS INCLUDED FOR EACH SESSION:



SESSION 3: What Does Anxiety Feel Like?

SESSION GOALS:

- Students will learn what anxiety feels like in their bodies and brains.
- Students will learn about common times when they may feel anxious.
- Students will reflect on what anxiety feels like to them.

ASCA ALIGNMENT:

- **M 1:** Relief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- **B-SMS 2:** Self-discipline and self-control.
- **B-SS 9:** Social maturity and behaviors appropriate to the situation and environment.

MATERIALS NEEDED:

- Group folders
- "How Do You Feel Today?" poster
- "What Does Anxiety Feel Like?" poster
- "When Might We Feel Anxious?" poster
- 1 "My Anxiety Feels Like" worksheet per student
- Pencils
- Crayons or markers

DIRECTIONS:

- You may choose to start each session with the **feelings check-in**.
- Briefly **review** the material learned in group last week.
- **Explain** that today we will learn about what anxiety feels like in our bodies and brains, and common times when we might feel anxious.
- **Ask students** to share what anxiety feels like in their bodies and brains.
- Share the **"What Does Anxiety Feel Like?" poster** with students and discuss each one. Has anxiety felt like this to them before? Why or why not? Which one(s) do they most relate to?
- **Ask students** to share what kinds of situations, people, or things typically make them feel anxious.
- Share the **"When Might We Feel Anxious?" poster** with students and discuss each one. Have any of these situations made them feel anxious before? Why or why not? Which one(s) tends to bother them the most? The least?
- Give students the **"My Anxiety Feels Like" worksheet**. Students can write and draw about what anxiety feels like to them. They can use any of the examples discussed in group or create their own.
- **Close** by sharing that next week we will be talking about about anxiety triggers.

SESSION 6: My Anxiety Garden

SESSION GOALS:

- Students will learn to rate anxiety triggers according to the 5 levels of anxiety.
- Students will identify people, situations, and problems that make them feel each of the 5 levels of anxiety.

ASCA ALIGNMENT:

- **M 1:** Relief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- **B-SMS 2:** Self-discipline and self-control.
- **B-SS 9:** Social maturity and behaviors appropriate to the situation and environment.

MATERIALS NEEDED:

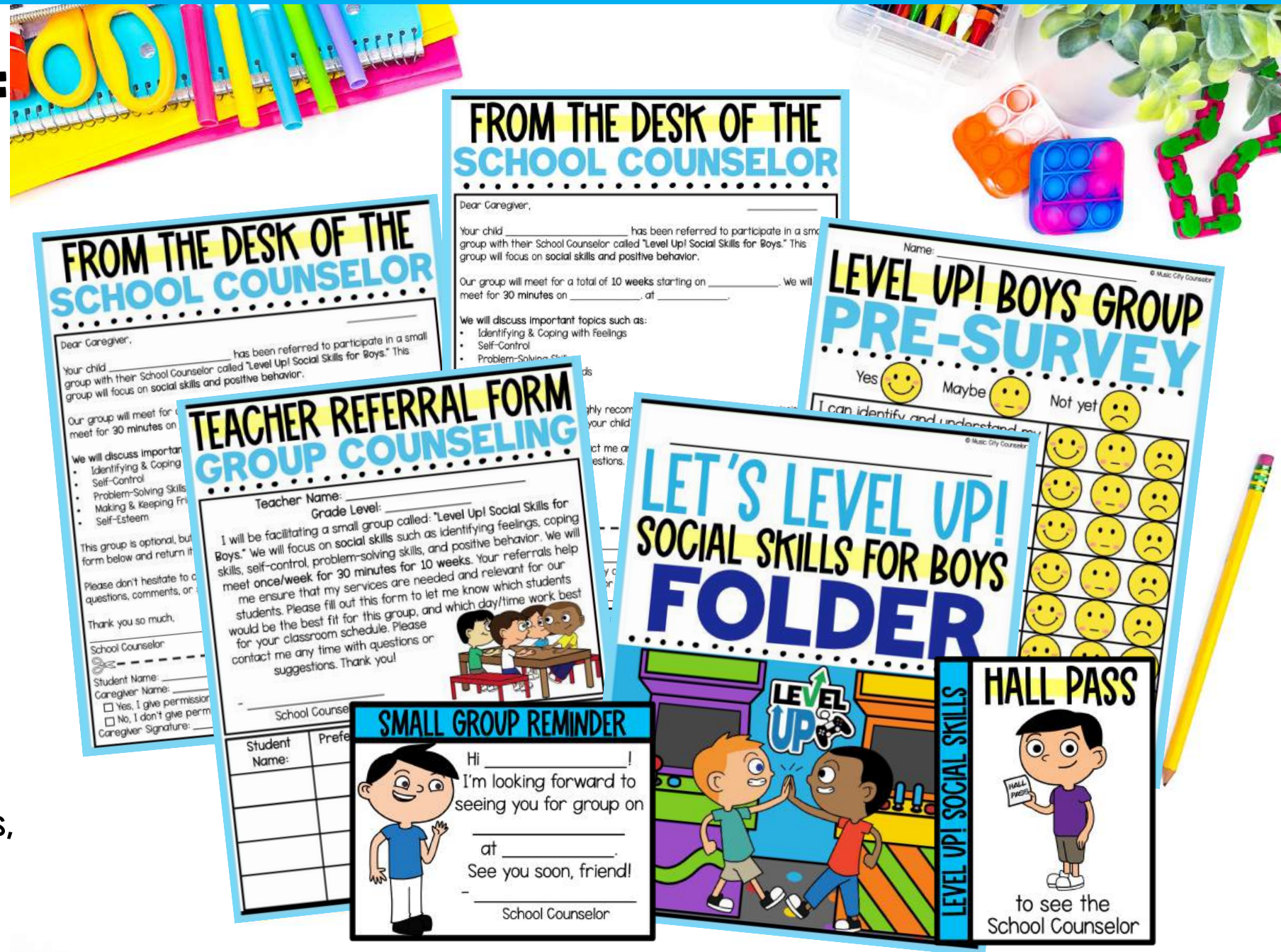
- Group folders
- "How Do You Feel Today?" poster
- "My Anxiety Garden" poster from last week
- 1 "My Anxiety Garden" cut-and-paste activity sheet per student
- 1 set of cut out anxiety scale labels
- 1 set of 15 anxiety triggers cards per student
- 6 cut out discussion cards
- Scissors
- Glue sticks
- Pencils

DIRECTIONS:

- You may choose to start each session with the **feelings check-in**.
- Briefly **review** the material learned in group last week (especially the 5 levels of anxiety on the "My Anxiety Garden" poster).
- **Explain** that today we will learn how to "rate" our anxiety triggers according to the 5 levels of anxiety.
- Give each student a **"My Anxiety Garden" cut-and-paste activity sheet** and the **set of 15 anxiety triggers cards**. Ask students to cut out the anxiety triggers cards.
- Lay out the **anxiety scale labels (1-5)** on the table so all students can access them. Discuss each anxiety trigger card with students and ask them to "rate" whether that trigger feels like a 1, 2, 3, 4, or 5 on the Anxiety Garden scale to them. It is okay (and expected) for students to have different ratings than their peers because we all experience anxiety differently. As you go through each card, ask students to place the card under the corresponding label card that shows how they would rate that trigger. Each student can form their own pile under each label.
- After you have gone through and rated each anxiety trigger card, students can choose one card from each pile/label and glue it onto the correct space on the "My Anxiety Garden" activity sheet.
- Give each student a **discussion card**. Ask them to read it aloud then share their thoughts and feelings with the group.
- **Close** by sharing that next week we will be talking about what "calm" looks and feels like.

GROUP FORMS:

- Teacher Referral Forms
- Bilingual Parent Letters
- Pretest
- Posttest
- Alignment to ASCA Mindsets & Behaviors
- Binder cover
- Folder covers
- Hall passes
- Student reminder cards
- Attendance chart
- Group rules
- Confidentiality agreement
- Feelings check-in
- Completion certificates
- **EDITABLE** versions of all forms for school counselors, school social workers, and school psychologists



I. COPING WITH ANGER GROUP

11 research-based, ASCA-aligned sessions



2. COPING WITH DIVORCE GROUP

12 research-based, ASCA-aligned sessions



3. COPING WITH ANXIETY GROUP

11 research-based, ASCA-aligned sessions



4. COPING WITH GRIEF GROUP

12 research-based, ASCA-aligned sessions



5. BOYS SOCIAL SKILLS & FRIENDSHIP GROUP

10 research-based, ASCA-aligned sessions



6. GIRLS SOCIAL SKILLS & FRIENDSHIP GROUP

10 research-based, ASCA-aligned sessions

