

IMPORTANT NOTES:

THIS 11-SESSION CURRICULUM:

- Teaches students to cope with anxiety and worry
- Includes differentiated materials for K – 5th grades
- Can be used with small groups and individuals
- Is aligned to ASCA Mindsets & Behaviors
- Is data-driven with a provided pretest/posttest

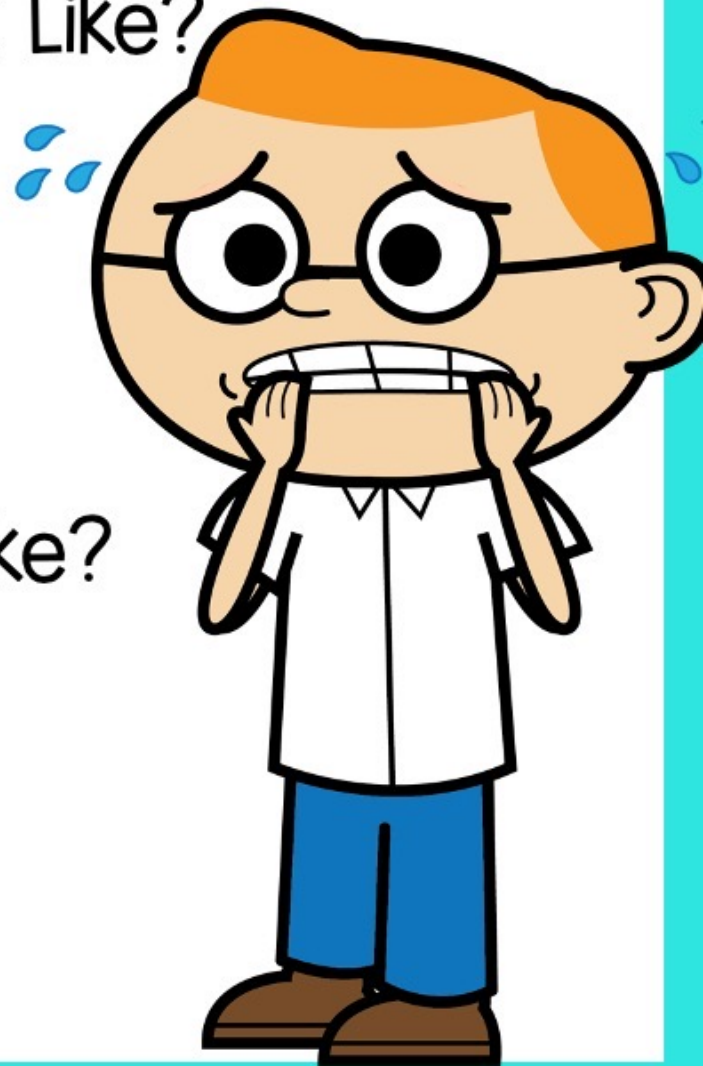


IMPORTANT NOTES: THIS 11-SESSION CURRICULUM:

- Is super-low prep and ready to go
- Can be customized to fit the needs of your students and the amount of time you have
- Implement all 11 sessions in the order presented. Or change the order, pick and choose certain sessions, or add in materials of your choice!

THE PEACEFUL PALS GROUP OUTLINE:

- **Session 1:** Introduction to Group & Get to Know You
- **Session 2:** What is Anxiety & What Does it Look Like?
- **Session 3:** What Does Anxiety Feel Like?
- **Session 4:** What Are Anxiety Triggers?
- **Session 5:** The 5 Levels of Anxiety
- **Session 6:** My Anxiety Garden
- **Session 7:** What is Calm & What Does it Look Like?
- **Session 8:** What Does Calm Feel Like?
- **Session 9:** Using Coping Skills
- **Session 10:** Group Review Board Game
- **Session 11:** Group Closure & Reflection



A DETAILED PLAN IS INCLUDED FOR EACH SESSION.



SESSION 6: My Anxiety Garden © Marc City Counselor

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:** Belief 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 10 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 10 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 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 Form
- 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
- Versions for all forms for school counselors, school social workers, and school psychologists

Teacher Referral Form GROUP COUNSELING

Teacher Name: _____
Grade Level: _____

I will be facilitating a small group called "The Peaceful Pals." We will focus on coping with anxiety and worry. We will meet once/week for 30 minutes for 11 weeks. Your referrals help me ensure that my services are needed and relevant for our students. Please fill out this form to let me know which students would be the best fit for this group, and which day/time work best for your classroom schedule. Thank you for your time and effort!

Please contact me with any questions.

School Counselor: _____

Student Name:	Pretest

From the Desk of the SCHOOL COUNSELOR

Dear Caregiver,

Your child _____ has been referred to participate in a small group with their School Counselor called "The Peaceful Pals." This group will focus on coping with anxiety and worry.

Our group will meet for a total of 11 weeks starting on _____
We will meet for 30 minutes on _____ at _____

Students will learn skills such as:

- What is anxiety?
- What does anxiety look like?
- What does anxiety feel like?
- What are anxiety triggers?
- How do I cope with anxiety?

This group is optional, but highly recommended. Please fill out the permission form below and return it to your child's teacher.

I am available to contact me any time at _____ with _____ or suggest _____

Desde el Escritorio de la CONSEJERA ESCOLAR

Queridos Padres de Familia,

Su hijo/a _____ ha sido recomendado para participar en un grupo pequeño con su consejera escolar que se llama "The Peaceful Pals." Este grupo se centrará en el manejo de la ansiedad.

Nuestro grupo se reunirá por un total de 11 semanas a partir del _____
Nos reuniremos por 30 minutos el _____ a las _____

Los estudiantes aprenderán habilidades como:

- ¿Qué es la ansiedad?
- ¿Cómo se ve la ansiedad?
- ¿Cómo se siente la ansiedad?
- ¿Cómo se ve la ansiedad?

My recommendation: Por favor complete el formulario adjunto al maestro de su hijo. No dude en preguntar cualquier momento al maestro de su hijo/a si tiene preguntas. ¡Estoy aquí para ayudar!

¿Hijo/a participe en el grupo?
¿Mi hijo/a participe en el grupo?

THE PEACEFUL PALS - GROUP FOLDER -

Small Group PRE-SURVEY

Let's see what you know BEFORE group begins!
Circle your answers to the questions below.

Yes 😊 Maybe 😐 Not yet ☹️

I can define "anxiety."	😊	😐	☹️
I can describe what anxiety looks like in my body.	😊	😐	☹️
I can describe what anxiety feels like in my body and brain.	😊	😐	☹️
I can define "anxiety triggers."	😊	😐	☹️
I can identify my anxiety triggers.	😊	😐	☹️
I can define "coping skills."	😊	😐	☹️
I can use and practice coping skills.	😊	😐	☹️
I can control my anxiety and worries.	😊	😐	☹️

THE PEACEFUL PALS REMINDER

Hi _____!

I'm looking forward to seeing you for group on _____
at _____.

See you soon, friend!

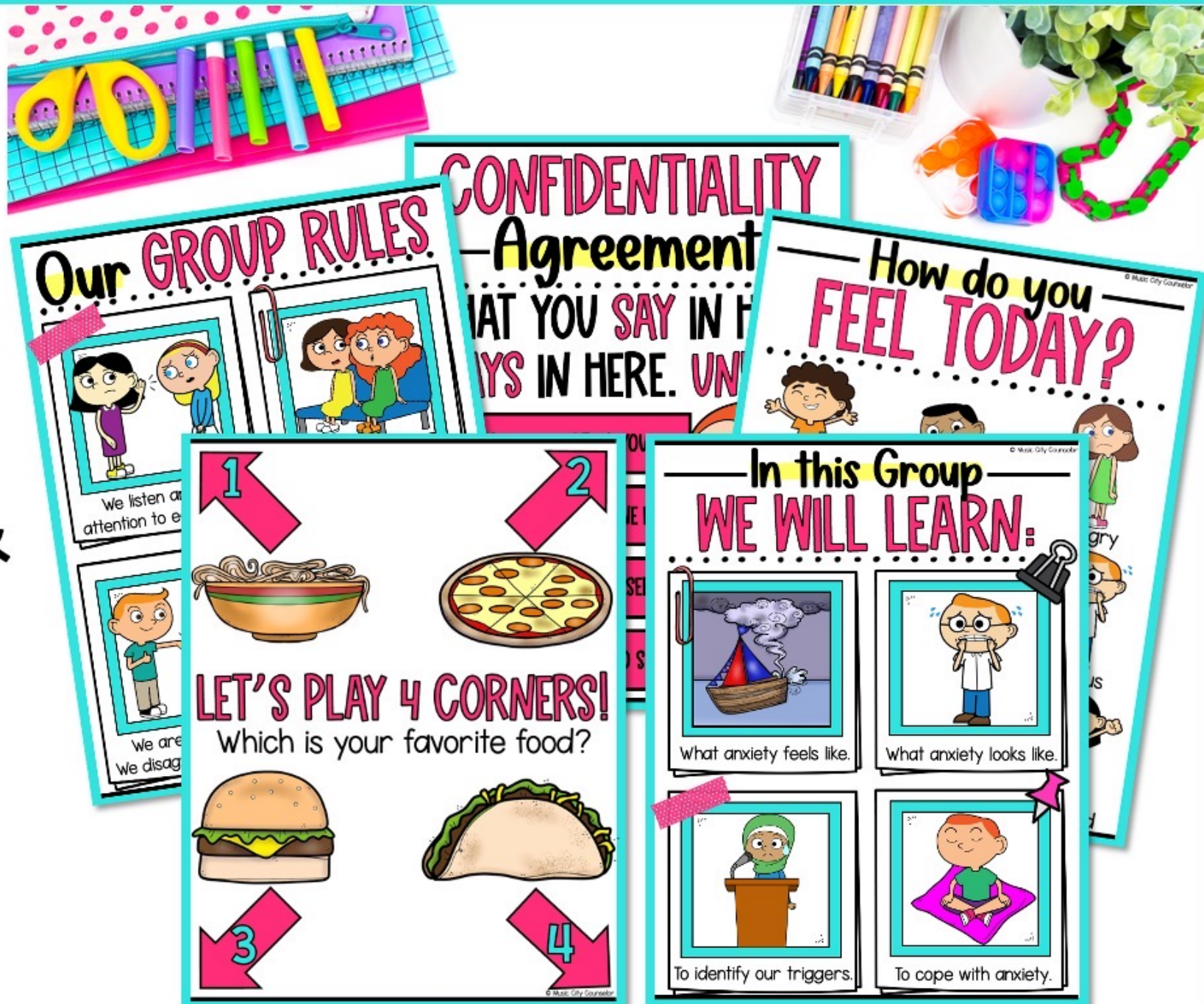
_____ School Counselor

HALL PASS

to see the School Counselor

SESSION 1:

Introductions & Icebreakers



SESSION 2:

What is Anxiety & What Does it Look Like?



Name: _____

What does ANXIETY LOOK LIKE?

Color the boy and the signs of anxiety.

Furrowed eyebrows

Sweat bod

Fidgety hands

Shaky hands

Butterflies in tummy

Name: _____

What does ANXIETY LOOK LIKE?

Color the boy and the signs of anxiety.

Furrowed eyebrows

Sweat body

Fidgety hands

Biting fingernails

Name: _____

MY ANXIETY Looks Like

What does anxiety look like in your body?
Draw and write on the body what your anxiety looks like.

Facts about ANXIETY

- We all feel anxious sometimes.
- It's okay to feel anxious. It is a natural emotion.
- Different things make different people anxious.
- Anxiety can affect our learning, friendships, and health.
- Anxiety looks different in different people.
- It's important to learn how to cope with anxiety.

What is ANXIETY?

An uneasy feeling when you are worried that something bad may happen.

SESSION 3:

What Does Anxiety Feel Like?



Name: _____ © Music City Counselor

MY ANXIETY Feels Like

What does anxiety feel like to you?
Draw and write about how anxiety feels to you.

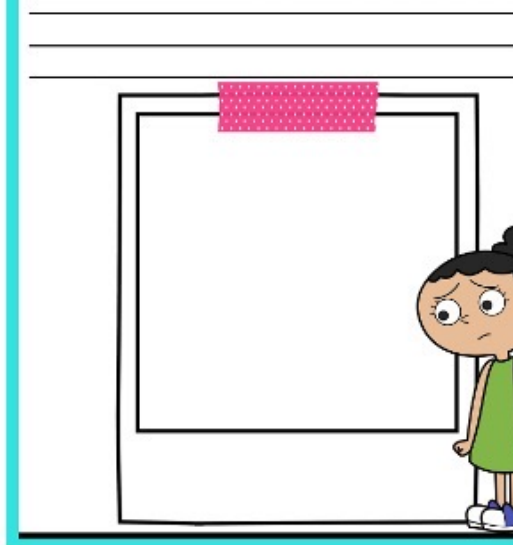
Name: _____ © Music City Counselor

MY ANXIETY Feels Like


What does anxiety feel like to you?
Draw and write about how anxiety feels to you.


Name: _____ © Music City Counselor


What does ANXIETY FEEL LIKE?





When may we feel ANXIOUS?


- 

When we meet new people or try to make friends.
- 


When we go to a new place or try something new.
- 


When there is a big change in our family or school.
- 


When we perform or present in front of others.
- 

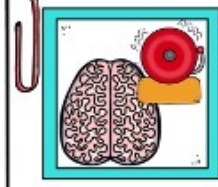
When we have a big test or challenging schoolwork.
- 

When we think about the future.

- 

Being on a small boat in the middle of a stormy sea.
- 

Carrying around a heavy backpack full of worries.
- 

Putting together a tricky puzzle where the pieces don't quite fit together.
- 

A fire alarm going off in our brain – even if there's no real danger there.

SESSION 4:

What Are Anxiety Triggers?



© Miss City Counselor

What is an ANXIETY TRIGGER?

Something that makes you feel anxious.

Name: _____

My ANXIETY TRIGGERS

What "sounds your alarm?"
Write and draw about your anxiety triggers.

--	--



© Miss City Counselor

Facts About ANXIETY TRIGGERS

<p>A sensitive area in our feelings.</p>	<p>A person, problem, or situation that worries us.</p>
<p>Feels like an "alarm goes off" in our brains.</p>	<p>Different things "set off" different people.</p>

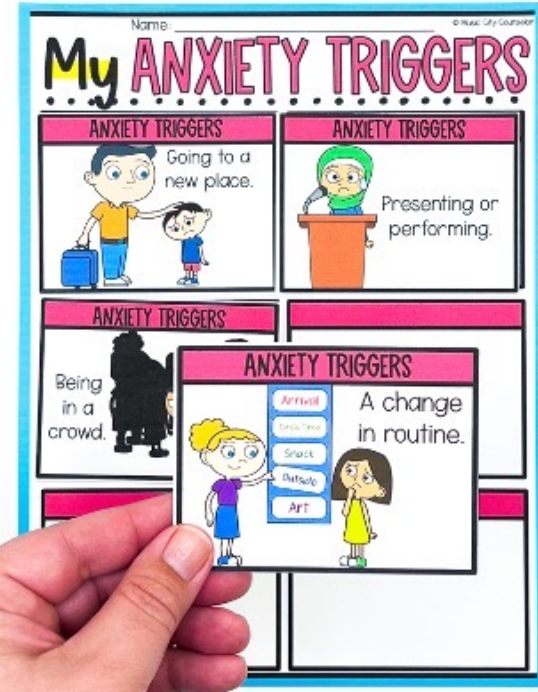
Name: _____

My ANXIETY TRIGGERS

What "sounds your alarm?"
Write and draw about your anxiety triggers.

SESSION 4:

What Are Anxiety Triggers?



SESSION 5:

The 5 Levels of Anxiety

How is Your Mind LIKE A GARDEN?

Imagine your mind is like a garden. Sometimes anxious thoughts are like little weeds that pop up. These weeds can make our garden feel messy and overwhelming. The more weeds that grow, the more nervous we feel.



My ANXIETY GARDEN

5 PANICKED		I am overwhelmed with anxiety. I'm gasping for breath. My chest hurts. I feel dizzy. I lost control.
4 NERVOUS		I feel shaky and my heart is beating fast. I can't concentrate. I'm straight. I'm having trouble breathing.
3 WORRIED		I'm having trouble concentrating on anything but my worries. My mind is starting to wander.
2 UNEASY		Something is bothering me, but I can't quite put my finger on it.
1 CALM		I feel relaxed and in control. My mind is clear.

My ANXIETY GARDEN

Name: _____

PANICKED	Feels like:	Looks like:
NERVOUS		
WORRIED		
UNEASY		
CALM		

LET'S SHARE!

CALM 1

What does calm look and feel like to you?

LET'S SHARE!

UNEASY 2

What does uneasy look and feel like to you?

LET'S SHARE!

WORRIED 3

What does worried look and feel like to you?

LET'S SHARE!

NERVOUS 4

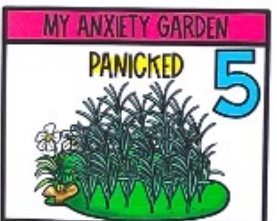
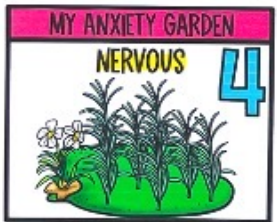
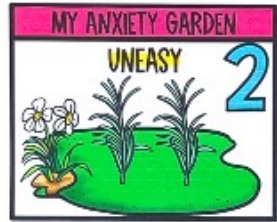
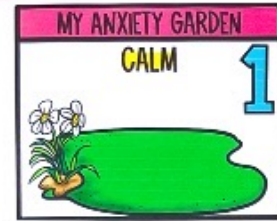
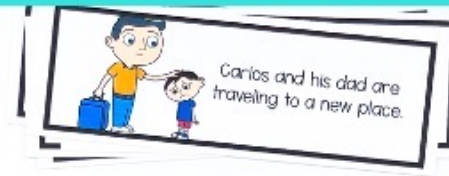
What does nervous look and feel like to you?

LET'S SHARE!

PANICKED 5

What does panicked look and feel like to you?

SESSION 6: My Anxiety Garden



Name: _____

My ANXIETY GARDEN

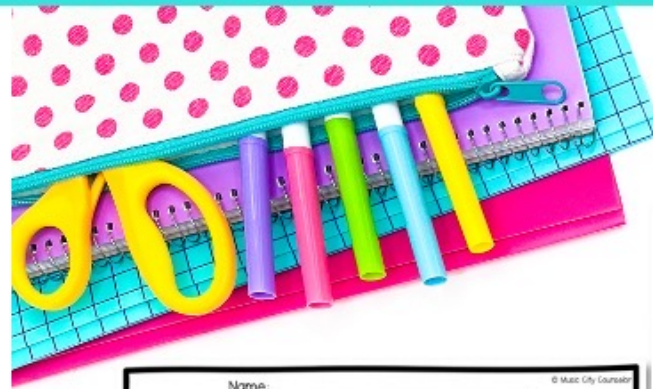
I feel...when...

PANICKED 5	[Red box]
NERVOUS 4	[Pink box]
WORRIED 3	[Yellow box]
UNEASY 2	[Yellow box]
CALM 1	[Blue box]



SESSION 7:

What is
Calm &
What Does
it Look
Like?



Name: _____

MY CALM Looks Like

What does calm look like in your body?
Draw and write on the body what your calm looks like.

Name: _____

What does CALM LOOK LIKE?

Color the boy and the signs of calm.

Content smile
Steady heartbeat
Even, deep breaths

Name: _____

What does CALM LOOK LIKE?

Cut and paste the signs of calm.

Content smile
Steady heartbeat
Even, deep breaths

What is CALM?

A peaceful and relaxed feeling when everything is okay.

What does CALM LOOK LIKE?

Content smile
Steady heartbeat
Even, deep breaths
Comfortable body temperature
Peaceful feet
Loose hands

SESSION 8:

What Does Calm Feel Like?



Name: _____

MY CALM Feels Like

What does calm feel like to you?
Draw and write about how calm feels to you.

Name: _____

MY CALM Feels Like

What does calm feel like to you?
Draw and write about how calm feels to you.

What does CALM FEEL LIKE?

A quiet pond on a sunny day.

A cozy, soft blanket or stuffed animal.

A gentle breeze on the beach.

A warm hug from someone you love.

CONTROLLING our ANXIETY

WHEN WE listen to our bodies

AND understand our triggers.

THEN WE CAN... control our anxiety before we panic!

When might we FEEL CALM?

SCHEDULE

When we have a predictable, structured routine.

When we feel safe and supported.

When we spend quality time with family and friends.

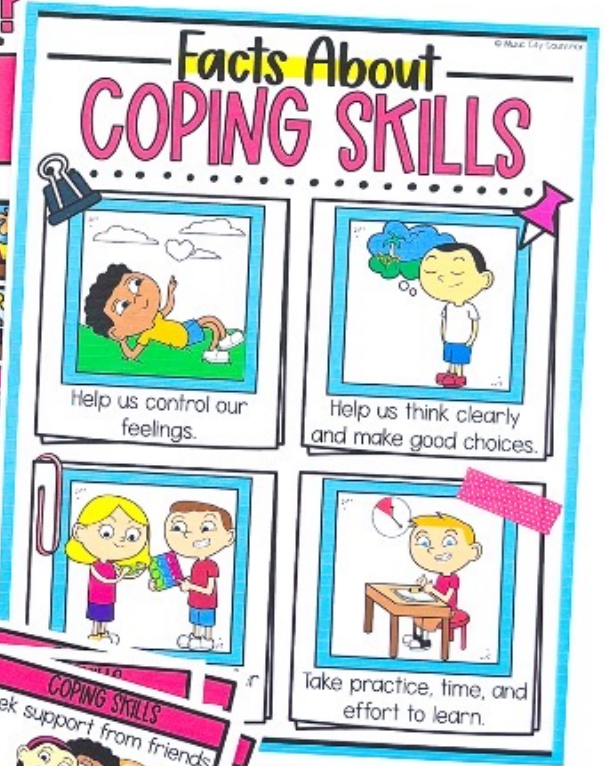
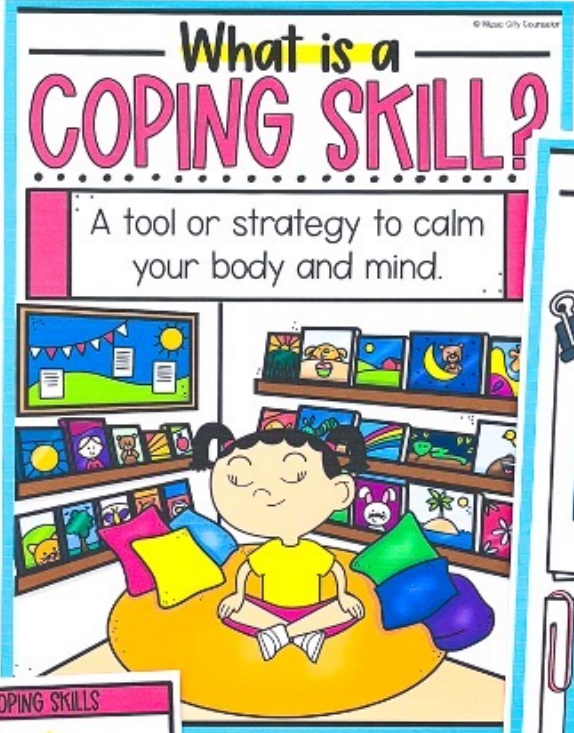
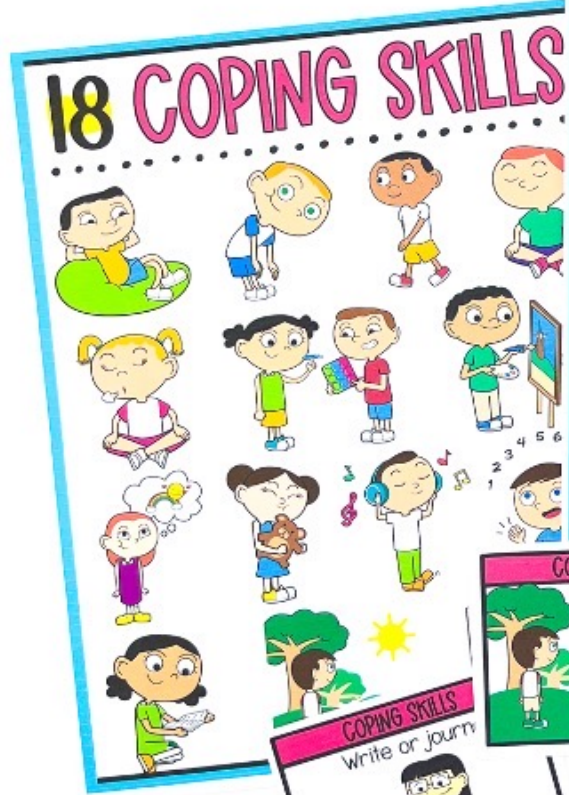
When we are active and exercising.

When we are outside in nature.

When we sleep and eat well when our needs are met.

SESSION 9:

Using Coping Skills



SESSION 9:

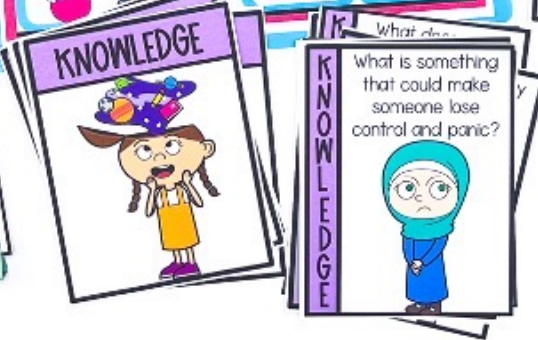
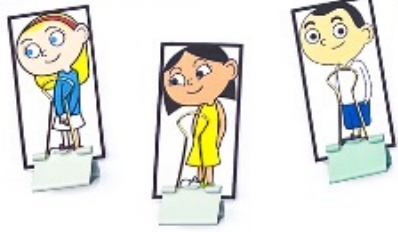
Using Coping Skills





SESSION 10:

Group
Review
Folder
Game



SESSION 10: Group Review Folder Game



SESSION II:

Group Closure & Reflection



Name: _____

My TIME IN GROUP

Write and draw about what you learned in group.

CONGRATULATIONS,

You have successfully completed
"The Peaceful Pals"
We are so proud of you!

School Counselor _____

Name: _____

My TIME IN GROUP

Write and draw about your experience in group.

IN GROUP I LEARNED:

MY FAVORITE MEMORY IN GROUP

I WILL KEEP PRACTICING:

THING

LET'S SHARE!

What did you learn in group?

LET'S SHARE!

How are you different because of participating in group?

LET'S SHARE!

If you could change one thing about group, what would it be?

CONGRATULATIONS,

You have successfully completed
"The Peaceful Pals" small group.
We are so proud of you!

School Counselor _____

TAKE A WALK

READ A BOOK