Kindergarten Groups

Worry/Coping Skills Group Agenda

1. Went over the purpose of the group and talked about what it means to worry or be afraid. We read the book “Let’s Talk About Feeling Afraid” by Joy Berry. Sometimes when we are afraid we might be doing something that is not safe, so our fears can help keep us safe.
2. We talked about what we discussed last time about being afraid and discussed our worries. We read the book “Wemberly Worried” and talked about how sometimes we worry about things that we don’t need to worry about.
3. We talked about how sometimes when we worry we feel scared. We discussed times or situation in which feel afraid is expected or unexpected. We then read the book “Scaredy Squirrel” and talked about how sometimes we have to move past our fears in order to do something. We reviewed the Zones chart and discussed what feelings fit in the Yellow Zone. We then went over strategies we can use to help us get to Green Zone so we can feel happy and calm.
4. We talked about what to do when we need help (raise our hand) and that it is okay to need help, which is how we learn. We read the book “Raise Your Hand” by Cecilia Minden and Joanne Meier. We also talked about how when we have worries we can ask questions so we feel better and we can also talk to a trusted adult.
5. Played the What Would You Do? game by ‘Smart Kids - 6 Social Skills Games’. Talk about how we should make good choices and be respectful to everyone.

Being Respectful to Friends Group Agenda

1. We talked about what being mean or rude is and we read the book “Help Me Be Good: Being Rude.” You are being rude, when you insist on: being first, having the best, having the most for yourself, that everyone notice you, and you have your way all the time. You are also being rude when you treat other people as if they are not as important as you. Avoid being rude by not saying anything that would hurt someone, don’t break someone’s belongings, and don’t talk while other people are talking.
2. We read the book “Interrupting” by Joy Berry. You are interrupting when you talk when other people are talking and when you are doing something that makes it difficult for people to concentrate. Avoid interrupting people who are trying to do something like talk on the phone or watch TV/movie. Don’t interrupt people who are talking to you or talking to each other.
3. We talked about what it means to be a good friend and we made a list. We read the book “How to Lose All Your Friends” by Nancy Carlson. We went through all six steps of how to lose your friends. At the end of the book we discussed ways of keeping our friends. We also talked about how to use our words if we are mad and not hit. We watched the video “Do Unto Otters: A Book About Manners” by Laurie Keller and discussed the different manners friends possess. Examples include: Being friendly, polite, honest, considerate, kind, cooperative, and saying please, thank you, and excuse me. We also play fair, share, and apologize.
4. We looked at the Zones chart as a refresher then talked about unexpected/expected behavior with friends and used the two Joy Berry books we read for examples. Then we discussed when other people around us have good thoughts or uncomfortable thoughts and again went through the same examples from the books. We looked at more examples while reading the book “Personal Space Camp” by Julia Cook and talked about what personal space is and how to respect personal space. We also discussed how to be a good friend and that it is okay to say ‘I’m Sorry’ when you did something wrong.
5. Played the Manners game by ‘Smart Kids -6 Social Skills Games’. Talk about how we should make good choices and be respectful to everyone.