

# List of Primary-Level Group Topics with Objectives and Activities (Grades K–3)

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Topic Area	Title	Objectives	Activities
		Group members will:	
Self-Knowledge and Acceptance	Discovery Hunt	get to know other group members and recognize that there is something unique about everyone	Discovery Hunt
	Identify Your Feelings	identify their own feelings as they occur	Identify Your Feelings situation cards
	Showing Your Feelings	identify feelings and choose how and when to express them	Feelings poster, lists of feelings, and Showing Your Feelings situation cards
Interpersonal and Communication Skills	Formulating I-Statements	practice expressing their thoughts, feelings, and wants effectively	Getting Your Message Across
	How to Recognize a Good Listener	recognize and demonstrate the skills of good listening	How to Recognize a Good Listener Experience Sheet
	Name Game	identify ways to compliment others and plan to compliment a specific person	Warm Fuzzy and Friendship Wheel
Responsible Behavior	Accepting Responsibility Versus Blaming Others	be able to accept responsibility for their actions without blaming others	Accepting Responsibility poster, Responsibility cards, Choosing the Best Response page
	Welcome to Manners Land!	determine whether manners are being used in various situations and demonstrate the use of appropriate, respectful manners in simulated situations	Manners Land cards
	Something I've Done to Improve Our World	describe ways in which they can be responsible for contributing to the betterment of their community or world	Improving Our World cards

Topic Area	Title	Objectives	Activities
Conflict Resolution	The Turtle Technique for Tempering Anger	use a visualization technique to help inhibit negative behavior when angry	The Turtle Trick poster, 1–2–3–Turtle!, Turtle Power!
	Using Refusal Skills	learn effective methods for saying “no” and practice refusal skills by role-playing actual situations	The Cool Kid’s Guide to Saying “No” sheet, Refusal cards
	Expressing Your Anger	express anger without hitting	Expressing Your Anger sheet, Anger cards
Decision Making	Consequences of Choices and Decisions	learn that there are consequences for poor choices and decisions	Consequences of Choices and Decisions poster, Problem cards
	Goal Wheel	identify a goal and describe what to do each day during the week to reach the goal	Goal Wheel
	Overcoming Obstacles to Goals	identify a goal, describe possible obstacles to reaching the goal, and make a plan to overcome the obstacles	Climbing High contract
Self-Care	Relaxing	use relaxation techniques when needed	Relaxing poster and Relaxation Technique poster
	Affirm Your Body!	discuss body images as a way to improve them, build a more positive relationship with their physical selves, celebrate their positive physical qualities, and create an artistic model of their bodies	Butcher paper art activity
	My Body and Me	experience the practice of self-massage, practice a set of movements for stress relief, become aware of the body, and celebrate the self in the body	Massage activity

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# List of Intermediate-Level Group Topics with Objectives and Activities (Grades 4–7)

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Topic Area	Title	Objectives	Activities
		Group members will:	
Self-Knowledge and Acceptance	Getting to Know You and Me	share information about themselves and learn about their group members	Discussion cards, Getting to Know You and Me sharing cards
	“WANTED”	identify their unique qualities, strengths, and special talents; share these talents with the group, and learn those of the group	“WANTED” poster activity
	How We See Ourselves: Self-Assessment, Sharing, and Discussion	state the degree to which they possess specific qualities, represent their self-concept pictorially or in words, and describe how self-concept affects daily living	Looking at Me Self-Assessment
Interpersonal and Communication Skills	I–Messages: Still No Substitute!	describe how they typically handle negative feelings in conflict situations, practice formulating and delivering I–messages, and state the benefits of I–messages over other ways of handling negative feelings	I–Messages cards
	The Active Listener	define the role of the receiver in communication and identify and demonstrate “active listening” behaviors	Communication Process diagram, topic cards, The Active Listener poster
	The Clique Phenomenon	identify ways to make new friends, define the term <i>clique</i> , describe the effects of cliques, and state how they can avoid making other people feel left out	Making New Friends poster, Getting on Your Own Side

Topic Area	Title	Objectives	Activities
Responsible Behavior	Steps for Solving a Problem Responsibly	develop and practice a process for effective problem solving	Steps for Solving a Problem Responsibly activity
	Manners Land: Intermediate	determine whether manners are being used in various situations and demonstrate the use of appropriate, respectful manners	Manners Land cards
	Have to ... Choose to ...	contrast the attitude of being compelled to do something with the attitude of choosing to do it; describe the feelings associated with taking responsibility for their actions	Have to ... Choose to Experience Sheet
Conflict Resolution	Exploring Alternatives to Conflict	learn and practice specific strategies for resolving conflict	Conflict Resolution Strategies sheet
	Up and Down Escalators: Raising and Lowering the Level of Conflict	identify behaviors that escalate and de-escalate conflict; practice using communication skills to control the escalation of conflicts	Up and Down Escalators scenarios
	What Am I Thinking?	identify how unclear communication can lead to conflict and describe ways communication can be made clear to prevent misunderstandings	Balloon activity
Decision Making	Decisions, Decisions!	understand and describe how decisions are influenced and develop and practice a process for effective decision making	Decision-Making Process poster, Decision-Making Process cards
	Setting and Attaining Goals	explain that having a goal is the first step to achieving what one wants, identify specific steps for attaining goals, develop skills in setting practical and achievable goals, and experience goal attainment	Tips for Setting Goals sheet, Goal Achievement Score sheet
	Decisions and Outcomes	understand and describe how decisions are influenced by many factors, and state the outcomes and possible consequences of specific decisions	More About Decisions handout, Decision Discussion cards
Self-Care	The Breath of Life	learn and practice two deep-breathing exercises and identify times when they can use these exercises for relaxation and renewal	Deep-breathing exercises
	S-T-O-P That Thought	learn a model for halting negative thinking patterns, practice the model, brainstorm recurring thoughts they would like to stop, and decide on a specific thought pattern to S-T-O-P in daily life	S-T-O-P That Thought model activity
	The Memory Poem	recall poignant memories, reflect and write about the memories, share poetry and memories, and discuss the process of releasing memories	Memory Poem worksheet

# List of Secondary-Level Group Topics with Objectives and Activities (Grades 8–12)

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Topic Area	Title	Objectives	Activities
		Group members will:	
Self-Knowledge and Acceptance	Something About Me You Wouldn't Know Unless I Told You	share something about themselves that is neither obvious nor generally known and describe what it feels like to disclose information about themselves	Something About Me Discussion cards
	How We See Ourselves	rate the degree to which they possess specific qualities or characteristics, represent their self-concept pictorially or in words, and describe how self-concept affects daily living	Looking at Me Self-Assessment handout
	Who Am I?	identify likes and dislikes and areas of strength and weakness, clarify personal values, and explain how self-awareness facilitates performance	Who Am I? handout
Interpersonal and Communication Skills	The Assert Formula	identify their rights in interpersonal situations, identify ways to communicate assertively using oral and nonverbal language, and practice making I-statements	Student Bill of Rights poster, Watch Your Body Language poster, Assert Formula cards
	Mastering Assertive Communication	describe the differences between assertive, aggressive, and passive behaviors; practice assertive and nonassertive behaviors in role-play situations; and explain how assertive, aggressive, and passive behaviors affect situations involving harassment	Communication Styles poster, Acting Assertively scenario cards
	Group Discussion Roles	develop listening and speaking skills to enhance communication	Group Discussion Roles poster, role cards, Leader Issue Scenario cards

Topic Area	Title	Objectives	Activities
Responsible Behavior	Improving the Study Habit	learn and practice effective study habits and develop and implement plans for self-improvement	Study Skills Assessment, Study Skills and Habits poster
	Freedom and Responsibility	define what is responsible behavior in three situations and discuss the meaning of freedom and its relationship to responsibility	Writing activity
	Who's in Charge?	recognize the degree of personal control over events	Who's in Charge? sheet
Conflict Resolution	Assessing Anger Styles	identify two recent events that caused them to feel angry and describe what they did in each situation, assess the effectiveness of their typical behaviors when angry, examine and discuss several common anger styles, and explain how they can choose more effective responses in situations that provoke anger	Assessing Your Anger sheet, Anger Styles poster
	Problem Solving: The Win-Win Strategy	examine a win-win problem-solving process and discuss its benefits and practice using problem solving to resolve specific conflicts	Getting to Win-Win sheet
	Managing Moods	explain how moods are affected by feelings left over from conflicts, identify problems and feelings associated with specific conflicts, and describe strategies for releasing residual feelings and managing negative moods	Lousy Moods cards
Decision Making	Decisions, Decisions!	understand and describe how decisions are influenced and develop and practice a process for effective decision making	The Decision-Making Process sheet
	Approval and Consequences	recognize the advantages and disadvantages of doing something to gain social approval	Approval and Consequences cards
	Looking Back on a Decision I Made	describe and evaluate decisions they have made	Decisions cards
Self-Care	Success Bombardment	recognize and describe their own worth and worthiness; identify strengths, talents, and special abilities in themselves and others; and practice positive self-talk	Success Inventory, Target worksheet
	Centering and Balancing	identify and label stressful situations associated with strong negative emotions and practice a simple meditation exercise that can be used to relieve stress and regain emotional balance	Meditation exercise
	Effectively Managing Time	keep track of their time use for one week and identify specific ways of organizing their time and surroundings	Keeping a Time Log sheet, Time Management Tips