

Psychoeducational Group Worksheet
30-40-Minute Group

Facilitator Name(s)	Sheena Bisera & Taryn Butcher
Grade Level	5 th Grade
Topic	Communication Skills
Purpose of this small group	Strategies for dealing with conflict in relationships
Resources/Supplies Needed	https://www.youtube.com/watch?v=bNzFP PMnF1Y
ASCA Mindsets & Behaviors https://www.schoolcounselor.org/getmedia/7428a787-a452-4abb-afec-d78ec77870cd/Mindsets-Behaviors.pdf - Identify 1 student standard relevant for this targeted student population. - Create 1 learning objective focused on this standard.	Mindset #2: Sense of acceptance, respect, support, and inclusion for self and other in the school environment Objective: Students will identify positive strategies to handle conflict with peers. *using I statements, don't interrupt, respecting diverse perspectives, empathy (putting yourself in their shoes), open to critique and feedback*

Common Core Academic Standard (Must be an ELA Standard) - Identify 1 academic (ELA) standard relevant for this targeted student population. - Create 1 learning objective focused on this standard.	Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. c. Use verb tense to convey various times, sequences, states, and conditions. Demonstrate the ability to explain in words or writing how you feel using the strategies listed above
Facilitation	Below is your facilitation plan. No power point!
Welcome/Introduce Leaders	Sheena Bisera & Taryn Butcher
Review Norms/Confidentiality	Sheena- group norms/expectations & Taryn- confidentiality (not guaranteed in group settings)
Purpose -What's in it for "me"? Students want to know why they are part of this group/the benefit to them.	Healthy friendships and personal growth.
Icebreaker -Relates to the topic -Transition to beginning	Sheena Dog breed & Why (I'll go first, based on character traits or qualities that are reflected in that dog breed)
Beginning -Topic/Attention Getter -Pre/Test (1 question) -Transition to middle	Taryn "What does friendship look like and mean to you?" In this group we are going to cover how to address conflict issues through communication skills. Oftentimes friendships falter because of conflict and miscommunication. We are going to learn how to respect others and work through problems. Pre-test Q: "What is the best strategy when dealing with conflict?"

	Answer choices: a) punch in face b) utilize communication strategies to resolve conflict c) run away
Middle -Education component -Your opportunity to “teach” the topic (How you deliver the content is up to you and what’s developmentally appropriate for your selected grade level.) -Transition to activity	*using I statements, don’t interrupt, respecting diverse perspectives, empathy (putting yourself in their shoes), open to critique and feedback* -State how it makes you feel when ____ happens (“I”) -Respect the response that you get (not interrupting & being empathetic) -Put yourself in their shoes (understand perspective) -Talk through ways to solve issue and prevention in the future -Agree upon how you want to be treated moving forward
Middle -Activity -Discuss & apply what was taught -Goal Setting (K-12 students set 1 SMART goal). -Transition to end	Role play conflict between peers and display how to properly solve it to come to common understanding. Set goal at end -Specific (use I statements, reflect empathy/understanding, and problem solve collaboratively) -Measurable (was the conflict resolved) -Applicable (yes for 5th grade specifically they deal with a lot of friendship issues and they will need these vital communication skills in the future) -Realistic (yes this age group can achieve this, this is expected at this point of social development) -Time bound (conflict resolved by the end of first session between 1 or 2 people) Thank you for participating, are there any clarifying questions?

End -Take-Aways -Summarize the session -post/test (1 question) -Transition to closing	Follow up on questions asked, re-explain expectations for group dynamics, something you learned or something you wish to improve upon. “What is the best strategy when dealing with conflict?” a. Use “I” statements b. Ignore the person c. Spread rumors “This is a lifelong skill that we will be building upon throughout middle school and into high school and beyond. So, we will be practicing all sorts of different conflict scenarios and working through communication strategies.
Closing -Introduce next week/session -Termination (How many sessions are left.)	Next week, we are going to talk specifically about gossip and how this impacts friendships and how to properly handle this when it happens. We have a handful of sessions left and we will cover topics such as; dating relationship issues, bullying, comparison, & healthy boundaries.
Skills to focus on.	505 skills, non-verbal, minimal encouragers, active listening, empathic responding/validating, open ended questions/gentle commands, drawing out, cutting off, blocking, silence, transitions, LINKING/CONNECTING, universalizing (applying to life), modeling, paraphrasing (reflection-content, feeling, meaning), summarizing, goal setting