Coping Skills Group Outline

Session #1: Introduction to group

Grab Bag Guidance Book Pg. 84

Energize 3-Skittle Getting to Know You Game Pg. 22

Session #2: Introduce Coping Formula

Grab Bag Guidance Book Pg. 85

Energizer 2- Listening Game Pg. 14

Session #3:The “C” in C.O.P.E.- Caring for self and others.

Grab Bag Guidance Book Pg. 88

Supplemental Materials: Read book- How Full is Your Bucket for Kids, Do the “Bucket fillers/dippers are people who….” worksheet with the group.

Session #4: The “O” in C.O.P.E. – Open Up and Communicate

Grab Bag Guidance Book Pg. 91-96

Energizer 4- Pg. 23

-Teach about “I” Messages and 3 types of communication

Session #5:The “P” in C.O.P.E.- Positive Thinking

Grab Bag Guidance Book Pg. 97

Energizer 11- Pg. 32

Supplemental Materials: Read book- What are You Thinking

Session #6: The “E” in C.O.P.E.- Expressing Emotions

Grab Bag Guidance Book Pg. 101

Energizer 6- Pg. 25