**Middle School Anxiety Group Outline**

**Session 1: Introduction**

-Establish Group Rules

-Glue collage of self on the cover of book

-Share a couple of things about yourself

**Lesson:** What is Anxiety?

-Discuss “ You need to know” phrase.

-Chinese finger trap (Key Step is to own your anxiety)

-Nature vs. Nurture (genetic activity)

-Introduce anxiety pet idea (Key step is to separate self from anxiety)

**Activity:**

-Genetic Disposition worksheet.

**Journal:**

-Decorate front cover

**Homework:**

-bring in a picture of your anxiety pet

**Session 2: Anxiety Pet**

-Introduce pet (glue into journal)

-Discussion: How is your anxiety like an untrained pet?

-Physical things that happen to your body when you experience anxiety. (individual body activity)

-Group body activity (butcher paper body)

-Letter to anxiety pet (under pet picture)

**Journal:**

-Glue in Rules

-Glue in picture of pet

-Glue in individual body work pages

-Write letter to anxiety

**Session 3: Triggers**

-Fearmometer

-Expressing Feelings

-Mask activity

Journal:

-Track sheet

-Cloud exercise

-Trigger worksheet

**Session 4: Negative Thinking**

-Going over different ways of negative thinking (perfectionism, labeling, catastrophic, etc.)

Journal:

-Glue in chart with definitions of negative thinking

-Scale exercise

-get started on thoughts, feeling, action exercise

**Session 5: Coping with Negative Thinking**

-Continue the “thoughts, feelings, and actions” exercise.

-Letting go of control: circle of influence/concern

-Fill out control questionnaire

Journal:

-Thought, feeling, action exercise

-Control sheet questionnaire

**Session 6: Thought Stopping**

-Introduce Thought stopping

-Incorporate thought stopping in the “t,f,a” exercise

Journal:

-5 steps to thought stopping

-Peaceful Thoughts

-Glue in Thought Stopping strips to the “t,f,a” exercise

**Session 7: Ways to Coping “Training” Strategies**

-What have you done that has/hasn’t worked?

-Unhealthy ways to cope (Avoidance, Drugs, Alcohol, Self Harm, Violence, etc.)

-Discharging Anger (marshmallow)

-Discharging Sadness (Talk about it, write in a journal, exercise, etc.)

-Apps for relaxation (to deescalate)

-Review Fearmometer: Being aware of your body and cool down before you get to a ten.

Journal:

-Unhealthy ways to cope- word graffiti

-Healthy ways to cope- word art

-For you to know: Discharging emotions

-ipod page for apps

**Session 8: Closing**

-Strength Bombardment: Journal notes to each other

-Balloon exercise: go back to the cloud and write on the balloon the things that make you anxious. Allow students to let go now that they have the tools to cope with anxiety.

Journal:

-Journal notes from friends

-Letter to pet and name it.

-Journal entry tab