Grade: 9-12

Number of sessions planned: 5

Members: 6-8

Length of each session: 45min

Location of each session: Classroom/conference room

**ASCA Standards**- Personal/Social

**Standard C**: Students will understand safety and survival skills

PS:C1 Acquire Personal Safety Skills

 PS:C1.10 Learn techniques for managing stress and conflict

 PS:C1.11 Learn coping skills for managing life events

**Session 1:**

**Introductions/Establish a Foundation**

**Leader Objectives:**

* Introduction of counselor(s) and group members
* Review purpose and goals with group members
* Review informed consent
* Establish group rules
* Administer pre-test
* Ice Breaker

**Student Objectives:**

* Establish group rules
* Become comfortable sharing with each other in group
* Understand the purpose of group and each person’s reason for participating in the group

**Materials:**

* Manila folder for each student
* Journals
* Pens/markers
* Tissue/cups
* Pre-test

**Introduction: (10 min)**

* Welcome group and review purpose of group (Why are you here)
* Leader will give a brief overview of some of the topics that will be covered in the next few weeks
* Distribute pre-test and allow a few minutes to complete
* Group will then decide on rules to be followed. One member will write the rules on paper and pass around for each member to sign

**Icebreaker: (10 min)**

* Students will each receive a folder and decorate it using markers with pictures and words that describe them**. (**include things such as drawings of their family, favorite activities, hobbies, personality traits, etc.
* Students will take turns sharing what they put on their folders and how it reflect “who they are.”

**Activity: (10 min)**

* Prior to each session, students will be asked to bring in a photo or drawing or their loved one who has died or an object that has a special connection with their loved one.
* Students will take turns sharing their photo or object and explain why it is special to them.
* Students will be given the opportunity to share comments with each other and ask a few questions.
* Leaders will distribute journals to students. They will have the option to share excerpts with the group during the next meeting.

**Connection/Closing: (5min)**

* Thank students for participating and answer any questions group members may have.
* Remind them of time and date for next meeting.
* Emphasize the importance of consistent attendance.