

Appendix 5 **Format for Group Work**

Session 1 Complete pre and post course checklist

- 1 Identify REASONS for being here – to develop our social and emotional skills, to improve our anger management skills, etc.
- 2 Set GROUP RULES
- 3 Look at ANGER MODELS
- 4 Clarify why we need this – RATIONALE
- 5 Why do we get angry?
What happens?
What helps us?
What strategies work for us?
- 6 Learn a new strategy (introduced by teacher)
- 7 TAKE HOME – strong feelings diary
- 8 PLENARY – what was useful?

Sessions 2 onwards

- ▶ Review diaries
- ▶ What worked?
- ▶ What could be better?
- ▶ Introduce and practise a strategy, e.g. use of Anger Alphabet resources
- ▶ Take home diary
- ▶ Plenary

Final Session

- ▶ Review diaries
- ▶ Review learning overall
- ▶ Complete pre and post course checklist
- ▶ Identify progress
- ▶ Set SMART targets
- ▶ Identify ongoing support systems