

## **Stress Management (6-9, 9-12)**

### Goals and Objectives:

- Recognize sources of stress and anxiety
- Improve motivation to work through stress and frustration
- Learn relaxation techniques to calm emotions
- Learn to create a personal “Coping Plan”

## **Anger Management (9-12)**

### Goals and Objectives:

- Understand the connection between thoughts, feelings, and behavior
- Learn active and quiet calming strategies
- Increase understanding of the relationship between behavior and consequences
- Increase ability to make decisions with the “thinking brain” rather than the “feeling brain”

## **Friendship Skills (6-9)**

### Goals and Objectives:

- Identify personal characteristics in self and others
- Increase positive connections with others
- Learn to take the perspective of others
- Build self-esteem through guided pro-social activities

## **Social Skills (9-12)**

### Goals and Objectives:

- Increase feelings awareness in self and others
- Learn assertive communication skills
- Learn steps to solve social problems
- Practice peaceful conflict resolution

## **Goal Group (9-12)**

### Goals and Objectives:

- Identify personal internal goals (thoughts, feelings, attitudes)
- Identify personal external goals (behavior, work habits, interactions)
- Obtain feedback from family and teachers regarding progress toward goals
- Explore and share around classroom, friends, family, and self

\*\*\*For additional information, contact the TriHealth Community Outreach office at 363-3945.