

# **STRONG Session 1 : My Inside Strengths and Outside Supports**

## **ELEMENTARY SESSION INFORMATION**

Group Leader Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>ACTIVITY</b>	<b>√ IF COMPLETED</b>
Introduction	
Warm-up Activity: Join the Circle	
Group Expectations and Confidentiality	
Inside Strengths	
Outside Supports	
Relaxation Exercise : Deep Breathing	
Assign Practice: Relaxation	

1. In general, was the time allotted for the session:  
 Too Long       Just Right       Too Short
2. Was there a specific section or activity that was particularly well-received? Please explain.
3. Was there a specific section or activity that was particularly challenging? Please explain.
4. Please offer any other feedback or suggestions for improvement to the activities.
5. Did the presence of interpreters create any challenges or successes?

## GROUP ENGAGEMENT RATINGS

ACTIVITY	Group Engagement Rating (1-5)
Introduction	
Warm-up Activity: Join the Circle	
Group Expectations and Confidentiality	
Inside Strengths	
Outside Supports	
Relaxation Exercise : Deep Breathing	
Assign Practice: Relaxation	

Which best describes the level of engagement of the group overall, understanding that there may be some members that would be rated individually either higher or lower than the group as a whole?

**Engagement Ratings:**

1. Group members were disengaged from the activity or were disruptive.
2. Group members went through the motions of the activity and appeared to be attentive, but it was difficult to determine their level of understanding due to verbal responses that were minimal or one-word answers, or comments that were off topic.
3. Group members made a few contributions to discussions during the activity that were on topic and relevant and also appeared to be actively listening while participating in the activities.
4. Group members made contributions to discussions and participated in the activities in ways that demonstrated an understanding of the topic.
5. In addition to contributions to the group discussion and participation in activities that demonstrated understanding, group members also were able to reflect on how the topic related to their own life in some way.

## STRONG Session 2 : Understanding Stress

### ELEMENTARY SESSION INFORMATION

Group Leader Name: \_\_\_\_\_

Date: \_\_\_\_\_

ACTIVITY	√ IF COMPLETED
Warm-up Activity: Meet and Greet	
Group Expectation Review	
Practice Review: Relaxation	
Common Reactions to Stress	
Introduction to the Thoughts-Feeling-Actions (T-F-A) Triangle	
Relaxation Exercise : Muscle Relaxation	
Assign Practice: Relaxation	

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3. Was there a specific section or activity that was particularly challenging? Please explain.
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## GROUP ENGAGEMENT RATINGS

ACTIVITY	Group Engagement Rating (1-5)
Warm-up Activity: Meet and Greet	
Group Expectation Review	
Practice Review: Relaxation	
Common Reactions to Stress	
Introduction to the Thoughts-Feeling-Actions (T-F-A) Triangle	
Relaxation Exercise : Muscle Relaxation	
Assign Practice: Relaxation	

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## STRONG Session 3 : Common Stress Reactions and Identifying Feelings

### ELEMENTARY SESSION INFORMATION

Group Leader Name: \_\_\_\_\_ Date: \_\_\_\_\_

ACTIVITY	√ IF COMPLETED
Warm-up Activity: Make a Line	
Practice Review: Relaxation	
Thoughts-Feelings-Actions (T-F-A) Triangle	
Common Reactions to Stress and Trauma	
Identifying Feelings	
Relaxation Exercise : Body Scan	
Assign Practice: Relaxation	

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## GROUP ENGAGEMENT RATINGS

ACTIVITY	Group Engagement Rating (1-5)
Warm-up Activity: Make a Line	
Practice Review: Relaxation	
Thoughts-Feelings-Actions (T-F-A) Triangle	
Common Reactions to Stress and Trauma	
Identifying Feelings	
Relaxation Exercise : Body Scan	
Assign Practice: Relaxation	

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## STRONG Session 4 : Measuring and Managing Feelings

### ELEMENTARY SESSION INFORMATION

Group Leader Name: \_\_\_\_\_

Date: \_\_\_\_\_

ACTIVITY	√ IF COMPLETED
Warm-up Activity: Guess How I am Feeling!	
Practice Review: Relaxation	
Measuring Your Feelings	
Managing Your Feelings	
Relaxation Exercise : My Calm Place	
Assign Practice: Relaxation and Feeling Thermometer	

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## GROUP ENGAGEMENT RATINGS

ACTIVITY	Group Engagement Rating (1-5)
Warm-up Activity: Guess How I am Feeling!	
Practice Review: Relaxation	
Measuring Your Feelings	
Managing Your Feelings	
Relaxation Exercise : My Calm Place	
Assign Practice: Relaxation and Feeling Thermometer	

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## STRONG Session 5 : Using Helpful Thoughts

### ELEMENTARY SESSION INFORMATION

Group Leader Name: \_\_\_\_\_

Date: \_\_\_\_\_

ACTIVITY	√ IF COMPLETED
Warm-up Activity: Show and Tell - Where I Am From	
Practice Review: Relaxation and Feeling Thermometer	
Introduction to Thoughts	
Investigative Questioning	
Helpful Thinking	
Relaxation Exercise : Drawing	
Assign Practice: Relaxation and Helpful Thinking	

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## GROUP ENGAGEMENT RATINGS

ACTIVITY	Group Engagement Rating (1-5)
Warm-up Activity: Show and Tell - Where I Am From	
Practice Review: Relaxation and Feeling Thermometer	
Introduction to Thoughts	
Investigative Questioning	
Helpful Thinking	
Relaxation Exercise : Drawing	
Assign Practice: Relaxation and Helpful Thinking	

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## STRONG Session 6 : Steps to Success

### ELEMENTARY SESSION INFORMATION

Group Leader Name: \_\_\_\_\_

Date: \_\_\_\_\_

ACTIVITY	√ IF COMPLETED
Warm-up Activity: If I Could Be an Animal...	
Practice Review: Relaxation and Helpful Thinking	
Steps to Success	
Avoidance	
My Goals	
Relaxation Exercise : Student Lead	
Assign Practice: Relaxation and Steps to Success	

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## GROUP ENGAGEMENT RATINGS

ACTIVITY	Group Engagement Rating (1-5)
Warm-up Activity: If I Could Be an Animal...	
Practice Review: Relaxation and Helpful Thinking	
Steps to Success	
Avoidance	
My Goals	
Relaxation Exercise : Student Lead	
Assign Practice: Relaxation and Steps to Success	

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## STRONG Session 7 : Problem Solving

### ELEMENTARY SESSION INFORMATION

Group Leader Name: \_\_\_\_\_

Date: \_\_\_\_\_

ACTIVITY	√ IF COMPLETED
Warm-up Activity: Superpowers	
Practice Review: Relaxation and Steps to Success	
Thoughts-Feelings-Actions (T-F-A) Triangle	
Problem Solving	
Act it Out	
Relaxation Exercise : Student Lead	
Assign Practice: Relaxation and Helpful Actions	

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## GROUP ENGAGEMENT RATINGS

ACTIVITY	Group Engagement Rating (1-5)
Warm-up Activity: Superpowers	
Practice Review: Relaxation and Steps to Success	
Thoughts-Feelings-Actions (T-F-A) Triangle	
Problem Solving	
Act it Out	
Relaxation Exercise : Student Lead	
Assign Practice: Relaxation and Helpful Actions	

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# STRONG Session 8 : My Journey Part 1

## ELEMENTARY SESSION INFORMATION

Group Leader Name: \_\_\_\_\_ Date: \_\_\_\_\_

ACTIVITY	√ IF COMPLETED
Warm-up Activity: Home Country	
Practice Review: Relaxation and Helpful Actions	
Sharing My Journey	
Reflection	
Relaxation Exercise : Student Lead	
Assign Practice: Relaxation and Sharing My Journey	

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## GROUP ENGAGEMENT RATINGS

ACTIVITY	Group Engagement Rating (1-5)
Warm-up Activity: Home Country	
Practice Review: Relaxation and Helpful Actions	
Sharing My Journey	
Reflection	
Relaxation Exercise : Student Lead	
Assign Practice: Relaxation and Sharing My Journey	

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## STRONG Session 9 : My Journey Part 2

### ELEMENTARY SESSION INFORMATION

Group Leader Name: \_\_\_\_\_

Date: \_\_\_\_\_

ACTIVITY	√ IF COMPLETED
Warm-up Activity: Favorite Holiday	
Practice Review: Relaxation and Sharing My Journey	
Sharing My Journey	
Reflection	
Extending the Journey to the Future	
Relaxation Exercise : Student Lead	
Assign Practice: Relaxation and Sharing My Journey	

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## GROUP ENGAGEMENT RATINGS

ACTIVITY	Group Engagement Rating (1-5)
Warm-up Activity: Favorite Holiday	
Practice Review: Relaxation and Sharing My Journey	
Sharing My Journey	
Reflection	
Extending the Journey to the Future	
Relaxation Exercise : Student Lead	
Assign Practice: Relaxation and Sharing My Journey	

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## STRONG Session 10 : Graduation

### ELEMENTARY SESSION INFORMATION

Group Leader Name: \_\_\_\_\_

Date: \_\_\_\_\_

ACTIVITY	√ IF COMPLETED
Warm-up Activity: Appreciating Strengths	
Practice Review: Relaxation and Sharing My Journey	
STRONG BINGO	
(Coping) Skills for Success	
Certificates	

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## GROUP ENGAGEMENT RATINGS

ACTIVITY	Group Engagement Rating (1-5)
Warm-up Activity: Appreciating Strengths	
Practice Review: Relaxation and Sharing My Journey	
STRONG BINGO	
(Coping) Skills for Success	
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