

STRONG Session 1 : My Inside Strengths and Outside Supports

SECONDARY SESSION INFORMATION

Group Leader Name: _____ Date: _____

ACTIVITY	√ IF COMPLETED
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.
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STRONG Session 2 : Understanding Stress

SECONDARY 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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GROUP ENGAGEMENT RATINGS

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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

SECONDARY 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

SECONDARY SESSION INFORMATION

Group Leader Name: _____

Date: _____

ACTIVITY	√ IF COMPLETED
Warm-up Activity: Rose or Bud	
Practice Review: Relaxation	
Measuring Your Feelings	
Managing Your Feelings	
Relaxation Exercise : My Calm Place	
Assign Practice: Relaxation	

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GROUP ENGAGEMENT RATINGS

ACTIVITY	Group Engagement Rating (1-5)
Warm-up Activity: Rose or Bud	
Practice Review: Relaxation	
Measuring Your Feelings	
Managing Your Feelings	
Relaxation Exercise : My Calm Place	
Assign Practice: Relaxation	

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STRONG Session 5 : Using Helpful Thoughts

SECONDARY SESSION INFORMATION

Group Leader Name: _____

Date: _____

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

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

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STRONG Session 6 : Steps to Success

SECONDARY SESSION INFORMATION

Group Leader Name: _____

Date: _____

ACTIVITY	√ IF COMPLETED
Warm-up Activity: If I Could Be an Animal...	
Practice Review: Relaxation and Helpful Thoughts	
Setting S.M.A.R.T. Goals	
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 Thoughts	
Setting S.M.A.R.T. Goals	
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

SECONDARY 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

SECONDARY SESSION INFORMATION

Group Leader Name: _____

Date: _____

ACTIVITY	√ IF COMPLETED
Warm-up Activity: Home Country	
Practice Review: Relaxation and Problem Solving	
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 Problem Solving	
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

SECONDARY SESSION INFORMATION

Group Leader Name: _____

Date: _____

ACTIVITY	√ IF COMPLETED
Warm-up Activity: Favorite Holiday	
Practice Review: Relaxation and 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 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

SECONDARY SESSION INFORMATION

Group Leader Name: _____

Date: _____

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

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

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