October 4, 2013

This Week In Social Group

 

We started group today as we always do, by checking in to see if we had met our goals from last week. We are holding steady at 16 drops for now; two boys did meet their weekly goals, but we also had two instances of “dipping” this week that was reported to me by classroom teachers. We did have a discussion about these “dips,” including what happened, what we could have done better, and how our behavior and body language affects other people. We talked about the fact that we are here to support and encourage each other, and help each other learn and grow. We again set new, personal goals for this upcoming week and added them to our journals.

 Last week we focused on self-control. We tied it into our body language learning by pointing out how it is hard to maintain appropriate body language during times of anger or frustration. By learning and using self-control techniques, we can do it!

 We talked today about physical signs of frustration and made a list of them. The boys were able to come up with: red face, a mad expression (low brows), tight fists, quick heartbeat, and slouching. After talking about several real-life examples of when we’ve felt this way, we began talking about how to handle it. We reiterated the following *Steps To Self Control:*

1. Step one: tune into your body, what is going on that helps you know you are about to lose control of yourself?
2. Step two: Decide/think about what happened to make you feel this way.
3. Step three: Choose the best way to control yourself and do it!

We spent the last part of group today focusing on step three. To start it off, we watched a quick video called “*4-7-8 Breathing.”* The idea is to breathe in through your nose for four seconds, hold it for seven, and then slowly exhale for eight. The boys practiced this a few times and noticed how relaxed they felt afterwards (one even said, ‘I could fall asleep right now!’). We talked noticed that while anger and frustration affect us physically, so do these calming techniques – they counter the quick heartbeat, tense muscles, etc. that frustration can cause, hopefully bringing us back to a normal feeling. We will get into more calming strategies next week. The boys did a great job today!