October 25, 2013

This Week In Social Group

 

We started off the day with a fresh bucket, as the reward was earned last week, so they were back at zero. One student met his goal this week. Unfortunately, all of the boys admitted to “dipping” this week as well, which kept our total drops at zero. Some of the kids are having a tough time meeting their goals each week (even when the goal doesn’t change). We delved a little deeper to try to find out what exactly is their greatest challenge to meeting their goals. After these discussions, we made our goals much more specific and identified what strategies they should try to use at what times.

One thing that I am noticing is their willingness to “own” their actions at this point. Even when they don’t like to admit it, they are able to correctly identify times when they haven’t made good decisions. Just like last week, a big topic today was taking responsibility for our own actions and choices. We also discussed how every choice we make has a consequence – be it positive or negative. The boys brainstormed and came up with a great list of different consequences (13!). Obviously, when we made good choices and behave appropriately, we can have very positive consequences and when we make the wrong choice, we have negative consequences.

I made a very simple flowchart to illustrate this idea (there is a link to it on the “social skills” section on my website). The boys understood it and responded well. When we are “in the red” (thermometer analogy) we have two choices – to either stay in the red (and have the consequences that go along with that), or to use our calming strategies to get ourselves out of the red (and have the positive consequences that go along with that). Either way, the consequence is a result of *their choice!*

We also watched a short video called, “Amazing Kids Character - Responsibility.” In this, different kids talk about what they do that makes them responsible. They also talk about how good that makes them feel. My favorite part is when one little boy points out that when he acts responsibly, it gives him the confidence to know he can do something that he thought he couldn’t. Very inspirational and told from a kid’s point of view!

 I also wanted to let you know that I’ve started putting a link to each weekly newsletter on my website (and that flowchart as well). Simply go to Kensington’s home page, click on “teacher website,” and then on “Erin Minch.”