January 10, 2014

This Week In Social Group

 

Welcome back to school! I hope everyone had a great time home with their families over break.

Because we didn’t have any group for the last few weeks (and only three days this week) there were no goals to check on. I did talk to each of the boys’ teachers to see how their weeks have been. I also explained to them that from now on I will do that every week, and that for each teacher they have they can earn a drop. So for the students who have two teachers, they can earn two drops. This way, if they have a rough day or week with one teacher, they can still earn a drop for their other classes. Based on this new structure, the boys earned a total of three drops. They all seem to like the change; hopefully it will give them some motivation to keep trying their best!

We then moved the conversation onto revisiting the idea of personal responsibility and all of the areas of our lives that encompasses. We talked a bit about homework with this – how it’s OUR responsibility to see that it gets done. This seems to be a source of anxiety for all of the kids. We talked about a few strategies that they can try to decrease the stress that goes along with it. Some of them are:

* Try to get it done right after school. The longer they wait to do it, the harder it becomes to tackle!
* Try to find a quiet place. Sometimes even what seem like small distractions can be big when you’re trying to concentrate.
* Set a timer if working alone in a room. Mom or dad can check on their progress after a certain amount of time. It also is a fun challenge to try to beat the clock!

 Most boys said that this was an area they would like to improve on. We then talked about self-control. While we’ve talked about this before, today we not only revisited our strategies, but also talked about how others perceive us when we lose that control. I reminded them (and tried to “pump them up” a bit) that by fourth grade, this is a skill that is fully expected of them. It is not acceptable to refuse, talk back, or yell at teachers. It is not acceptable to try to blame others for our mistakes (the example we talked about was homework) – ie, the teacher didn’t remind me to write it down, or my mom or dad didn’t tell me to. While we may not realize it, other people around us do notice and form opinions of it. We watched a funny video of a teenage boy who gets an “F” in class and confronts his teacher about it. He tries to blame everyone but himself. They boys laughed at him and agreed it was unacceptable!