



Hello! I hope these editable small group counseling documents make your life a little easier. All of the editable text is currently set to **red** to make it easier to spot and customize. Simply change it back to black when you're done editing it!

Please email me at
theresponsivecounselor@gmail.com with
any questions.

Notes: You will need Microsoft PowerPoint to edit this resource. Fonts will not appear the same on a MAC. Due to the terms of use of clipart and fonts, I am not able to make any more of this editable than already is.



SMALL GROUP SKILLS ASSESSMENT

Once you've determined that a student is a great candidate for small group counseling, give their teacher this skills assessment. This will help you determine what to focus your group sessions on!

**This is not a screener. It is simply a tool for determining specific needs in order to guide your group intervention.*

Group Counseling Skills Assessment

Teacher Name: _____

Student Name:

Teacher Name: _____
Student Name: _____

Please think about your student and how their skills compare to their peers in five areas. Use the scale below to score. Thank you!

Doing the skill at the same level as others in the group
Could benefit from reinforcement

- Student Name: _____
- Please think about your student and how their skills compare to their peers in five areas. Use the scale below to score. Thank you.
- | | 1 | 2 | 3 |
|---|---|---|---|
| 1. Demonstrating the skill at the same level as others in the grade | | | |
| 2. Skill is emerging but they would benefit from reinforcement | | | |
| 3. Not demonstrating this skill yet | | | |

		1	2	3
Relationship Skills	1. Demonstrating the skill at least 5 times			
	2. Skill is emerging but they would benefit from practice			
	3. Not demonstrating this skill yet			
	This student makes and keeps friends.	1	2	3
	This student cooperates with others and shows teamwork/sportsmanship.	1	2	3
Emotional Skills	This student understands others' tones of voice, body language, and facial expressions.	1	2	3
	This student uses a social filter (thinks before they speak).	1	2	3
	This student solves conflict peacefully.			
	This student can identify how they are feeling.	1	2	3
	This student can appropriately express how they are feeling.	1	2	3
	This student understands their triggers (situations that lead to them feeling sad, worried, or angry).	1	2	3
	This student uses strategies to cope with uncomfortable feelings.	1	2	3
	This student can handle problems/bounce back from problems.	1	2	3

Self-Concept Skills

This student believes they can face challenges and shows perseverance.

This student exhibits a positive attitude.

This student believes they are a good and capable person.

This student can identify what's important to them.

©The Responsive Counselor

STUDENT SURVEY

Just a quick check to use at
the first session and last
session of any group!

GROUP CHECK IN

Name: _____

Date: _____

How are you feeling about school and schoolwork?



1

2

3

4

5



6

7

8

9



10

How are you feeling about your friendships?



1

2

3

4

5



6

7

8

9



10

How are you feeling about home and family?



1

2

3

4

5



6

7

8

9



10

What is 1 thing you hope this group helps you with?

What is 1 thing you hope we do together in this group?

GROUP CHECK OUT

Name: _____

Date: _____

How are you feeling about school and schoolwork?



1

2

3

4

5



6

7

8

9



10

How are you feeling about your friendships?



1

2

3

4

5



6

7

8

9



10

How are you feeling about home and family?



1

2

3

4

5



6

7

8

9



10

What is 1 thing you learned from this group, or one way you think you changed because of this group?

What was your favorite part of this group??

SMALL GROUP SESSION OUTLINE TEMPLATE

One page or two page!

Group Name

Session #1: Session Topic

Objective(s):

**ASCA
Mindsets/Behaviors:**

Materials:

What do you want your students to get out of this session?

Which mindsets and/or behaviors apply here?

What do you need to have ready for this session?

Outline:

Opener

Feelings check in, expectations review, etc.

Activity(ies)

Stories, games, worksheets, etc.

Closer

Exit tickets, "homework", calming activity, reward time, etc.

Group Name

Session #1: Session Topic

Objective(s):

**ASCA
Mindsets/Behaviors:**

Materials:

What do you want your students to get out of this session?

Which mindsets and/or behaviors apply here?

What do you need to have ready for this session?

Outline:

Opener

Feelings check in, expectations review, etc.

Activity(ies)

Stories, games, worksheets, etc.

Outline (continued):

Stories, games, worksheets, etc.

Activity(ies)

Closer

Exit tickets, "homework", calming activity, reward time, etc.

SMALL GROUP TRACKER

- 6 Session, 8 Session, or 10 Session
- Print and fill in as you go or pre-plan before you start
- If using the second page (with a spot for measurement, relationship, etc.), add a sticky note on top with group members' names!

<<< Small Group >>>

Group Name

GROUP Objective(s)

(example) Students will increase the frequency of appropriately identifying, expressing, and regulating their emotions.

MEASURE(S)

(example) Teacher pre/post, attendance

RELATIONSHIP + Reinforcement

(example)

- Feelings Check In
- Weekly teacher emails

FOCUS Skills

(example) Expressing feelings, positive self-talk

Small Group

Group Name

GROUP Objective(s)

(example) Students will increase the frequency of appropriately identifying, expressing, and regulating their emotions.

DAY + Time

(example) Fridays, 10:35-11:20

GROUP Members

Dawson Leery (Capeside)
Joey Potter (Capeside)
Jen Lindley (Boston)
Pacey Witter (Boston)
Student Name (Teacher)

Date	Session Topic	Attendance
date	General outline of session activities or goals	

Date	Session Topic	Attendance
date	General outline of session activities or goals	

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PARENT NOTE

Add in your school name,
contact info, and group
focus(foci)

Hello parent/guardian!

Part of the school counseling program at Best School Elementary includes small groups that meet weekly and help students with specific topics. Your child has been referred to a boys group. This group is to help boys work on showing good sportsmanship, solving conflict peacefully, being confident and proud of themselves, and being their best, most super selves that they can be. We began meeting today and will meet weekly until our break in October. Together we will read books, play games, and talk about how to reach our hopes and goals. I'm looking forward to working with your child!

Please feel free to call or email me (or your child's teacher) with any questions, comments, or concerns.



Best,
Your Name, School Counselor
YourEmail@YourDistrict.org
555-555-5555 ext.1234

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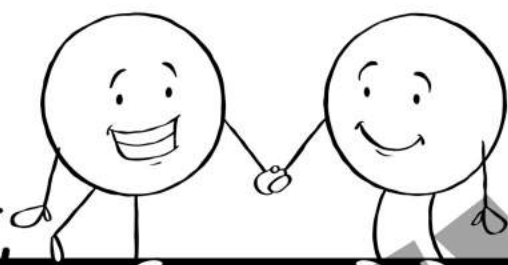


Best,
Your Name, School Counselor
YourEmail@YourDistrict.org
555-555-5555 ext.1234

Hello parent/guardian!

Part of the school counseling program at Best School Elementary includes small groups that meet weekly and help students with specific topics. You child has been referred to a girls friendship group. This group is to help girls feel good about themselves and have healthy, happy friendships. We began meeting today and will meet weekly until our break in October. Together we will read stories, play games, talk about our feelings, and practice being a great friend. I'm looking forward to working with your child!

Please feel free to call or email me (or your child's teacher) with any questions, comments, or concerns.

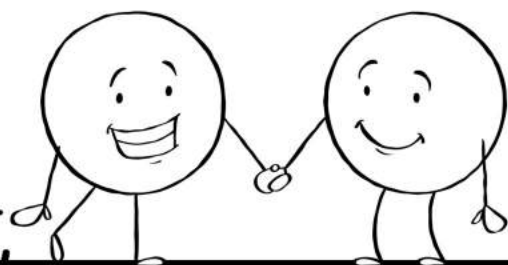


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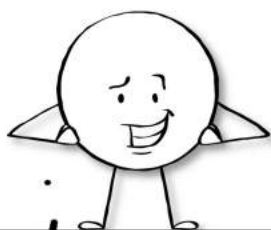


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Hello parent/guardian!

Part of the school counseling program at Best School Elementary includes small groups that meet weekly and help students with specific topics. Your child has been referred to a group on overcoming shyness. This group is to help students develop more self-confidence with their learning and classmates, and to continue having a positive attitude. We began meeting today and will meet weekly until our break in October. Together we will read books, play games, talk about our feelings, and practice being confident and making friends at school. I'm looking forward to working with your child!

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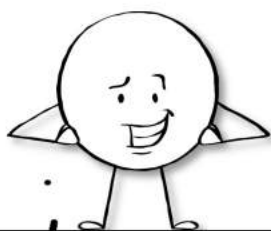


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SURVEY

- Edit to include the objectives of your group
- Circle PRE or POST before handing out

Group Name

Pre/Post Survey

























Name: _____

1	I am happy with my friendships.	 No	 Kinda	 Yes
2		 No	 Kinda	 Yes
3		 No	 Kinda	 Yes
4		 No	 Kinda	 Yes
5		 No	 Kinda	 Yes
6		 No	 Kinda	 Yes

Group Name

Pre/Post Survey

Name: _____

1	When I feel angry, I know how to take care of that feeling.	 No	 Kinda	 Yes
2		 No	 Kinda	 Yes
3		 No	 Kinda	 Yes
4		 No	 Kinda	 Yes
5		 No	 Kinda	 Yes
6		 No	 Kinda	 Yes
7		 No	 Kinda	 Yes
8		 No	 Kinda	 Yes

Group Name

Pre/Post Survey

Teacher Name: _____

Student Name: _____

1	This student uses helpful conflict resolution strategies with his/her peers.	<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually
2		<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually
3		<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually
4		<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually
5		<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually
6		<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually

Group Name

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Student Name: _____

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3		<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually
4		<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually
5		<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually
6		<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually
7		<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually
8		<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually

STUDENT SURVEY

Just a quick check to use at
the first session and last
session of any group!

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How are you feeling about home and family?



1

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What is 1 thing you hope this group helps you with?

What is 1 thing you hope we do together in this group?

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Date: _____

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What is 1 thing you learned from this group, or one way you think you changed because of this group?

What was your favorite part of this group??

PROGRESS MONITORING

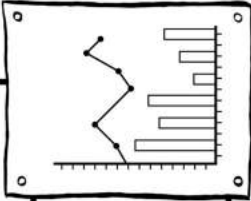
- Use for weekly monitoring of student behavior/symptoms
- Edit to reflect the objectives of the group

Student Name: _____

Week Of: _____

On a scale of 1 to 10, 1 being not worried or stressed at all and 10 being the most worried or stressed you've ever felt, write how worried you felt each day.

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	

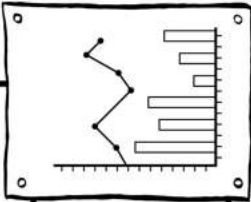


Student Name: _____

Week Of: _____

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MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	



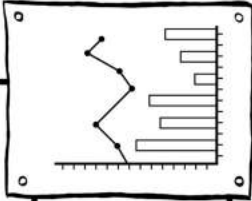
Student Name: _____

Week Of: _____

How often did this student interact positively with peers?

all of the time (3), most of the time (2), some of the time (1), or rarely (0)

MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		



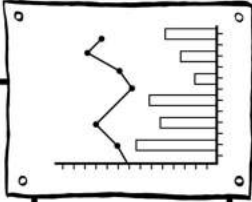
Student Name: _____

Week Of: _____

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MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		



Student Name: _____

Student Name: _____

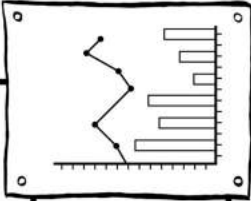
Week Of: _____
How many times did this student use an appropriate coping skill?

Week Of: _____
How many times did this student use an appropriate coping skill?

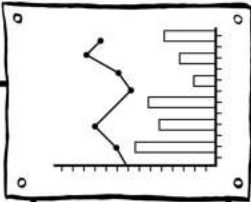
(ask for help, take a break, deep breathing, get water, etc.)

(ask for help, take a break, deep breathing, get water, etc.)

MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				



MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				



FOLDER COVER

- Keep students' group materials organized in a file folder for each kiddo
- Print on colored paper or use white and allow students to color in as time allows

Group Name



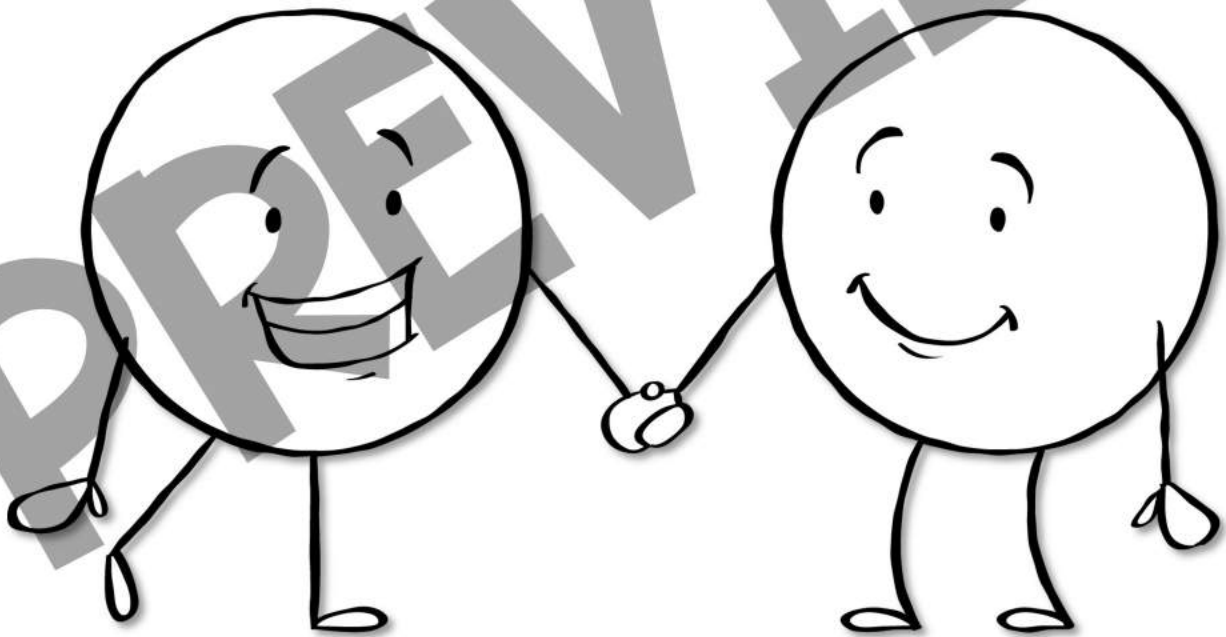
Name: _____

Group Name



Name: _____

Group Name



Name: _____

Group Name



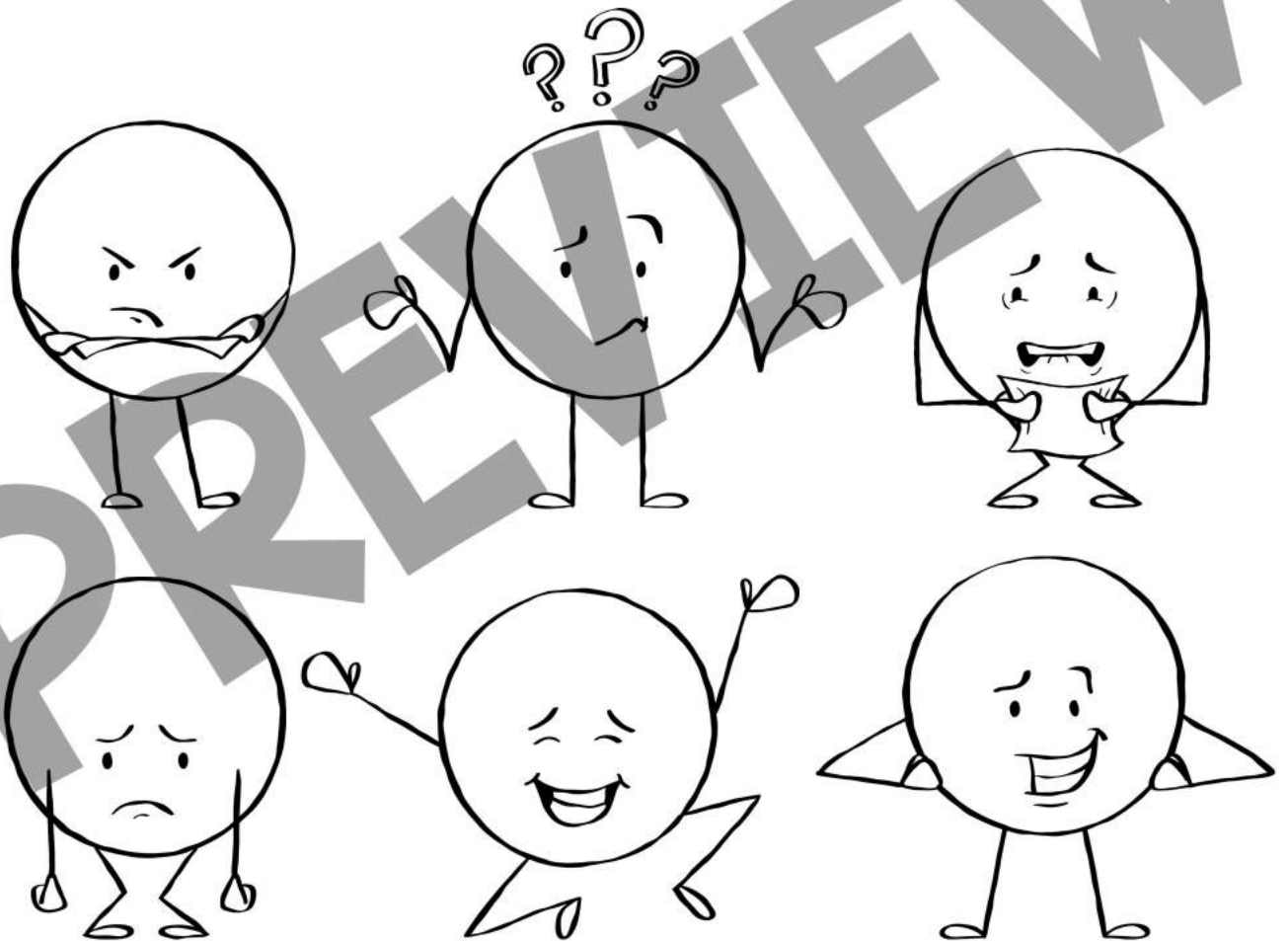
Name: _____

Group Name



Name: _____

Group Name



Name: _____

the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

