

## Impulse Control Group Counseling Schedule

Grades: KN-2

All sessions are 30 minutes long once per week. Sessions can be canceled or postponed if a crisis arises that requires our attention. There will be no sessions during Holidays or school breaks.

Session	Topic	Objectives
1	Introductions, Agreements, and Goals	Build rapport and a positive group culture. Practice whole-body listening and focused attention. Create agreements as a team, and learn about the reward system.
2	What is Self Control?	Students will learn what self-control means by defining the difference between expected and unexpected behaviors.
3	Why is Self Control Important?	Students will identify examples of self control and will empathize with those lacking self-control.
4	Choices and Consequences	Students will connect consequences, both positive and negative, to specific choices in the school setting, and will learn to accept responsibility for their actions.
5	Self Control and Big Feelings	Students will learn about big emotions and how these can impact the choices we make.
6	Self Control Strategies Pt. 1	Students will identify and practice simple calming down steps to notice and correct themselves when their behavior is unexpected.
7	Self Control Strategies Pt. 2	Students will identify and practice simple calming down steps to notice and correct themselves when their behavior is unexpected.
8	Closing Celebrations!	Fun time! Celebrate students' hard work, review skills learned, and provide certificates.

For questions please contact:

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