**SMALL GROUP ACTION PLAN 2014-2015**

**School Name:** Cross Creek Elementary School  
**Group Name:** Get Your Angries Out (Anger Management)  
**Goal:** By the end of the school year, identified students will learn to manage their anger, communicate more effectively, and reduce their number of disciplinary referrals.  
**Target Group:** Students with two or more disciplinary referrals related to anger or violent behavior; Students identified by teachers as having difficulty with anger-related behavior.  
**Data to Identify Students:** Behavior Reports from Infinite Campus

<table>
<thead>
<tr>
<th>School Counselor(s)</th>
<th>ASCA Domain, Standard and Student Competency</th>
<th>Outline of Group Sessions to be Delivered</th>
<th>Resources Needed</th>
<th>Process Data (Projected number of students affected)</th>
<th>Perception Data (Type of surveys to be used)</th>
<th>Outcome Data (Achievement, attendance and/or behavior data to be collected)</th>
<th>Project Start/Project End</th>
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</table>
| Lynn Bennett        | Personal/Social Development Standard A  
  PS:A1.5 identify and express feelings  
  PS:A1.6 distinguish between appropriate and inappropriate behavior  
  PS:A1.8 understand the need for self-control and how to practice it  
  PS:A1.9 demonstrate cooperative behavior in groups  
  PS:A2.2 use effective communication skills  
  PS:A1.6 distinguish between appropriate and inappropriate behavior  
  Personal/Social Development Standard B  
  PS:B1.2 understand consequences of decisions and choices  
  PS:B1.3 identify alternative solutions to a problem  
  PS:B1.4 develop effective coping skills for dealing with problems  
  PS:B1.12 develop an action plan to set and achieve realistic goals  
  Personal/Social Development Standard C  
  PS:C1.7 apply effective problem-solving and decision-making skills to make safe and healthy choices  
  PS:C1.10 learn techniques for managing stress and conflict  
| **Session 1:** Group Introduction, Paired Interview, Homework & Parental Note, Reward Chart & Responsibility Jar  
  **Session 2:** Calming techniques, guided relaxation  
  **Session 3:** Self-Control  
  **Session 4:** Decision Making  
  **Session 5:** Empathy & Assertive Communication  
  **Session 6:** Role-play, Review and Post – Group Feedback  
| Anger Management Small Group Counseling Program  
  By: Roxie J. Crouch  
| No-Temper Treasure Island Game  
| 12 students  
  (1 group of six 3rd graders and 1 group of six 4th graders) will participate in six group counseling sessions  
| Individual Student Behavior Ratings  
  Pre/Post on Teacher Perceptions  
| Student Post-Group Feedback on Overall Effectiveness  
| November – December 2014 |