

Elementary Self Esteem Group:

September 23, 2020- Who am I?

September 30, 2020- Emotions

October 7, 2020- Emotions

October 14, 2020- Growth Mindset

October 21, 2020-Growth Mindset

October 28, 2020- Self Talk

November 4, 2020- Gratitude

November 11, 2020- Friendships

November 18, 2020- Family

December 2, 2020- Goal Setting

December 9, 2020- Mindfulness

December 16, 2020- Vision Board

Middle School Self Esteem Group:

September 29, 2020- Who am I?

October 6, 2020- Friends

October 13, 2020- Personal Playlist

October 20, 2020- Self-Talk

October 27, 2020- Self-Talk

November 3, 2020- Resiliency

November 10, 2020- Resiliency

November 17, 2020- Growth

Mindset

December 1, 2020-Vision Board

December 8, 2020-Vision Board

December 15, 2020- Service Project

High School Self Esteem Group:

September 25, 2020- Who am I?

October 2, 2020- Friends

October 9, 2020- Friends

October 16, 2020- Personal Playlist

October 23, 2020- Self-Talk

November 6, 2020- Resiliency

November 13, 2020- Resiliency

November 20, 2020-Growth

Mindset

December 4, 2020-Vision Board

December 11, 2020-Vision Board

December 18, 2020- Service Project

Elementary Anxiety Group:

January 6, 2021- Group Introduction

January 13, 2021- What is Worry?

January 20, 2021- Grounding

January 27, 2021- Personifying Worry

February 3, 2021- Thoughts, Feelings, &
Actions

February 10, 2021- In or Out of my Control?

February 17, 2021- Thought Checking

February 24, 2021- My Responsibilities

March 3, 2021- Controlled Breathing

March 10, 2021- Progressive Muscle
Relaxation

March 17, 2021- Supports

March 24, 2021- Group Termination

March 31, 2021- Makeup (If needed)

April 7, 2021- TBD

April 14, 2021- TBD

April 21, 2021- TBD

April 28, 2021- TBD

Middle School Anxiety Group:

January 5, 2021- What is Anxiety?

January 12, 2021- Depression

January 19, 2021- Self Talk

January 26, 2021- Perfectionism

February 2, 2021- Creating a Safe
Place

February 9, 2021- Resiliency

February 16, 2021- Mindfulness

February 23, 2021- Service Project/
Group Termination

March 2, 2021- Makeup (If needed)

March 9, 2021- April 27, 2021:
Classroom Guidance Lesson TBD

High School Anxiety Group:

January 8, 2021- What is Anxiety?

January 15, 2021- Depression

January 22, 2021- Self Talk

January 29, 2021- Perfectionism

February 5, 2021- Creating a Safe
Place

February 12, 2021- Resiliency

February 19, 2021- Mindfulness

February 26, 2021- Service Project/
Group Termination

March 5, 2021- Makeup (If needed)

March 12, 2021- April 30, 2021-
Classroom Guidance Lesson TBD