Includes 6 sessions focused on helping students learn self control skills!

Topics Include:

- What is self control?
- How can I control my words?
- How can I control my body?
- How can I control my feelings?
Each session is **NO PREP** and includes:

- A lesson plan with objectives, pre-activity discussion points, an activity, and post-activity discussion points.
- Templates/worksheets needed for each activity.
This resource also includes...

2 bonus activities to further explore self control skills and to review the topics and skills your students have learned!

A survey that students can complete before and after the group to help you collect data to prove that your group was effective!