

Kindergarten Connections

Student Support Group Descriptions



The following six groups will be offered at Lathers Early Childhood and Kindergarten Center during the 2018-2019 school year.

Groups are facilitated by the Kindergarten Connection's School Social Worker, Danica Grceskl. Groups are time-limited (6-8 weeks), meeting one time per week for 30 minutes during your child's school day.

I'm a Good Friend: (Social Skills and Friendship Making)

A large emphasis of this group will be on friendship building and how to keep/make friends. Students will learn what it means to be a good friend. We will discuss all of the parts you need to be a good friend (listening ears, eyes, kind hands, kind words, etc.). They will learn talking and listening skills, sharing, taking turns, how to make playing games, not being bossy, making good choices, and conflict resolution skills. These students may either cause other classmates to shy away from them because they have not learned/do not display social skills necessary to have positive peer interactions; or they may be shy or withdrawn. They may be an only child or this is their first school experience. They also might not want to come to school and this affects their overall classroom success. This group will strive to make school more positive for these students.

Keeping Your Cool: (Controlling Anger and Frustrations properly)

This group is for students who need help releasing anger properly. We will discuss what anger is, why anger happens, anger triggers, and how to manage anger in a way that does not involve hurting words or hands. Students will learn a variety of coping tools to use to calm down when they become frustrated or angry. Students in this group create a "calm down box" that filled with various calming tools that they can keep in the classroom if they become emotionally elevated and need to take a calming break.

Remote Control: Self Control: (Controlling Urges and Impulses)

These students struggle to control their impulses. Students will learn how to control their body and words. Students will discuss handling feelings properly and stopping to think before reacting. We will also discuss the value in showing respect to others. These students might lose focus easily. This group will emphasize controlling impulses and using self-control to remain on task and make good choices.

Worry Warriors:

This is a group for students who may need help with handling their worries. They may become overwhelmed easily, feel anxious or at cry at drop off as they separate from parents and transition into the school setting. These students may have low attendance because they try to avoid coming to school. This group will teach students about what anxiety (worry) is, how to recognize it in their body, and calming techniques to manage their worries. It will also provide parents with lots of good information on how to best manage their child's anxiety, Dos and Donts of what to say/do to manage your child's anxiety, and helpful tips for separation anxiety at drop off.

My Two Homes: (Dealing with divorce and separation)

This is a group for students with parents who are going through a divorce or have gone through a divorce or separation. This divorce might affect be affecting the student's ability to focus in the classroom. Throughout this group, we will explore various topics: why parents divorce/separate, lifestyle changes, step-parents, anger/other feelings, what makes a home, etc. This would be helpful for students who may need somebody else to talk with about their family changes. Supporting students through this separation may allow them to have more focus in the classroom.

It's OK to Smile: (Helping children deal with Grief and Loss)

This group is for students who have faced a recent death in his/her family and are struggling with the loss. The death of a loved one might also be affecting the students' concentration in the classroom. We will discuss ways to help manage grief, managing all of the different feelings, who to go to for additional support, and how to make themselves feel better. Students in this group create a "memory box" filled with the lost loved ones pictures, drawings of favorite memories, special/sentimental trinkets, etc.

If you would like more information on group services for your child, please contact me directly -- Kindergarten Connections Social Worker, Ms. Grceski, at (734) 762-8490 ext. 9259.

I will speak with you regarding group options if you and/or your child's teacher think that he/she could benefit from one. Parents will be required to sign a group permission slip in order for your child to participate. Parents will receive weekly group updates via email informing you of the lesson/activities worked on that day in session. This provides an open form of communication so that parents not only know what their child is doing in group, but also continue to use the techniques at home with your child. Parents are also welcomed to freely communicate through email regarding individual updates on how your child is doing in group.

SECOND ROUND OF GROUPS WILL BE STARTING AFTER WE RETURN FROM SPRING BREAK – THE WEEK OF APRIL 8, 2019 (DATE TBD)