

Counselor Spring Small Groups



Banana Split Small Group (Grades 2-4)

Banana Split Groups are for students whose parents are divorced or separated. These groups are beneficial to students by enabling them to meet other children going through a similar experience. Many students find comfort in discovering they are “not the only kid” in the school with divorced or separated parents. Students also develop a greater comfort discussing divorce and the varying feelings they might have about it. We will meet one day a week during lunch in the Counselor's Office beginning the week of January 28.



Friendship Group “Circle of Friends” (Grades K-1)

Friendship Groups focus on helping children identify ways they are capable. It is a fun way for the kids in the same grade to make new friends and practice their social skills in a safe, small group setting. Candidates for this group might be children that seem to lack confidence, make negative remarks about themselves, their abilities or just have a hard time making friends. This group will meet during the school day once a week beginning the week of January 28.



Mindset Matters Group (Grades 3-4)

The goal of the Mindset Matters group is to help students realize that they are in control of their future. We will work on positive self-talk, learn how to limit distractions, practice determination, and understand that we all have different paces of learning. The concepts in this curriculum are part of a growing body of research regarding Growth Mindset. This group will meet during lunch in the Counselor's Office once a week beginning the week of March 19.

Small Group Counseling Permission Form
Spring 2018

My child, _____ has permission to participate in the following small groups with Mrs. Nixon.

_____ Banana Split Group for 2nd–4th grade students

_____ Friendship Group for Kindergarten and 1st grade students

_____ Mindset Matters for 3rd and 4th grade students

Parent/Guardian Printed Name _____

Parent/Guardian Signature _____

Date _____

Student's Homeroom Teacher _____

