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***Return to School Centre***

Evans High School

Walters Road, Blacktown 2148

Ph: 02 96213622 Fax: 02 9831274

**The following is a list of some of the activities that could be used throughout the program**

**SCHOOL WORK PACKAGE**

* Discussion
* Information Technology (Computer and Interactive Whiteboard)
* Written

**REFLECTION**

Booklets

* Donut (Support factors in your life)
* Who Am I?
  + An Autobiographical Questionnaire
* Self-Evaluation
* Let’s Think About It!
  + - Time to Think
    - Think!!!
    - What Happened?
    - Rules and Expectations
    - How Do You Rate?
    - Social Skills Checklist – Self Report
    - Rights and Responsibilities
    - Responsibilities
    - How do you rate yourself?
    - Excuses Are Not Acceptable
    - My School
    - How people See Me
    - How to … Get Over a Problem
    - How to … Get on Well at School
    - Something to Think About
    - Returning to School
* Communication Skills
  + - Assertive Communication
    - Speaking
    - Body Language
    - Acting Assertively
* I am, I Have, I Can
* Thinking Feeling Behaving Crisis Cycle (IWB or computer or worksheet)
* Anger Management
  + - Body Language: My tell-tale signs
    - People affected by my anger
    - People who can help me with my anger
    - Strategies to use to control my anger
    - When do I get angry?
    - Shifting My perceptions
    - Anger pathway
    - Cooling down
    - How can you stop yourself from showing your anger in a bad way
    - My plan for when I am angry
* Classroom Behaviour
  + - Rethinking My Behaviour
* GET SMART
  + - Behaviour Change Activities

G ive

E xpress

T hink

S self-evaluate

M onitor

A pplaud

R eflect

T ake time

* Anger & Friendship
  + - Friendship Skills
    - The Hassle Log
    - The Sweet game
    - Autobiography in Five Short Chapters
    - Rules Rule!
    - Things we should remember when we get angry
    - Angering others
    - Name Your Anger
    - Anger Scenarios
* Find-a-word re behaviour
* Get Smart (behaviour change activities)
* Art Activities Preparation for goals and strategies to achieve them
* Doorway 2 Reflection (quotes to live by)

**REALITY THERAPY**

* Let’s discuss what’s been happening.
* What did you do?
* What happened as a result?
* What is it that you want?
* Is this working for you?
* Did you get what you want?
* What else can you do to help the situation?
* Is there anything I can do?
* Let’s make a plan
* Are you going to try to do this?
* Why do you think this is a better plan than what’s happening now?

**CHOICE THEORY** (Discussion and activities)

Basic Needs

* What behaviour is about and our five basic needs
* How you would like to be seen by your friends and family
* Basic Needs Tree
* Cloze Passage
* Survey re your strengths
* Chatterboxes

Quality World

* Quality World
* Quality Collage
* Life’s a Beach
* Perceptions at School
* Matches and Mismatches

Total Behaviour

* Total Behaviour has four parts
  + - Thinking
    - Doing
    - Feeling
    - Body Signals
* Total Behaviour Car
* Behaviour Case Studies
* Making the Car
* Reflection
* Role Play

Managing my Behaviour in the Real World

The Ideal Team

A Celebration

**GOAL SETTING**

* Discussion
* VOKI
* Write up and laminate

**SKILLSTREAMING**

* Discussion
* Role Play
* Rote Learning
* Repeated Practice
* Poster Designing
* ANIMOTO

**FORCED-CHOICE MENU**

**PLAN (GOALS & STARTEGIES)**

* Art poster
* Animoto

**FRIENDS** to Support with plan and making good choice

**USE OF FACEBOOK**

* Exponential Growth Factor
* Security (privacy settings)
* Narratives: dog’s name & burglary; danger of strangers knowing your name and address)

**SOCIAL SKILLS**

* Room 14
* Card Games
* Board Games
* Sweet game

**OTHER**

**TIMETABLE**

Lesson length varies dependent upon student’s concentration

**9:30:** Sign in: Greetings; Explain session for day

**9:35:** Lessons

**10:45:** Break

**11:00:** Lessons

**11:20:** Diary; Sign out