

# SESSION #1 – GETTING TO KNOW YOU

## OUTCOMES

Students will...

- meet group members and the facilitator
- understand the group outcomes
- develop group discussion guidelines
- identify stressors/pressures that impact youth (friends, family, relationships, etc.)

## MATERIALS

- enough chairs for all students and the facilitator, set up in one circle
- pen/pencil for each student
- masking tape
- object to use as a talking stick: stress ball, etc.
- poster board or chart paper and markers
- glue or clear tape
- Option 1 - What Stresses You Out? (1.0 H) - photocopy one for each group of 4 students
- What Stresses You Out? - Reference (1.0 REF)
- Cooperative Group Roles (1.1V/REF)
- Option 2 - Closed Sort (1.2 H) – cut into individual rectangles and placed in an envelope for each group
- Closed Sort – Reference (1.2 REF)