



## ***JPA's Classroom Groups - Recommended for All Ages***

*While these classroom groups are aimed at children, they are a collaboration between the teacher(s) and JPA. Please note, this is not an exhaustive list. Additional group topics are available upon request and can be personalized for the needs of the class.*

### **COMMUNITY BUILDING**

The classroom is a community and fostering positive rapport, trust, and respect are crucial components to creating a safe space where everyone can learn. This group uses developmentally appropriate and engaging activities to help build a climate that is positive and safe for the whole classroom community.

### **HEALTHY RELATIONSHIPS**

This group focuses on what comprises a healthy friendship and how to maintain positive peer relationships. The group also invites student introspection as you must first be a good friend to yourself before you can be a good friend to others.

### **IMPROVING LISTENING SKILLS**

As a teacher in a room full of kids, it can sometimes feel like you're talking to a wall. The ability to listen is a skill like any other and it must be intentionally taught and practiced to be strengthened. This group uses developmentally appropriate and engaging activities to teach and practice the listening skills your students need to be successful in your classroom and in life.

### **MANAGING STRESS AND ANXIETY**

School life comes with some big stressors such as tests, peer conflicts, and a lot of change. It's not difficult to remember a time in our own schooling experience when we felt nervous, scared or stressed out. This group uses developmentally appropriate, research-supported, engaging activities that address those feelings directly, and work to decrease the physical symptoms that accompany them. Activities can be continued throughout the year by the classroom teacher with a small-time commitment and little to no cost for supplies.

### **STRENGTHENING SELF-ESTEEM**

So much of growing up is about finding yourself - and doing that in the world we live in today can feel confusing and complicated. This group supports students in identifying who they are and what makes them special. Using developmentally appropriate and engaging activities, we use a strengths-based approach to help kids build themselves up from the inside out.