



S.U.P.E.R. Kids Group

Students Understanding Personality Emotions & Relationships

Dear Parent,

The Siple Elementary Counseling Department is offering support groups for who are struggling with their emotions. Groups will be held for 45 minutes to an hour, during the school day, once a week for six weeks.

We are aware that lack of emotional control can effect children at home as well as at school. In *S.U.P.E.R Kids Group*, children have an opportunity to share their feelings, understand that they are not alone, and begin to accept and express their emotions in an appropriate way.



S.U.P.E.R. Kids Group Goals:

1. Identify and understand feelings.
2. Help children realize that others have similar feelings and experiences.
3. Develop coping skills.
4. Learn to listen and understand the feelings of others.
5. Identify appropriate ways to express anger.

In order to have a successful group experience, your child will need to be interested in participating. Due to the large number of children that can benefit from *S.U.P.E.R Kids Group*, participation will be limited to one six week session. Feel free to contact, Mrs. Vannest with further questions.

Mrs. Vannest, Siple/Thomson Elementary Counselor: (810) 591-5105, rvannest@davisonschools.org

If your child would like to participate in a S.U.P.E.R. Kids Group, please fill out the form below and return it to Mrs. Vannest as soon as possible.



S.U.P.E.R. Kids Group PERMISSION SLIP

CHILD'S NAME _____ **GRADE** _____ **TEACHER** _____

ADDRESS _____ **PHONE** _____

CHILD'S SIGNATURE _____ **PARENT SIGNATURE** _____

***PLEASE RETURN TO YOUR COUNSELOR**