

Hispanic Children's Weekly Syllabus
Thursday Evenings 7-9 pm
United Bethel Methodist Church

- 1. Introduction to group and discussion on families**
 - Complete the initial group pre-test, play an introduction game to get the kids comfortable in group setting, discuss different types of families and family dynamics,
- 2. Self Esteem and Boosting your confidence**
 - Discuss how self esteem effects daily life, talk about talents they might have and what they like best about themselves as well as reasons to be proud of who you are. Craft activity-having kids make hand puppets that look like themselves.
- 3. Positive Feelings**
 - Discuss what positive feelings are and what happiness means to them and their families. Discuss ways to improve their levels of happiness in the family.
- 4. Negative Feelings**
 - Talk about reasons why someone may have negative feelings, discuss fear and bad dreams, and also that negative feelings are a way to express emotions and that everyone has them. Do the "Bad Feelings Jar" - Each child draws/writes about something that makes them feel bad and then they put it in the bad feeling jar and put the lid on. This symbolizes helping yourself feel better.
- 5. Anger and how to cool off**
 - Teach that anger is an OKAY emotion to have, and that we just have to express it in the right way. Teach them to "stop, and think before you express". Discuss what triggers anger in their families and watch the movie "Alexander and the Terrible, Horrible, No good, very bad day"
- 6. Public Safety (Fire Danger, School safety and Stranger Safety)**
 - Discuss what to do in an emergency situation. Practice making calls to 911 on fake phones (facilitator acting as operator), make emergency cards to put on refrigerator, discuss "stranger danger" and play a game called "Who's the stranger?" to get them to understand that strangers

come in all different body types, friendly faces, scary faces, men, women etc.

7. Home Safety-Safety Planning for Domestic Violence

- Discuss feeling safe and things we can use to help us feel safe, i.e. night light, stuffed animal or blanket, seat belts, locking doors, etc. Teach that no one has the right to hurt another person. Make safety plan with children and create "Safe" ladders with popsicle sticks

8. Abuse

- Discuss what abuse is and how it affects people differently. Discuss the difference between accidentally hurting someone and purposely hurting someone. Play the "apple whack" activity, which shows that although you cannot see bruises on the outside, if you cut the apple open, the brown spots are there; just like abuse.

9. Bullying and How to make it stop

- Talk about being the bully vs. being bullied and how to make it stop. Talk about ways to deal with kids picking on each other. Act out a skit with kids being bullied and facilitator or volunteers being the bully. When skit is over, talk about ways to make changes, and then act out skit again.

10. Problem Solving

- Discuss different problems and how to handle different situations. Read out loud different problems to kids and have them work together to solve the situations in appropriate manners.

11. Good touch/Bad Touch

- Use paper dolls (boys and girls) and have the children color in the appropriate parts of their bodies with swim suits and swim shorts. Teach kids who and what is okay in regards to their bodies (babies and diaper changing, doctors and checkups, etc.) Teach them how to say "NO" and safe people to talk to.

12. Making Friends

- Ask kids about what types of friends they have and what friendship means to them. Talk about treating others fairly the best ways to make friends. Talk about special interests they might share with friends. Have them draw a picture of their best friend.

13. Good manners

- Talk with kids about the importance of using manners and treating others how you would like to be treated. Practice using manners with facilitator and acting out different scenarios where using good manners is appropriate.

14. Nutrition discussion

- Discuss the importance of healthy eating and the food pyramid. Understanding the importance of healthy choices and eating breakfast to start their day right. Have the kids help plan a menu for a week that they could do at home with their families.

15. Summary of everything learned and party!

- Do Post Test survey to see what the kids have learned (repeating same test from week one). Talk with kids about what they have learned and ways they can teach others what they have learned.

At each group session we allow the children 30 minutes pre and post group to work on any homework that they may need assistance on. If more time is needed, we can set up one on one before group hours.