**Chill and Chat Group**

**Purpose of Group:**

To provide group support and social development opportunities for trainees who are shy, socially anxious or on the specturm in a slow moving, organized and safe way; for students that need a quieter, no drama setting. Group member selection is key.

**Structure of Group Ideas:**

Start all sessions with a check in, allowing a “pass”; for instance, a mood rating (on a scale of 1-5, 1 being sad/down and 5 being happy/excited, where are you today? Would you like to tell us why?).

Or, use the Rose, Thorn and Bud check in: rose, a highlight, success, small win, or something positive that happened; thorn, a challenge you experienced or something you can use more support with and bud, a new ideas that has blossomed or something you are looking forward to knowing more about or experiencing.

End all sessions with session rating scale (thumbs up if you liked it, thumb to the side if it was fine, and thumbs down if it wasn’t your favorite).

* Most meetings include two planned activities, including one mindfulness experience. (food and taste; diaphragmatic breathing; 5 senses, breathing and listening to music, mindful outdoor walking, hearing bells to last second of tone) There is one planned activity that requires some cooperation and/or sharing.

Session Content Ideas:

* Share a New York Times article that included 100 questions that young people want to know. Ask the students to identify questions that they like, write them down, and put them in a hat. Go around the table, pull a question, and pose it to the group.
* Have students write their own questions (i.e. should teenagers date? Would you choose money or a job you like?). Put the questions in a hat, go around the table, pull a question, and pose it to the group.
* Use the values card sort to identify values, hopes, and plans.
* Ask students to draw a picture of what they want their future to look like. They pass their picture to the person on the left, and that person has to guess and describe what they saw in the picture.
* Play charades of favorite movies
* Make SMART goals (including group leaders) and do check in to support progress
* Draw a picture of what inspires you and share it with one person
* Communication Game: blind fold volunteer, place objects on floor, help them navigate to their seat with clear and specific words
* Jointly leave colorful chalk messages on sidewalks on center