

Aggression Replacement Training (ART) Communiqué for Teachers, Parents, Mentors, & Community Stakeholders – Week 2

The ART program started at Mistassiniy School on February 16, 2016. We are sending out the lessons for each week at the end of the week prior so you are aware of what is coming for the students in the ART class.

February 23, 2016: Week 2 – Social Skills – Understanding the Feelings of Others

In this session, we will help group members understand the importance of Understanding the Feelings of Others, and provide an opportunity for participants to learn and role-play the steps of the skill and encourage skill use outside the group.

We will give them the definition that Understanding the Feelings of Others means that you are aware of what emotions another person may be having as a result of the situation they are in. It also means that you are able to identify how it may feel to experience that situation for yourself.

February 24, 2016: Week 2 – Anger Control – Hassle Logs and Triggers

In this session, we will introduce the hassle logs (similar to the idea of an incident report form like the school uses). The hassle log will provide an accurate picture of conflicts that occur during the week. It helps group members learn about what makes them angry and how they handled those situations, so that they can work to change behaviours that cause them trouble and leave them feeling bad about themselves.

We will refer back to the ABCs of Anger poster from Week 1, and explain that in this session the focus is on the A = Antecedent, also known as a “Trigger”. The goal of this session is to help group members identify things that trigger or arouse their anger. Identifying triggers is the first link in a series of steps in an Anger Control Chain and the first step in getting control of your anger. We will explain the External and Internal Triggers. External Triggers are things someone does or things that happen that cause us to react with anger or to become stressed. Internal Triggers are things we say to ourselves that increase our angry impulses.

As the sessions progress we will be addressing each of the rest of the techniques in the Anger Control Chain sequence.

February 25, 2016: Week 2 – Moral Reasoning – Jerry’s Problem Situation

This week, we will discuss Jerry’s Problem Situation. The objective will be to promote perspective taking, mature moral reasoning, and responsible social decision-making through a situation concerning the primary themes of relationships and loyalty to friends and groups.

As in each Moral Reasoning session, our discussion will be in 4 phases, closing with a group consensus:

- Phase 1: Introduce the problem situation
- Phase 2: Cultivate Mature Morality
- Phase 3: Remediate Moral Development Delay
- Phase 4: Consolidate Mature Morality

*For more information about the ART program and lesson plans, contact Tracy Cardinal @ 780-891-0580