

Aggression Replacement Training (ART) Communiqué for Teachers, Parents, Mentors, & Community Stakeholders – Week 3

The ART program started at Mistassiniy School on February 16, 2016. The program is running well, with the exception of some youth missing class. It is very important to attend each class to learn the behaviours in sequence, as they build on each lesson. Let's help the kids get to class and remember there are incentives for attendance!

We are sending out the lessons for each week prior to the lesson to help everyone be aware of what is coming for the students in the ART class.

Have a great week!

March 1, 2016: Week 3 – Social Skills – Getting Ready for a Difficult Conversation

This session is going to help participants understand the importance of the skill of getting ready for a difficult conversation. The session will provide an opportunity for them to learn and role-play the steps of the skill and encourage skill use outside the group. This will help group members understand and prepare to confront someone (face-to-face, over the phone, texting, or by internet messaging) about something that creates a problem.

March 2, 2016: Week 3 – Anger Control – Cues and Anger Reducers

This session will help group members learn how to recognize the cues, or behaviours, that indicate when they are angry. It will also provide them with response options to calm themselves down: deep breathing, counting backward, and pleasant imagery. It will provide an opportunity for group members to role-play and it is the next step in the sequence of the Anger Control Chain: triggers (external/internal) + cues + anger reducers (all).

March 3, 2016: Week 3 – Moral Reasoning – Mark's Problem Situation

The purpose of this week's moral reasoning session will be to promote perspective taking, mature moral reasoning, and responsible social decision-making on a situation concerning the primary themes of relationship and respect. Reminder: in each session, we will briefly overview previous sessions and their components. Group members will continue to receive homework and a hassle log regarding each session.

As in all Moral Reasoning sessions, 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