

## Aggression Replacement Training (ART) Communiqué for Teachers, Parents, Mentors, & Community Stakeholders – Week 5

As a transfer coach, you can help participants when it comes to using the social skills taught as part of ART. 10 social skills are taught in ART. Group members try these skills in their sessions, and then practice the skills in real life. You can look for, encourage, and reward these positive behaviours when they occur. You can see if the student performs the steps of the skill, or you can help them complete their Skill Homework Reports.

Have a great week!

### March 15, 2016: Week 5 – Social Skills – Helping Others

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

We will define “helping others” as assisting others in completing a task, or doing something to support someone else in getting what they want.

### March 16, 2016: Week 5 – Anger Control – Thinking Ahead

We will introduce thinking ahead and teach group members the “if/then” formula – IF I do this now, THEN this will probably happen later.

We will discuss the different types of consequences (short-term/long-term, internal/external). This session will provide group members with a chance to role-play the next step in the Anger Control Chain sequence: triggers (external/internal) + cues + anger reducer(s) + reminders + thinking ahead.

### March 17, 2016: Week 5 – Moral Reasoning – Sam’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, through a situation concerning the primary themes of honesty and respect for property.

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

\*If you are interested in joining the ART Steering Committee, or would like to learn more about the program, contact Tracy Cardinal @ 780-891-0580