

Lunch GROUPS

What you
say in here
stays in here

unless

1. Someone is hurting you.
2. You want to hurt yourself.
3. You want to hurt someone.

LUNCH
BUNCH

LUNCH BUNCH

You are invited to participate in the next round of lunch groups! We will meet once a week this month. In our small group, we will play games and learn new skills.

I will come and get you from the cafeteria on Monday. Please let me or your teacher know if you have any questions.

First Session Activity

Feelings Check-In

Exit Tickets

Last Session Activity

Now lunch bunch doesn't necessarily need a formal termination process the way referral-based group and individual counseling would. But there are a few good reasons to have a predictable last session for lunch bunches. For students, it provides them with closure and a reminder of what they learned. As a counselor, it will help you eliminate some planning and a really perfect that last session over time.

Before the last meeting: Preview that lunch bunch will be ending. When you start lunch bunches, make sure students know that it is only for a short time.

The AMAZING

Exit Ticket

Think

Do you think it's okay to feel sad sometimes?
Yes _____
Maybe _____

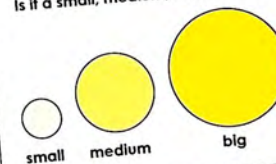
Show

You find out that your friend was talking behind your back. What are two feelings you might have?
sad and angry

I'm feeling



Is it a small, medium, or big feeling?



LUNCH BUNCH STARTER KIT

Low Prep Materials to Get You Started



What's Included

01

Lunch Bunch Permission Slip

02

Passes, Invitations, & Notes

03

Feelings Check-In

04

First Activity

05

Last Activity

06

Confidentiality Signs

07

Exit Tickets

Lunch GROUPS



Editable Forms



Simple Activities



Reusable Materials



Upper Elementary
and Middle School



What you say in here stays in here

unless

1. Someone is hurting you.
2. You want to hurt yourself.
3. You want to hurt someone.
4. You give me permission to tell another trusted adult.

What you say in here stays in here

unless

1. Someone is hurting you.
2. You want to hurt yourself?
3. You want to hurt someone.
4. You give me permission to tell a trusted adult.

confidentiality signs

REUSABLE MATERIALS



I'm feeling

happy	meh	sad
silly	proud	angry
nervous	tired	

Is it a small, medium, or big feeling?

small medium big

feelings check-in

3. Briefly review the students' work. If the ASK structure doesn't fit a particular lesson or session, create a rating scale for students and an open ended question about the work.

Exit Ticket

Think
Do you think you would use I-Messages to tell someone how you feel when you are having a conflict or problem?
Yes Maybe No

Exit Ticket

Think
Do you think it's okay to feel sad sometimes?
 Yes Maybe No

Know
List the feelings in order from least to most intense: Bothered - Angry - Frustrated - Annoyed - Frustrated, Annoyed, Frustrated, Angry, Bothered

editable exit tickets

Lunch Bunch
 Starting Monday, your child will be participating in a weekly lunch group. This group will consist of four to six students in the same grade level and will meet weekly for approximately six weeks. The groups are a way for students to practice skills like, cooperation, turn-taking, and problem solving. They will learn different stress management strategies and build relationships with other students. The skills they learn and practice in groups are designed to help them be more confident and outside of the classroom. Please contact me with any questions at:

Best,
Mrs. Smith

Details
 Who: Sam Hirsch
 When: Mondays + lunch
 Where: Mrs. Smith's office

LUNCH BUNCH
 You are invited to participate in the next round of lunch groups! We will meet once a week this month. In our small group, we will play games and learn new skills.
 I will come and get you from the cafeteria on Monday. Please let me or your teacher know if you have any questions.
 ~ Mrs. D.

Lunch Bunch
 Sam H.
 is participating in lunch groups for the next 4

invitation & notes

Lunch Groups

Dear Parents and Caregivers,

This year, we will be offering small lunch groups for students in grades K-5. These groups give students an opportunity to practice different social and emotional skills they can use in the classroom. Topics may include responsibility, stress management, communication skills, decision making, goal setting, and problem solving. The groups are open to all students and are designed to reinforce skills be taught in the classroom.

Details:
What: Group time will consist of discussion, activities, and games.
When: Students will meet once a week during lunch or another time picked by their teacher. Groups will last 4 to 6 weeks.
Who: A group of 6 students from the same grade level and Mrs. Smith.
Where: In Mrs. Smith's Office.

If you have any questions or want more information, please contact me at (555) 555-5555 or MrsSmith@email.com. I look forward to getting to know your child better and supporting their social and emotional development.

Thank you!

Name _____
 School _____

permission slip

Permission for Lunch Bunch Groups
 School Year _____

I give permission for my child to participate in a lunch bunch group this school year.

Please put my child in one of the first groups, if possible.
 My child has food allergies. Please specify: _____

Child's Name: _____
 Grade: _____ Teacher _____
 Parent Signature: _____

EDITABLE FORMS



lunch bunch passes

FIRST & LAST ACTIVITIES

First Session Activity

Group Name and Rules

This simple activity was my go-to for a first lunch group. You have minimal time for lunch groups and it's always a bit slower the first time they come.

My priority during this group session is to create rules and introduce what they will be doing in group. But most importantly, I want to establish a rapport with the students and between the students.

able activity for a few reasons:
- Activity that gets students engaged.
- Builds group cohesion and identity.
- Starts group functioning.



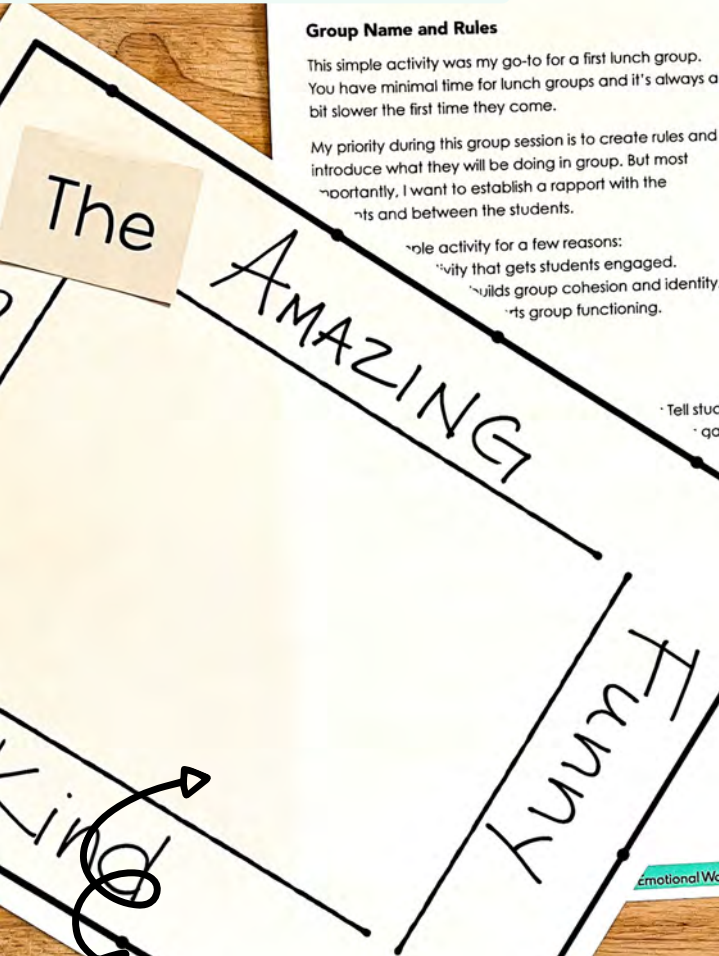
- Tell students that you are going to meet as a group, games, doing activities, and learning

- Gather as a group. The group will discuss (adjectives). Redirect if needed. Use the format 'I like you, you are Amazing.'

- Establish group rules. To get students to understand, we should do, not what we say. Use examples, they understand. Use

the poster and decorate. Hang the poster.

Social Emotional Workshop



group rules & name activity

Last Session Activity

Now lunch bunch doesn't necessarily need a formal termination process the way referral-based group and individual counseling would. But there are a few good reasons to have a predictable last session for lunch bunches. For students, it provides them with closure and a reminder of what they learned. As a counselor, it will help you eliminate some planning and really perfect that last session over time.

Before the last meeting: Preview that lunch bunch will be ending. When you start lunch bunches, make sure students know that it is only for a short time. The week before, tell them that next week will be the last meeting.

During the last meeting: Go over skills they learned and when they can use them. Model healthy goodbyes and that mixed feelings about lunch group ending are normal. You can either have an activity that summarizes their newly learned skills or create a memento of the group they can take with them.

After the last meeting: You built relationships with students over the past month. Give students a way to stay in touch or seek help from you in the future. Check in with them informally.

Included

- 6 cards to have them review what they have learned and the supports they have.
- Also consider creating a group memento for them to take with them.

Review activity

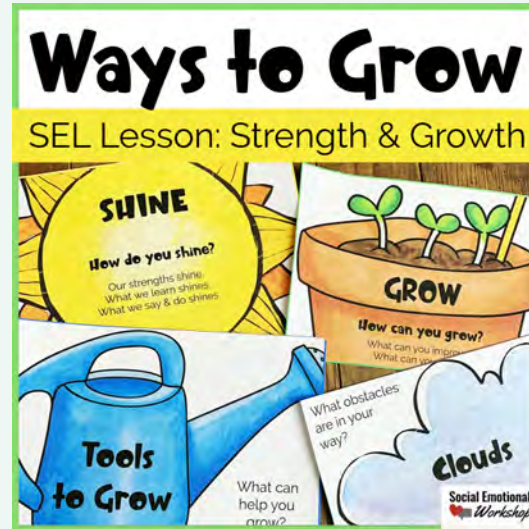


YOU MIGHT LIKE

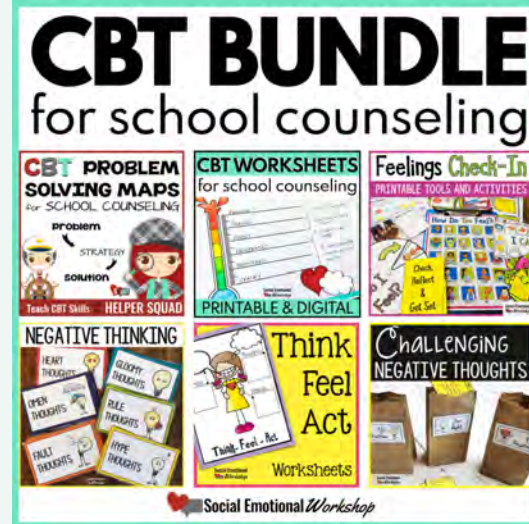
LUNCH BUNCH BUNDLE



Lunch Bunch Starter Kit +
Get to Know You Game +
All About Me Craft



Strength & Growth SEL Lesson



CBT Bundle for Individual Counseling

FAQ



What parts are editable?

The counseling permission slip, invitations, passes, and participation notes are editable and available in a Powerpoint file.

What activities are included?

There are activities for your first and last session. In the first session, students will come up with a group name and group rules. In the last session, students will review what they learned.

What's in the Lunch Bunch Bundle?

The Lunch Bunch Bundle includes this starter kit plus a get to know you card game and an all about me craft activity.