



Dinosaur School Session Plan

Date:	Session #: 9	Topic: Anger Management
Vignettes: Tiny's Story & Vignettes 11, 12		(Ready, Set, Action)

Planning: (Select books and materials to prepare)

Tiny turtle cue cards, calm down thermometer, Tiny puppet, Feeling Cue Cards – Anger and Relaxed.
Materials for activity.

Transition and Movement (songs, i.e., "Hello Friends")

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Puppets: (Wally, Molly, Dina, or others)

Tiny Turtle

Review Prior Session:

Consequences of solutions (safe, fair, good feelings)

Session Circle Content and Role Plays :

Therapist teaches children Tiny's 5 steps for managing anger with cue cards. Children practice being turtles with turtle visualization.

Small Group Activity:

Turtle vest activity.

Behavior Plans – Special Incentives or Personal Challenges:

Individualize chip program for children.

Homework:

T-Rex Activities 1-6

Special Notes and Goals Targeted for Particular Children

Give parents book "Wally Learns a Lesson from Tiny Turtle"