A stylized, colorful illustration of a landscape. The background features wavy bands of blue and white, suggesting a sky or water. In the foreground, there are rolling green hills with a dark brown path winding through them. On the left, there is a green tree, a purple flower, and an orange flower. A small red bird is flying in the upper left. The title text is written in a brown, cursive font across the upper right portion of the image.

# Self-Efficacy, Green Exercise, & 5<sup>th</sup> Grade Girls

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# Self-Efficacy, Green Exercise, & 5<sup>th</sup> Grade Girls' Afterschool Group

## Overview:

- 8 week afterschool group
- Meets 1 time per week
- Group Objective:
  - Increasing students' level of self-efficacy
  - Increase students' outdoor activity

## Population:

- 5<sup>th</sup> grade girls
- Perceived low self-efficacy
- Students referred by school teachers & counselors

# Self-Efficacy

## What is self-efficacy?

Belief that you have specific skills or abilities <sup>8</sup>

Confidence in your ability <sup>15</sup>

Perceptions on the amount of success achieved <sup>15</sup>

Belief of capabilities <sup>7</sup>

## Low Self-Efficacy Impacts...

Academic Success <sup>15</sup>

Level of Physical & Verbal Aggression <sup>15</sup>

Anger Management <sup>15</sup>

Mood – Depression <sup>7</sup>

Level of Anxiety <sup>7</sup>

Physical Health <sup>7</sup>

Ability to Set Goals <sup>7</sup>

Problem-Solving Skills <sup>7</sup>

Self-Talk <sup>1</sup>

# Implications of Physical Activity

Improve Academic Achievement <sup>3</sup>  
(grades & standardized test scores)

Concentration & Attention <sup>3</sup>

Behavior <sup>3</sup>  
(conduct & attendance)

Reduces Anxiety & Stress <sup>3</sup>

Enhances Coping Ability <sup>3</sup>

Increases Positive Affect/Mood <sup>3</sup>

Increased Self-Concept <sup>1</sup>

Increased Self-Efficacy <sup>1</sup>

# Benefits of “Green Exercise”

“Green Exercise” can be defined as “activity in green places (in the presence of nature)”

—Pretty, et al., 2009

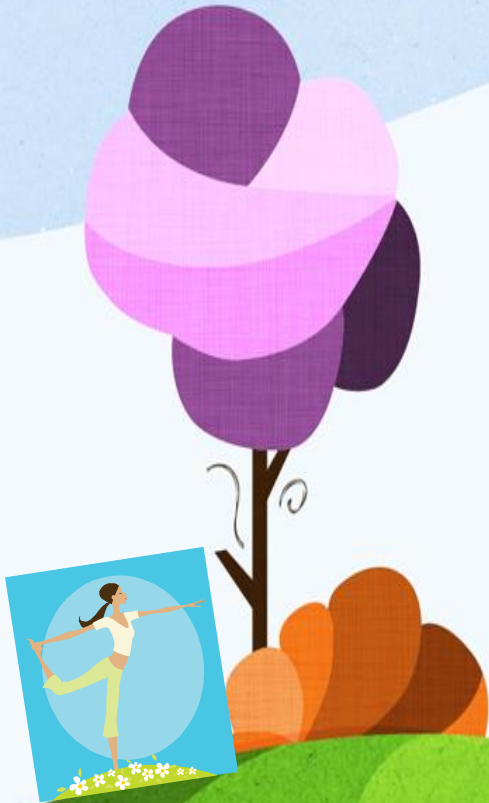
- Increased Benefits when Exercising Outdoors Compared to Indoor Exercise <sup>5</sup>
- Being in Nature PLUS Exercising equals Greater Psychological Health Benefits <sup>5</sup>
- Positive Impact on Self-Esteem <sup>5, 10</sup>
- Improves Negative Moods <sup>5, 10, 13</sup>  
(tension, anger, depression)
- Greater Feelings of Positive Engagement <sup>5, 13</sup>
- Increased Feelings of Revitalization <sup>5, 13</sup>
- Increased Enjoyment <sup>5</sup>
- Perception of Effort of Physical Activity Decreases <sup>5</sup>
- Increased Energy <sup>13</sup>
- More Likely to Repeat the Activity in the Future <sup>13</sup>
- “Potential to engage less active children in exercise” <sup>12</sup>



# 8 Week After-School Girls' Group Action Plan

Each meeting students will:

- Increase Knowledge about Self & Abilities through a 30-45 minute psychoeducational activity or discussion
- Participate in a Physical Activity for 30-45 minutes



# Girls Group Action Plan

## Week 1

- ✿ Psychoeducational:  
Group Groundwork:  
Introduction, Rules,  
Pre-Test &  
Assessments
- ✿ Green Exercise:  
Outdoor Yoga

## Week 2

- ✿ Psychoeducational:  
-Discuss SMART  
Goals & Set SMART  
Goals for self
- ✿ Green Exercise:  
Basketball - Horse

# Girls Group Action Plan

## Week 3

### 🌿 Psychoeducational:

- SMART Goal
- Check-In
- Discuss Self-Talk
- Positive Self-Talk
- Activity

### 🌿 Green Exercise: Running & Races

## Week 4

### 🌿 Psychoeducational:

- SMART Goal
- Check-In
- PAQ-C Assessment
- Resilience Cupboard
- Activity

### 🌿 Green Exercise: Tennis



# Girls Group Action Plan

## Week 5

- ✿ Psychoeducational:
  - SMART Goal
  - Check-In
  - Strengths Coat of Arms
- ✿ Green Exercise:
  - Soccer

## Week 6

- ✿ Psychoeducational:
  - SMART Goal
  - Check-In
  - Compliment Cards
- ✿ Green Exercise:
  - Jump Ropes & Hula Hoops

# Girls Group Action Plan

## Week 7

- ✿ Psychoeducational:
  - SMART goal review & revamp
  - Celebrate Successes!
- ✿ Green Exercise:  
Zumba

## Week 8

- ✿ Group Wrap-Up:
  - Post-test & Assessment
  - Reflect on Experience
- ✿ Green Exercise:  
Field Trip: Hike or Nature Walk

# Assessing the Experience

Children's Self-Efficacy  
in Peer Interactions

- Group members self-report using this scale that measures their perceptions of their own social interaction abilities subscales:
  - Conflict Situation subscale
  - Non-Conflict Situation subscale
- Students will complete self-report on session 1 and session 8

The Physical Activity  
Questionnaire for Older  
Children (PAQ-C)

- Group members self-report on their physical activity over the previous 7 days.
- Students will complete self-report on sessions 1, session 4, and session 8

Self-Efficacy  
Questionnaire for  
Children (SEQ-C)

Brief Survey on  
Academic, Social and  
Emotional Self-Efficacy

- Group members will self-report using this scale that measures their level of self-efficacy in 3 areas:
  - Academic Self-Efficacy
  - Social Self-Efficacy
  - Emotional Self-Efficacy
- Students will complete self-report on session 1 and session 8

# Force Field Analysis

## Positive Forces

- Students do not miss class
- Students will be exposed to different physical activities
- Low or no cost
- Provide an afterschool activity
- Students will gain knowledge about self

## Negative Forces

- Weather
- Transportation
- Time of day may limit participants
- Space/Location Available
- Staffing



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