



School Name: \_\_\_\_\_  
 Group Name: Self-Efficacy, Green Exercise, & 5<sup>th</sup> grade girls  
 Goal: Increase levels of Self-Efficacy  
 Target Group: 5<sup>th</sup> grade girls with perceived low self-efficacy

Created by:  
 Elizabeth Cranford  
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School Counselor(s)	ASCA Domain, Standard and Student Competency	Outline of Group Sessions to be Delivered	Resources Needed	Process Data (Projected number of students affected)	Perception Data (Type of surveys to be used)	Outcome Data (Achievement, attendance and/or behavior data to be collected)
Counselor	A:A1.1 A:A1.3 A:A1.4 A:A3.3 A:B1.4 A:B2.1 A:C1.1 A:C1.2 C:A1.3 C:A1.6 C:A1.9 C:C2.3 PS:A1.1 PS:A1.2 PS:A1.3 PS:A1.5 PS:A1.9 PS:A1.10 PS:B1.1 PS:B1.11	<p><i>Each session has a psycho-educational &amp; green exercise component:</i></p> <p><b>Session 1:</b>            Group Groundwork: Introduction, Rules, Pre-Test &amp; Assessments:            Outdoor Yoga</p> <p><b>Session 2:</b>            -Discuss SMART Goals &amp; Set SMART Goals for self            Basketball – Horse</p> <p><b>Session 3:</b>            -SMART Goal Check-In            -Discuss Self-Talk            Positive Self-Talk Activity            Running &amp; Races</p> <p><b>Session 4:</b>            -SMART Goal Check-In            -PAQ-C Assessment            -Resilience Cupboard Activity            Tennis</p> <p><b>Session 5:</b>            -SMART Goal Check-In            -Strengths Coat of Arms            Soccer</p> <p><b>Session 6:</b>            -SMART Goal Check-In            -Compliment Cards            Jump Ropes &amp; Hula Hoops</p> <p><b>Session 7:</b>            -SMART goal review &amp; revamp            -Celebrate Successes!            Zumba</p> <p><b>Session 8:</b>  <u>Group Wrap-Up:</u>            Post-test &amp; Assessment            Reflect on Experience            Field Trip: Hike or Nature Walk</p>	Basketballs Basketball Hoops Tennis Balls Tennis Racquets Access to Tennis Courts Soccer Balls Flat area for soccer Jump Ropes Hula Hoops Zumba Instructor Access to Stereo Bus for Trip if off site hike is planned	8-10 5 <sup>th</sup> grade girls will participate in a 8 week after school group	Children's Self-Efficacy in Peer Interactions  The Physical Activity Questionnaire for Older Children (PAQ-C)  Self-Efficacy Questionnaire for Children (SEQ-C) -Brief Survey on Academic, Social and Emotional Self-Efficacy	Increased in Academic Performance  Decreased Number of Referrals to Counseling Office for Social-Emotional Reasons