

<b>Skill Area(s):</b> Behavior/Stress
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## Setting Group Rules

**Level:** beginner, intermediate, advanced

**Goal:** to have the group decide what is important to help the group work

**Materials needed:** white board or chalk board or paper

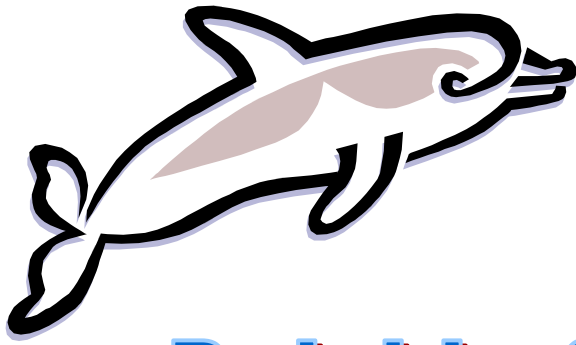
### **Activity:**

- This activity should happen after the students has learned the purpose of the group and have started to learn the members names
- Talk about how all classes have rules and in this group we will need to have rules to be successful too. The best part is that they get to decide what is important for the group. Review the purpose of the group and go from there.
- Let students brainstorm and gently lead them if necessary. Combine similar rules as you progress.
- Review the list as a group and decide as a group if changes are needed or not.

### **Follow up suggestions:**

- Type up the group rules and post. Review them at the start of each session.
- Have the students come up with a name for the group. We told our group that a reminder would be given over the announcements to help them remember when it was time to meet. They would need to think about what others might think about the name. Does it sound like something others might want to join or know more about? or Does it make other people think it sounds silly? The Dolphin Group or The Glitter Group????

**See attached example the rules from one of our groups.**



# Dolphin Group Rules

1. Be kind to others
2. Be quiet when someone is talking
3. Don't touch other people
4. No put downs
5. Follow directions
6. Have fun and smile
7. Do your best