LOTUS & TULIP · FREE PRINTABLE

Small Group Counseling Starter Kit

a free sample of the Calm and Brave Worry Group

Teacher referral form, parent permission letter,
group agreements, pre and post check,
and session 1 lesson plan with its student page.

For school counselors, school psychologists and child therapists. Grades 2 to 5. US Letter

Free sample from Lotus & Tulip · All 8 sessions: etsy.com/listing/4607480826

How to use this starter kit

Everything you need to choose students, get permission and run the first session

Inside (8 pages)

1. Cover
2. How to use this starter kit
3. Teacher referral form
4. Parent or guardian permission letter
5. Our group agreements
6. My calm and brave check (pre and post)
7. Session 1 lesson plan: Welcome, what is worry?
8. Session 1 student page: What is worry?

Run the first session

1. Ask teachers to fill in the referral form, then pick 4 to 6 students of similar age who will work well together.
2. Send the permission letter home and follow your district policy on parent permission.
3. In session 1, build and sign the group agreements and give the pre group check.
4. Teach the session 1 lesson plan (about 30 to 40 minutes) with the matching student page.
5. Give the same check again after the last session to see growth.

Free to use with your students

Print and copy these pages for the students and families you serve. Please do not resell them or post the files on other websites; share the link to the free download instead.

Good to know

These lessons teach coping skills; they are not a diagnostic or treatment program and do not replace assessment or counseling for students with an anxiety disorder or who need more support. Follow your school and district policies on consent, confidentiality and reporting. If a student shares something that raises a safety concern, follow your safety and mandated reporting procedures.

Designed with the help of an AI generator, then reviewed and edited page by page. All wording is our own. Not affiliated with any named program or publisher.

The full Calm and Brave Worry Group: 8 sessions, 25 pages

Week	Session	Week	Session
1	Welcome, what is worry? (in this kit)	5	Brave self talk
2	My worry alarm	6	What I can control
3	Calm body tools	7	Facing fears step by step
4	Catch it and check it	8	My calm and brave toolkit

Full worry group

All 8 lesson plans, 8 student pages, attendance and progress notes and a certificate.
etsy.com/listing/4607480826

Five group bundle

Social skills, changing families, worry, anger and self regulation, and self esteem groups, 125 pages.
etsy.com/listing/4607587422

Teacher referral form

Help the counselor understand how this student handles worry

Student _____ Grade and teacher _____

Referred by _____ Date _____

What you notice	Rarely	Sometimes	Often	Almost always
Seems worried or nervous				
Asks many what if or reassurance questions				
Avoids tasks, places or people				
Has stomachaches or headaches at school				
Freezes or shuts down with new or hard tasks				
Gets upset with mistakes or tests				
Visits the nurse or asks to go home				
Asks for help when needed				

When and where the worry shows up most

Strengths and interests

Anything else the counselor should know (please follow school policy for sensitive information)

Parent or guardian permission letter

Fill in the blanks, print and send home

Dear family of _____,

Your child has been invited to join a small group with the school counselor to learn skills for handling worry and stress. The group meets once a week for eight weeks, for about 30 to 40 minutes, with 4 to 6 students. Together we will learn that worry is a normal feeling, notice how it shows up in the body, practice calming tools like slow breathing, check worry thoughts, use brave self talk and take small brave steps. Each week your child will bring home a short practice challenge, and you can help by practicing the calm tools together.

Groups are a regular part of the school counseling program. What students share in group is kept private, except when someone may be unsafe. Please return the form below by _____. If you have questions, contact me at _____.

Thank you,

_____, School Counselor

cut and return

Student name _____ Grade and teacher _____

Please check one

- [ ] Yes, my child may take part in the worry group.
- [ ] No, I do not want my child to take part at this time.

Parent or guardian signature _____ Date _____

Best phone or email _____

Our group agreements

We make these together and we all sign them

Listen

Eyes and ears on the person talking.

Be kind

Kind words and kind hands, no put downs.

Keep it private

What we share stays in group, unless someone is not safe.

Take turns

Everyone gets a chance to talk.

It is okay to pass

You can say pass if you are not ready to share.

Be brave, at your pace

Small brave steps count. Mistakes help us learn.

Agreements we added

Our signatures

My calm and brave check

Color the face that fits you best. Before group and after group

Name

Before date _____ After date _____

I can...	Before group not yet, sometimes, yes	After group not yet, sometimes, yes
1. I know worry is a normal feeling.		
2. I can name where worry shows up in my body.		
3. I can use a calm tool when I feel worried.		
4. I can tell a worry thought from a fact.		
5. I can use brave self talk.		
6. I can tell what I can and cannot control.		
7. I can take a small brave step.		
8. I know who I can go to for help.		

A worry I hope group helps me with

After group: something that helped me

Session 1: Welcome, what is worry?

Lesson plan for the group leader

Goal

Students meet the group, build agreements and learn that worry is a normal feeling that everyone has.

Materials

Group agreements page, pre group check, markers, a soft ball or beanbag

Opener 5 min	Toss the ball. The catcher says their name and one thing that makes them laugh.
Teach 10 min	Explain the group: a place to learn about worry and practice ways to feel calmer and braver. Teach that worry is a normal feeling. Everyone worries sometimes, even grown ups. Worry is like an alarm that tries to keep us safe, but sometimes it rings too loud or too often, even when we are safe. Build agreements together (listen, be kind, keep it private unless someone is unsafe, it is okay to pass).
Practice 15 min	Worry thermometer warm up: read small situations (a spelling test, a new kid at lunch, a storm at night). Students show with their hands how big the worry would feel, low or high, and notice that people worry about different things.
Wrap up 5 min	Each student signs the agreements. Complete the pre group check.
Take home	Notice one time this week you felt a little worried, and what you did next.

What I noticed (skills, needs, who to praise)

Follow up or adjustments for next week

Session 1: What is worry?

Everyone worries sometimes. Let's get to know each other

My name

A name I like to be called

Three things I love to do

Something that helps me feel happy or calm

Worry is like an alarm. It tries to keep me safe, but sometimes it rings when I am already safe.

Things I sometimes worry about

At school

At home or other places

How big my worries feel this week

1 2 3 4 5 6 7 8 9 10

One thing I hope to learn in group

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Calm and Brave Worry Group, all 8 sessions

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607480826 | instant digital download

See every page first: lotustulip.com/worry-group-curriculum-for-elementary-students.html

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