

Pre-session Checklist

Supporting Group Readiness



Small groups often need priming before students can come together to fully engage. With that in mind, we created this Pre-session Checklist to support facilitators in getting the most out of these brief and effective sessions.

Structural Supports

- ☐ Learn the outcome goals for the sessions and review the facilitator's notes
- ☐ Identify a space that allows everyone to see you and each other
- ☐ Keep the group to 8 or fewer students
- ☐ Create a safe space for students by establishing routines before, during, and after the Group
- ☐ Be sensitive to triggers in the Group space that may cause reactions to children experiencing trauma
- ☐ Establish how children can exercise choice during the sessions
- ☐ Anticipate behavioral responses and have a plan for the student and the group
- ☐ Establish, Maintain, or Repair relationships with students joining the Group before the first session
- ☐ Be aware of your emotions and responses, and be prepared to regulate as needed

Process Steps

- ☐ Refrain from coercing students to join
- ☐ Gain consent from the student and their caregiver for participation
- ☐ Elicit caregiver support in encouraging their student's engagement
- ☐ Conduct pre-session meetings with each student individually
 - ☐ Outline the purpose, commitment level, and what it looks like to be an active participant
 - ☐ Explore students' fears, goals, and misconceptions of the group
 - ☐ Answer any questions the students have about the upcoming sessions
- ☐ Determine if each student can work together in a small group