



## S.T.E.A.M. Comments:

*"It's a great opportunity to learn feelings and how to handle them. It's fun!"* **Amanda, grade 5**

*"I don't fite (fight) anymore."*  
**Nick, grade 3**

*"My child's attitude and behaviour have changed dramatically since the start of this program. He seems much happier."* **Parent**

*"Kids come out of this program with a better feeling of self-esteem and with the tools to help them in their daily lives."* **Parent**

*"This program has helped me, as a teacher, to find new ways to teach students about emotions and dealing with them."* **grade 7 Teacher**



To have this program at  
your school or for more  
information please call or email  
[STEAM@kwcounselling.com](mailto:STEAM@kwcounselling.com)  
(519) 884-0000

Support provided by  
The Ontario Trillium Foundation  
and United Way.



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# S.T.E.A.M.

Supporting Temper, Emotions and  
Anger Management

A School-Based  
Group Program for Children  
Ages 6 through 14 years  
(Grades 1-8)





## S.T.E.A.M. is...

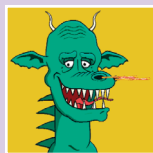
A comprehensive, interactive and early intervention emotions management group program designed to help children, families, and teachers better understand and more effectively respond to emotionally challenging situations.

By examining thoughts and feelings, children are able to make better choices about their behaviour.

This strengths-based, skill-building, social and emotional learning program reduces risk factors and increases protective factors by working together with parents, children and teachers.

The STEAM program was developed by K-W Counselling Services in consultation with the Waterloo Region Catholic District School Board. It is unique because:

- It is offered directly in the child's school, at no cost to the child.
- STEAM concepts are repeatedly reinforced throughout the school through assemblies, bulletin boards and weekly class wide lessons.
- Small group size of eight boys and girls with three leaders.



## Group Goals

### Increased:

- Awareness of cues which trigger a range of emotions.
- Ability to resolve conflict.
- Emotion management skills.
- Problem-solving skills.
- Social support.
- Appropriate behaviour at home.
- Self-esteem and self-confidence.
- Academic competency.

Decreased conflict at home and school.

Improved interpersonal skills.

STEAM is a 12-week group program consisting of one and a half hours once per week during school hours.

- **PRIMARY** ages 6-8 (Grades 1-3) This is a fast-paced activity group focusing on a skill building curriculum.
- **JUNIOR** ages 9-11 (Grades 4-6) Children develop new skills through discussion and activities including games, videos and crafts.
- **INTERMEDIATE** ages 12-14 (Grades 7-8) A fun filled learning opportunity through discussion and activities.



## Support for Parents & Caregivers

- Three parent sessions are offered at the beginning, middle and end of the STEAM program.
- Parent Handbook is packed full with activities and exercises for each of the 12 weeks. Available at a nominal charge.
- Education, discussion and group support.

## Support for Teachers

- Teacher's Manual is provided to each school with classwide extension activities and a summary of each of the 12 weeks of the STEAM program.
- Orientation and training.
- Ongoing consultation.