**Session 5**

**Topic:** Angry-Octopus

**Goals:** After reading the story the Angry Octopus and identifying the ways to relax the goal of this session is to help students identify that ways the sea child teaches the Angry Octopus.

**Objectives:**

* Students will identify the ways the sea child teaches the Angry Octopus to relax
* Students will learn how to relax with the use of the story The Angry Octopus

**Materials:**

* iPad
* iBooks App (to download the Angry Octopus Book)
* Angry Octopus A Relaxation Story by Lori Lite
* I Can Relax! By Donna B. Pincus, Phd. (purchased in iTunes)
* The Angry Octopus Worksheet
* Folders

**Timeline:**

* Welcome
* Go-around**:** What is your current mood? (happy, sad, excited…)
* Touch on previous session
* Remind members of group rules and norms
* Explain goals and objectives for session
* Read Angry Octopus Story using iPad
* Talk about story
* Use the I Can Relax! track called “A Relaxing Place”
* Complete Worksheet that corresponds with the story
* On the worksheet where it say “Draw a picture of yourself relaxing!” I told my students to draw a picture of them relaxing in a place (relating it to the “relaxing place track)
* Closing Group:
  + Summarize again the importance of learning how to relax
  + Homework: Use one way of relaxation throughout the week
  + How would you describe your participation today?
  + Is there anything that you still feel you need to say in group today?