



Barber Behavioral Health Institute

Connections Camp 2019 Goals and Objectives

Name:

DOB:

Please **circle 2-3** goals with the corresponding objectives you would like your child to work on during this year's camp. If you select goal 2 or 4, also please fill out the objective line.

1. Will learn and utilize coping skills
 - a. Will learn about coping skills and how to use coping skills appropriately
 - b. Will utilize coping skills appropriately and when needed to avoid increased negative feelings
 - i. Deep breathing
 - ii. Mindfulness
 - c. Will use learned coping skills and relaxation techniques to aid in regulations negative emotions
 - i. Asking for a break
 - ii. Counting
2. Will manage anger appropriately and will learn about anger management techniques
 - a. Will manage anger in an age appropriate fashion instead of becoming aggressive or _____
 - b. Will learn about the important of using anger management techniques instead of becoming aggressive or _____
3. Will engage in and improve overall social skills (communication, play, etc) with peers, and engage in positive peer interactions
 - a. Will engage in starting, engaging, and participating in conversations with peers
 - b. Will maintain eye contact when engaging in conversations with teachers and peers
 - c. Will have positive peer interactions by demonstrating
 - i. Positive communication
 - ii. Appropriate Play
 - iii. Maintaining boundaries
4. Will increase safety awareness in the camp and community settings
 - a. Will demonstrate safety awareness by decreasing _____ behaviors.

- b. Will learn about the importance of maintaining safe behaviors during camp and in the community settings

Form Completed by:

Date: