

Lesson Plans For Teaching And Counseling: Offering SOS DVD Presentations and Workshops

This section of the DVD Video Leader's Guide provides several formats for offering behavior management workshops and presentations. The same general formats also are appropriate for staff development, in-service training, and teacher training. However, expect these participants to cover more material per session and in greater depth than parent participants.

The SOS DVD Video can be used for a single presentation to an individual or group or it can provide structure for two to six sessions. If five to six classes are planned, do employ both the SOS DVD Video (which teaches basic parenting skills) and the "How To Use Time-Out Effectively" audioprogram (which teaches time-out skills). Participants should complete the SOS DVD Video program before beginning time-out with a child. Teach time-out skills after teaching basic child management skills.

Some participants will ask you to offer individualized treatment plans for their child's problem in a group session. In general, discourage the discussion of individual children during group sessions. Say that this DVD Video program teaches skills and techniques that apply to all children and that there is not enough time to develop specific plans for individual children. Offer to meet with parents after the session or refer the parent and child to a competent professional.

Make *SOS Help For Parents* books available for participants seriously committed to improving their parenting skills. Consider loaning SOS books to participants and asking for a \$16 deposit. If you are offering several sessions or classes, assign chapters from *SOS Help For Parents* for participants to read before the next class.

Assuming that you have 60 to 90 minutes available per session, use or modify one of the following outlines for teaching SOS behavior management skills.

One Session Presentation/Class

Introduce your program, distribute *SOS Child Management Methods And Skills* handouts, and show Part One Basic Parenting Skills (about 26 minutes). Occasionally pause Part One and discuss it. Show several scenes from Part Two DVD Video-Discussion Scenes and discuss these scenes.

Two Session Classes

First Class: Introduce your program and distribute *SOS Child Management Methods And Skills* handouts. Show Part One Basic Parenting Skills (about 26 minutes). Periodically pause and discuss Part One. Show scenes 1 to 10 from Part Two DVD Video-Discussion Scenes and discuss these scenes.

If you are asking participants to read, *SOS Help For Parents*, assign Chapters 1 through 5 for the next meeting.

Second Class: Show and discuss scenes 11 to 22, the four cartoons, and additional scenes from Part Two DVD Video-Discussion Scenes.

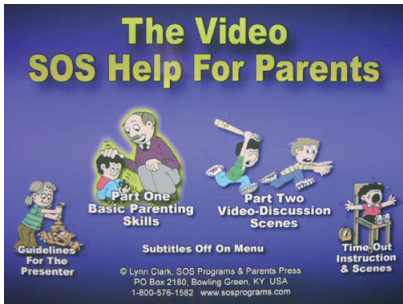
Complete SOS DVD Video Program: Six Classes–Sessions

To teach the complete SOS program, you will need five or six sessions or classes. Follow the lesson plans on the following pages.

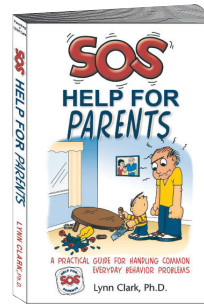
(Download from "Resources For Counselors & Educators" at <www.sosprograms.com>)

www.sosprograms.com 1-800-576-1582 Fax 270-796-9194 Email: sos@sosprograms.com

Lesson Plans For Teaching And Counseling: Using DVD Video, Book, And Time-Out Audioprogram

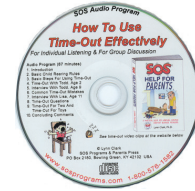


SOS DVD



SOS Book

These Lesson Plans are from the Revised DVD
Video Leader's Guide. Order extra copies
of the 90 page Revised Guide
for \$20, shipping included.

SOS Time-Out
Audioprogram on CD

Complete SOS DVD Video Program: Six Classes–Sessions

Each of six classes meets for approximately 60 to 90 minutes. Counselors and educators are invited to modify the following lesson plans to fit the needs of their group. Counselors who counsel one or two parents at a time also can use the following lesson plans for counseling sessions. Giving quizzes to participants is recommended.

Do teach additional principles, techniques, and skills that you feel are important. One important parenting skill to emphasize is *reflective listening* which is taught in SOS Chapter 18 but not in the SOS DVD Video. Although the SOS book has considerable information on how to use time-out effectively, time-out should be used sparingly. The SOS Program is enjoyable and easy to teach. Expect and facilitate lots of discussion! *You will enjoy teaching this program!*

First Of Six Sessions

- Introduce yourself, your program, and ask participants to introduce themselves.
- Give each participant a copy of *SOS Help For Parents* book. Consider loaning a copy with a deposit. Mention that this book will be a valuable resource for years to come. However, participants can benefit considerably from this DVD Video program even if they don't read the SOS book.
- Pass out a photocopy of the handout, *SOS Child Management Methods And Skills*. Ask participants to bring it to all SOS classes. Say that this handout is an outline of what will be learned in your classes. It may be downloaded from <www.sosprograms.com> in both English and Spanish. The SOS DVD Video is also available in Spanish.
- Briefly describe the principles & techniques covered in the above handout. Say that the SOS DVD Video will teach each of these skills and principles.
- Play "Part One: Basic Parenting Skills" of the DVD Video with the captions turned on. Periodically stop the DVD and discuss the skills and techniques described. Allow 26 minutes plus ample discussion time. *Discussion Facilitates Learning!*

Homework assignment for the next (Second) class:

- Assign SOS Chapter 1 (Why Kids Behave And Misbehave) and Chapter 2 (Clear Communication Promotes Effective Parenting).
- Mention that a 10 question quiz (Form B) will be given over these two chapters at the next class and that participants may self-score their own quizzes. Also mention that practice Quiz One for these two chapters is given at the back of the SOS book, in Chapter 24.

Second Of Six Sessions

SOS DVD Video Lesson Plans

- Begin the class. Ask participants what comments or questions they have over the material covered in the last class and in the assigned SOS Chapters One and Two.
 - Give a copy of the handout, *SOS Child Management Methods And Skills* to anyone not having one.
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- Give Quiz One (from *SOS Help For Parents Quizzes* - Form B). Mention that participants will score their own answers and that the Answer Sheets will not be collected. Pass out Quiz One and Answer Sheets. When participants complete the quiz, slowly read the answers from the Scoring Key or pass out copies of the Scoring Key. Discuss the answers.
 - Show Scene #1 of the SOS DVD Video with the captions turned on. Slowly discuss this scene using the “Questions, Answers, And Comments” in the DVD Video Leader’s Guide. Play each scene twice and if anyone doesn’t understand a statement by the parent or child, read it from the script in DVD Video Leader’s Guide. Be sure to slowly read and discuss any “Points To Make” at the bottom of the page.
 - Show and discuss Scenes #2 to #10. Encourage and reinforce participants for contributing to the group. Take your time and don’t rush through the scenes. *Discussion Facilitates Learning!*

Homework assignment for the next (Third) class:

- Assign SOS Chapter 3 (Ways Of Increasing Good Behavior), Chapter 4 (What Is Time-Out?), and Chapter 5 (Major Methods For Stopping Bad Behavior).
- Mention that a brief 10 question quiz (Form B) will be given over these chapters and that participants may self-score their own quizzes. Also mention that practice Quiz Two for these three chapters is given at the back of the SOS book, in Chapter 24.

Suggestions:

- Play each scene twice before discussing it. Do turn on captions of the DVD.
- Keep discussions of the DVD scenes focused. Periodically tell participants, “*Answers to the scenes are on your handout. Look there.*”
- Resist the temptation to develop treatment plans for individual children in group sessions. Develop individual treatment plans only in individual sessions.

FREE SOS Resources for Counselors and Educators!

Go to <www.sosprograms.com> and download additional resources for educators, counselors, and clients.

Third Of Six Sessions

SOS DVD Video Lesson Plans

- Begin the class. Ask participants what comments or questions they have over the material covered in the last class and in the assigned SOS Chapters Three, Four, and Five.
 - Be sure that each participant has a copy of the handout, *SOS Child Management Methods And Skills*.
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- Give Quiz Two (from *SOS Help For Parents Quizzes* - Form B). Again mention that participants will score their own answers and that the Answer Sheets will not be collected. Pass out Quiz Two and Answer Sheets. When participants complete the quiz, slowly read the answers from the Scoring Key. Discuss the answers.
 - Show and discuss Scenes #11 to #22 and Cartoons A, B, C, and D carefully following the DVD Video Leader's Guide. Encourage and reinforce participants for contributing to the group. Invite opinions and questions. *Discussion Facilitates Learning!*
 - Discuss questions about time-out but save an extended discussion of time-out until the next class. Assure the group that time-out will be covered in greater depth in later sessions.

Homework assignment for the next (Fourth) class:

- Pass out copies of the handout *SOS Time-Out* for study. However, save a discussion of this handout until the next meeting. The handout may be downloaded from www.sosprograms.com in both English and Spanish. Ask that all handouts be brought to all future classes.
- Assign SOS Chapters 6 through 12 (Basic Time-Out Skills).
- Mention that a brief 10 question quiz (Form B) will be given over these chapters at the next meeting. Also mention that practice Quiz Three for these chapters is given at the back of the SOS book, in Chapter 24.

Suggestions:

- Play each scene twice before discussing it. Do turn on the DVD captions.
- When playing the DVD on a computer, always use Windows Media Player rather than another player. Navigating DVD Video scenes is quicker and easier when showing scenes "out of sequence." The DVD plays internationally and also plays on Apple computers.

Counselors – Train Your Staff To Use The SOS Program!

Ask your staff to play the role of parents and proceed following this *Leader's Guide*. View Part One (26 minutes) and teach only scenes 1 through 10. Tell your staff that they can present the program to parents in a similar way except that they will spend more time discussing each scene.

The SOS program is probably the easiest of the parenting programs to teach since all the questions and answers are given in this *Leader's Guide*. For teaching graduate students how to teach the SOS Program, see page 8.

Fourth Of Six Sessions

SOS DVD Video Lesson Plans

- Begin the class. Ask participants what comments and questions they have over the material covered in the last class and in the assigned SOS Chapters 6 through 12.
- Be sure that each participant has a copy of both handouts, including *SOS Time-Out*. Emphasize that time-out is not expected to work if parents make more than two of the nine time-out mistakes which are listed on this handout.

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- Pass out Quiz Three and Answer Sheets (from *SOS Help For Parents Quizzes - Form B*). When participants complete the quiz, read the answers from the Scoring Key. Discuss the answers.
 - Show and discuss Scenes #23 to #35 carefully following the DVD Video Leader's Guide. Encourage and reinforce participants for contributing to the group. Invite opinions and questions.

Homework assignment for the next (Fifth) class:

- Assign SOS Chapters 13 through 18.
Chapter 13 (Managing Bad Behavior Away From Home), Chapter 14 (Using Points, Tokens, And Contracts), Chapter 15 (Timing-Out Two Children), Chapter 16 (Timing-Out Toys), Chapter 17 (Handling Aggressive And Dangerous Behavior), and Chapter 18 (Helping Your Child Express Feelings).
- Mention that a brief 10 question quiz (Form B) will be given over these chapters at the next meeting. Also mention that practice Quiz Four for these chapters is given at the back of the SOS book, in Chapter 24.

Suggestions:

- Play each scene twice before discussing it. Do turn on captions of the DVD.
- Mention to your group that although the SOS book and DVD Video have considerable information on how to use time-out effectively, time-out should be used sparingly. Rewarding good behavior with social rewards is the best way to improve behavior. Tell participants that SOS teaches over 20 different skills and techniques for helping children and that using all of these skills is important.



A 20% discount is offered on *SOS Help For Parents* books for educators and counselors ordering five or more copies. Consider loaning books with a \$16 deposit.

Fifth Of Six Sessions

SOS DVD Video Lesson Plans

- Begin the class. Ask participants what comments or questions they have over the material covered in the last class and in the assigned SOS Chapters 13 through 18.
 - Be sure that each participant has a copy of both handouts.
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- Pass out Quiz Four and Answer Sheets (from *SOS Help For Parents Quizzes - Form B*). When participants complete the quiz, read the answers from the Scoring Key. Discuss the answers.
 - Show and discuss Scenes #36 to #43 (the last scene) carefully following the DVD Video Leader's Guide. Encourage and reinforce participants for contributing to the group. Invite opinions and questions. *Discussion Facilitates Learning!*
 - Reflective Listening: Teach the important parenting skill of reflective listening, also called active listening. Use the outline of SOS Chapter 18 (Helping Your Child Express Feelings) to organize your discussion. In advance of this session, make a photocopy of the box "Names For Pleasant And Unpleasant Feelings" for each participant. Trim away excess paper so that only the box remains. The box can be folded and conveniently kept in a purse or billfold.
 - View and discuss the last part of the SOS DVD Video, "Time-Out Instruction & Scenes Repeated." This provides a summary of time-out.

Homework assignment for the next (Sixth) class:

- Assign SOS Chapters 19 through 23.
Chapter 19 (More Problem Behaviors), Chapter 20 (Teachers And Parents As Partners), Chapter 21 (Helpful Classes For Parents), Chapter 22 (When To Get Professional Help), and Chapter 23 (Controlling Your Own Anger).
- Tell participants that there will not be a quiz at the next class.

Suggestions:

- Again mention to your group that although the SOS book and DVD Video have considerable information on how to use time-out effectively, time-out should be used sparingly. Rewarding good behavior with social rewards is the best way to improve behavior. Tell participants that SOS teaches over 20 different skills and techniques for helping children and that using all of these skills is important.

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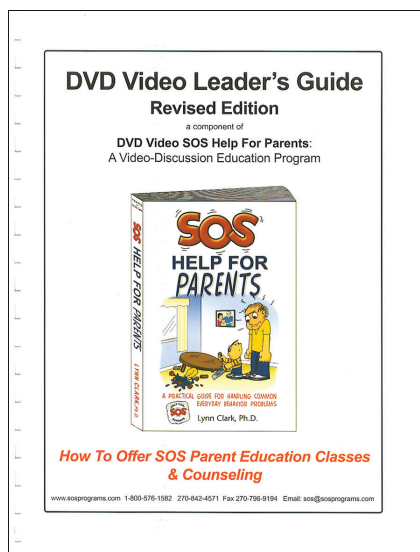
Sixth And Final Class Of Six Sessions

SOS DVD Video Lesson Plans

- Begin the class. Ask participants what comments or questions they have over the material covered in the last class and in the assigned SOS Chapters 19 through 23.
 - Be sure that each participant has a copy of both handouts.
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- Listen to the audioprogram, "How To Use Time-Out Effectively." Follow the "Guide To Accompany How To Use Time-Out Effectively SOS Audioprogram." Periodically stop and discuss the points made in the audioprogram. This audioprogram also provides a brief review of the "Three Child Rearing Rules" and the "Four Common Child Rearing Errors." The audioprogram lasts 67 minutes plus discussion time.
 - Tell participants that "Timing-Out A Toy *Instead* Of The Child" (Chapter 16) is an excellent technique for reducing problem behavior when a toy is involved in the misbehavior. Use the outline of this chapter to organize your discussion.
 - Do include and teach additional principles, topics, and skills that you feel are important.

Additional topics, if you have time:

- SOS Chapter 23 is "Controlling Your Own Anger." This is an essential objective for many parents. Use the outline of this chapter to organize your discussion.
- Consider offering workshop sessions for adults or teens using the book, *SOS Help For Emotions: Managing Anxiety, Anger, & Depression* by Lynn Clark.



Order a copy of the *SOS DVD Video Leader's Guide, Revised Edition* (90 pages) for each professional using the SOS DVD Video Program. These "6 Lesson Plans" are reprinted from this Guide. Order from SOS Programs for \$20.00.



The SOS DVD can be played on a portable DVD player or laptop computer and conveniently taken into the home for parent training.