



Scope and Sequence for Unstuck in 13 Group Lessons
For Delivery in Clinic or Shortened

Group	Lessons Covered from Manual	Activities to do
Group 1	Topic 1: Lesson 2	Introduction: Goal, Why, Plan, Do, Check Activity 1: Introduction to Goal, Why, Plan, Do, Check
Group 2	Topic 1: Lesson 3	Activity 1: Feelings Target Activity 3: Feelings Chain
Group 3	Topic 1: Lesson 4	Activity 2: Coping Skills Investigation Activity 3: Strategy Cards
Group 4	Topic 2: Lesson 6	Activity 1: Mystery Word: Flexibility Activity 2: As Flexible as Putty
Group 5	Topic 2: Lesson 7	Activity 1: Mystery Word: Stuck Activity 2: Flexible/ Stuck Role Play
Group 6	Topic 3: Lesson 8	Activity 1: Mystery Word: Plan A/ Plan B Activity 3: Build a Plan A, B, C
Group 7	Topic 3: Lesson 9	Activity 1: Compromise: Mystery Word Activity 2: Compromise Game
Group 8	Topic 3: Lesson 10	Activity 1: Mystery Word: Big Deal/ Little Deal Activity 3: Converting Big Deals to Little Deals
Group 9	Topic 3: Lesson 12	Activity 2: Handling the Unexpected Exploration
Group 10	Topic 4: Lesson 13	Activity 1: What to Do When What I Want is Impossible Activity 2: Flexibility Freeway
Group 11	Topic 4: Lesson 14	Activity 2: Flexible Reputation
Group 12	Topic 5: Lesson 15	Activity 1: Think Pink- GWPDC
Group 13	Topic 5: Lesson 17, 18, 19 & 20	Great Application & Generalization Opportunities

- Send home, Home Extensions
- Provide teachers a copy of Scripts & Icons & Classroom Extensions