

# Whole Group Session Transition Activities After CBITS Sessions

*Practical strategies to help students smoothly transition back to class after groups*

CBITS group sessions are structured so that students can safely return to the classroom afterward. While students discuss their trauma in detail only during individual sessions with clinicians, the brief sharing component in Sessions 6 and 7 can still bring up strong emotions. Sometimes, hearing even small portions of others' experiences may activate stress or trauma responses.

**These strategies help students regulate, refocus, and reintegrate into the learning environment with confidence and support:**



## Movement-Based Regulation Activities

- **Square Breathing Walk:** Students walk slowly in a square pattern—4 steps inhale, 4 steps hold, 4 steps exhale, 4 steps hold.
- **Shake It Out:** Students shake their arms, legs, and shoulders for 10 seconds, then pause for 10 seconds. Repeat twice.
- **Tension & Release:** Students tighten muscles in their hands, shoulders, or legs for 5 seconds, then release.



## Group Grounding Games

- **5 Senses Scavenger Hunt:** In the room, students identify one thing they can see, hear, and touch. *Keeps focus in the present moment.*
- **Pass the Clap:** Students stand in a circle and try to pass a clap around as quickly as possible. *Supports connection and attention.*
- **Mirror Me:** In pairs, one student leads slow, simple motions for 30 seconds while the partner mirrors.



## Cognitive Coping & Reframing Games

- **Helpful Thought Toss:** Using a soft ball, each student tosses the ball and shares one helpful or realistic thought ("I can handle going back to class," "I can take it one step at a time").

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