



## SNAP® for Schools Sessions

SNAP®, which stands for Stop Now And Plan, is an evidence-based cognitive behavioural model that provides a framework for teaching children struggling with behaviour issues, and their parents, effective emotional regulation, self-control and problem-solving skills. **The primary goal of SNAP is to help children to stop and think before they act and keep them in school and out of trouble.** SNAP helps build core social-emotional learning (SEL) skills such as self-awareness, emotion and stress management, and responsible decision-making. Below is a breakdown of SEL skills addressed in each session.

SNAP for Schools sessions are delivered to the entire class across 12 weekly sessions by a trained facilitator and supported by the classroom teacher. Sessions are approximately 45-60 minutes.

<p><b>Session One:</b> Introduction to SNAP</p>	<p>Children will be introduced to SNAP. SNAP skills are introduced and practiced in each session to support your child’s ability to stay calm, solve problems, and interact positively with others.</p> <p><b>SEL Skills</b> - self-awareness, emotion and stress management, and responsible decision-making.</p>
<p><b>Session Two:</b> Body Cues</p>	<p>Children will be learning that when faced with a challenging situation, their body may send body cues—like a racing heart, feeling hot, or shaky. These cues are signals that it’s time to use SNAP.</p> <p><b>SEL Skills</b> - self-awareness, recognizing emotions, and practicing healthy ways to cope.</p>
<p><b>Session Three:</b> Learning Log / HARD &amp; COOL Thoughts</p>	<p>Children will use the SNAP Learning Log and Wheels of Self-Control and Plans to reflect on their thoughts, feelings, and actions in difficult situations, and to plan helpful responses. They’ll also learn to notice unhelpful HARD THOUGHTS and replace them with COOL THOUGHTS—true and helpful thoughts that support staying calm and solving problems.</p> <p><b>SEL Skills</b> - self- and social awareness, emotion recognition, and critical thinking skills.</p>
<p><b>Session Four:</b> Dealing with Feelings</p>	<p>Children explore how their body cues—like a racing heart or feeling hot—can signal stress. These cues remind them to use SNAP to pause, stay calm, and make a positive choice.</p> <p><b>SEL Skills</b> - self-awareness, stress management, and responsible decision-making.</p>
<p><b>Session Five:</b> Joining In</p>	<p>Children learn positive ways to join in play—such as asking politely or waiting for the right moment—to help them connect with others respectfully and confidently.</p> <p><b>SEL Skills</b> - healthy relationship skills, effective communication, and coping strategies.</p>

<b>Session Six:</b> Fair Play	Children learn what it means to play fair and be a good sport—like showing respect to others by saying “good game.” <b>SEL Skills</b> - perseverance, critical thinking, and effective communication.
<b>Session Seven:</b> Avoiding Trouble	Children discuss situations where they might get into trouble, how it feels, and learn to use SNAP to recognize patterns in their behaviours and make better choices and stay out of trouble. <b>SEL Skills</b> - self-awareness, social awareness, and critical thinking.
<b>Session Eight:</b> Dealing with Peer Pressure	Children learn about peer pressure and how to use SNAP to say no to friends and make decisions that feel right for them. <b>SEL Skills</b> - healthy relationships and critical thinking.
<b>Session Nine:</b> Stealing / BBF	Children learn about stealing through the SNAP acronym <i>BBF</i> : <ul style="list-style-type: none"> <li>• Taking something that doesn't <i>Belong</i> to you</li> <li>• <i>Borrowing</i> something without returning it</li> <li>• <i>Finding</i> something not yours and not trying to return it.</li> </ul> <b>SEL Skills</b> - empathy, perspective-taking, emotion identification, and critical thinking.
<b>Session Ten:</b> Problem Solving and Apologizing	Children learn what makes a good apology, how it feels to give or receive one, and when simply saying “sorry” isn't enough. <b>SEL Skills</b> - healthy relationships, self-awareness, and sense of identity.
<b>Session Eleven:</b> Dealing with Bullying	Children learn how to use SNAP when witnessing bullying, being bullied, or when they may be involved in bullying, to help keep everyone safe. <b>SEL Skills</b> - healthy relationship skills, empathy and perspective-taking, assertive communication, and critical thinking.
<b>Session Twelve:</b> Complimenting and Rewarding Yourself	Children learn how to reward and compliment themselves and understand why this is important—for example, celebrating successes like doing well on a math test. <b>SEL Skills</b> - reframing skills, flexible thinking, and positive affirmations.

**For more comprehensive support or information about SNAP for Schools, please reach out to [SNAP@childdevelop.ca](mailto:SNAP@childdevelop.ca)**



**Child Development Institute (CDI)** is an accredited children’s mental health organization with the mission to support the healthy development of children, youth and their families. A leader in the field, CDI develops and delivers world-class, evidence-informed mental health programs and services across three streams: Child and Youth Mental Health Services, Gender-Based Violence Services, and Early Years and Child Care Services.