

AGE 6-7



## SOCIAL SKILLS & EMOTIONAL REGULATION GROUP:

This program aims to teach children about the importance of a range of social skills that are available to them, in order for them to access relationships and behave appropriately in social situations. The program will take a hierarchical approach to teaching the children about self-awareness and self-esteem, before progressing onto body language, conversation skills, friendship skills and assertiveness.

### TOPICS COVERED IN THE SESSIONS INCLUDE -

- **Introducing yourself and what makes you unique**
- **Self-identity and awareness of others**
- **Developing problem solving skills in a group/social context**
- **Awareness of different emotions and how they make you feel**
- **Ability to cope with difficult feelings and emotions**
- **Increasing awareness of body language**
- **Using body language**
- **Conversational skills**

An experienced Clinical Psychologist leads the group. The language of interaction will be English. Specially designed storybooks, interactive activities, and games will be used each session. The small group size allows for the Psychologist to tailor the sessions to meet each child's unique learning needs. This group is suitable for children who experience difficulty in social and emotional interactions with similar-aged peers.

**Number of Sessions and Fees:** 10 Sessions for \$6500

**Start Date/Time:** 1st Dec 2020, Every Tuesday 4:00-5:00pm

**Number of Students per Class:** 3 to 5 students

**Duration:** 60 minutes per session

(55 minutes class time plus 5 minutes parent feedback at the end of each session)

**Class Policy:** Due to the ongoing basis of the curriculum, there will be no refund or make up classes, unless a medical certificate is provided.