



AGE 9-11

Social Smart Squad

Social expectations. Managing emotions. Relationship.

Does your child:

- need help understanding the social world around them?
- struggle to talk about their feelings and appropriately manage them?
- struggle to build relationships with others and maintain them?

★ ★ ★ Learning Goals:

- Increase your child's understanding of healthy friendships and social expectations
- Recognise and manage their emotions
- Engage in group activities and discussions with peers
- Understand and communicate different perspectives

★ ★ ★ Activities:

- ACT- (Acceptance and Commitment Therapy) and Mindfulness - based activities
- Comic Strip Conversations
- Reflective exercises
- Group discussions

★ ★ ★ Date & Time:

Every SAT 10:45am-11:45am

[Last 5 mins are reserved for session feedback]

★ ★ ★ Teacher:

Registered Speech-Language Therapist

★ ★ ★ Group size:

2-4 students

★ ★ ★ Fee:

\$730 / session

★ ★ ★ Language:

English

According to our cancellation policy, there will be no refund or make up classes for missed sessions.

UNIT A, 1/F, 1 SUFFOLK RD, KLN TONG

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9-11歲

社交智能小隊

社交期望．情緒管理．人際關係．

您的孩子是否：

- 需要幫助來了解周圍的社會世界嗎？
- 難以談論他們的感受並適當地管理自己的情緒？
- 難以與他人建立並維持關係嗎？



學習目標：

- 增加孩子對健康友誼和社交期望的理解
- 提高小組活動參與度並學習如何與同齡人討論
- 識別和管理他們的情緒
- 學習理解和交流不同的觀點



導師：

註冊言語治療師



活動：

- ACT-（接受和承諾療法）和以靜觀為本的活動
- 漫畫式對話
- 反思練習
- 小組討論



日期及時間：

逢星期六 上午10:45-11:45
最後5分鐘預留為課堂反饋時間



小組人數：

2-4人



費用：

每節 \$730



語言：

英語

因應我們的課程安排，缺席將不獲退款或補課。