



Social Skills Group

Our Social Skills Group is geared towards children ages 5 -7. The group is structured to helping children learn to read social cues, respond to their peers, wait, take turns, win or lose appropriately, and share similar experiences through instruction, role modeling, and practice. The group format is beneficial because it promotes bonding over similar experiences and group members, bring timid or shy children of their shell, and often calms anxious or frustrated children down purely by watching, encouraging, or modeling behavior.

Here is a list of some of the skills we focus on:

- Understanding and following rules
 - Listening
- Positive interactions with peers
 - Understanding feelings
 - Communication skills
 - Problem solving skills
 - Self-control
- Managing anger/frustration
 - Responsibility
- Understanding and accepting consequences
- Handling conflict with parents/teachers/friends/siblings
- Understanding why families and teachers set limits
 - Planning and organizational skills



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consultation.

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