

SOCIAL SKILLS & SELF-REGULATION



HOLIDAY GROUPS

DOES YOUR CHILD
STRUGGLE TO READ
SOCIAL CUES?

ARE THEY AWKWARD
OR ANXIOUS IN
SOCIAL SITUATIONS?

DO THEY FIND IT
HARD TO COPE
WITH CHANGE?

DO THEY HAVE DIFFICULTY
REGULATING THEIR FEELINGS
AND EMOTIONS?

Lots of children find social situations hard and need help learning how to effectively interact with others. Our unique holiday groups focus on developing their social skills in a fun, interactive environment. The groups are designed to help build your child's social competencies and learn how to regulate their behaviour, so they can adapt and interact with others more easily.

SOCIAL DETECTIVES! (AGES 4-6)

- Body language appropriate for different social interactions
- Participating in a group
- Thoughts, feelings and emotions — and how to manage them
- Foundational social skills concepts

SOCIAL EXPLORERS! (AGES 7-9) SOCIAL SUPERFLEXERS! (AGES 10-11)

- Social skills concepts
- How their behaviour can affect others
- The relationship between thoughts, feelings and emotions
- How to be a successful part of a team
- Understanding and regulating their own emotions using The 'Zones of Regulation' program
- Understanding others' emotions and how to respond appropriately



The group program costs \$330 and is claimable through private health funds. The registration and payment system for groups is now all online so please go to our website (www.occupationaltherapy.com.au) to register or call 9913 3823. Programs will be run at both Balgowlah and Pymble Clinics.

PLEASE SEE OUR
WEBSITE FOR DATES

Occupational Therapy Helping Children Pty Ltd

hello@occupationaltherapy.com.au

Phone: 9913 3823

www.occupationaltherapy.com.au