

SIGN UP TODAY!

Visit our website and follow the online prompts to register for the class online. The cost is \$180 paid in full at registration.

*We look forward to meeting you
and your child soon!*

Visit our Website:

www.TheResilientHelix.com/Calendar

Visit our Scripps Ranch Office:

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THE RESILIENT HELIX

Social Skills & School Readiness Groups

*“Promise me you’ll remember: you are braver
than you believe, and stronger than you seem
and smarter than you think.” — A.A. Milne*

Social Skills Groups

The Social Skills Groups focus on developing Conversational Skills, Cooperative Play Skills, Friendship Management, Self-Regulation, Empathy, and Conflict Management.



OVERVIEW

Within the realm of Communication Skills lies the need to enhance Conversational Skills and Cooperative Play Skills. This six-week series will include therapy experience for children 5-7. Each week participants will learn a new style of expressive work followed up with time to process thoughts and feelings.

GOALS

To create a safe environment where members may explore healthy ways to regulate emotions and increase self-soothing techniques. To build self-awareness, connection, understanding, and life perspective.

RATIONALE

Finding the words to say how we feel sometimes just doesn't cut it. It is frequently through our behaviors and expressions that our underlying ideas, thoughts, and feelings come to light. Through artistic expression, self-awareness can develop in ways we do not have to verbalize.

For six weeks, our "Exposure to Expression" groups will tap into a few of the different ways your child can express their emotions without having to find the right language. In addition to connecting with themselves and others, your child may find a special medium that they really enjoy!

WEEK ONE: Introducing Yourself & Asking Someone to Play

Icebreaker: What color do you feel like today?

Expression Activity & Process: Drawing - The Rosebush

WEEK TWO: Greetings & Playing A Game

How to work with clay can enhance relaxation and feeling good while providing a sense of control.

Check in: Name one person you admire

Expression Activity & Process: Clay

Closing: One minute of silence

WEEK THREE: Getting to Know Someone New & Play Activity

Acting and improvisation to promote creativity in problem solving.

Check in: Name a favorite food of yours

Expression Activity & Process: Improvisation

Closing: Stretching exercise

WEEK FOUR: Starting/Ending/Joining Others in Conversation & Play

How working with sand can calm our bodies.

Check in: Complement the person to your left

Expression Activity & Process: Sand tray

Closing: Grounding exercise

WEEK FIVE: Compliment Others & Compromise

Build teamwork skills and sense of connection while working with paint.

Check in: Describe a strength of yours

Expression Activity & Process: Painting collaboratively

Closing: Eye spy mindfulness activity

WEEK SIX: Tone of Voice & Dealing with Losing/Winning

How work with music can impact mood and sense of belonging.

Check in: What animal are you feeling like today?

Expression Activity & Process: Music

Closing: Talk about an enjoyable moment in expressive group?