

Virtual Start Right Social Skills

Start Right Social Skills (SRSS) is an early intervention program for children in Junior Kindergarten to grade one. The ten-session program has typically been offered in schools and provides “play and learn” opportunities through manualized sessions for groups of four to five children. We are excited to announce we will be offering the program virtually in the fall of 2021!

Purpose

Develop pro-social skills and increase positive peer and adult interactions, and learn and practice social skills with adult Facilitators.

Small group experiences allow for more fundamental and satisfying experiences to develop a more positive sense of self. Children improve their social skills and positively interact with other children. They learn to identify and articulate their feelings and most importantly, to have fun.

Session Topics

Week one: Getting To Know You

- Participants will learn all about the Start Right Group and get to know their Facilitators and group members
- Rules and routines are created for the full ten weeks

Week Two: All About Me

- Participants learn about what makes them unique and discover their strengths
- Participants will learn to value differences in others

Week Three: Feelings (Introduction)

- Participants will learn feeling words and how to identify their feelings

Week Four: Feelings (Body Cues and Language)

- Participants will continue to learn about feelings and begin to identify body cues associated with different feelings in themselves and others

Week Five: Problem Solving (Managing Our Feelings)

- Participants will begin to understand how to solve problems on their own and how to ask for help when needed

Week Six: Problem Solving (Making a Plan/Intro to SNAP)

- Participants will continue to discuss problem solving and how to make a good plan

Week Seven: Friendships (Part 1)

- Participants will learn how to be a good friend and how to make friends

Week Eight: Friendships (Part 2)

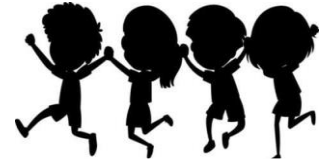
- Participants will learn about the qualities of a good friend and how to get along with others

Week Nine: Building Empathy

- Participants will learn how to understand others’ feelings in order to interact in a positive and caring way

Week Ten: Feeling Good About Yourself/Goodbye Celebration

- Participants will learn ways of building self esteem



Each program will run for 10 weeks beginning mid-October.

Days and Time

Tuesday: 4:30-5:30 PM

Thursday: 6-7 PM

Session Outline

Welcome: Introduction

Discussion: Topic of the day

Story: Book or Video

Activity: Game or a craft activity

Relaxation exercise and Goodbye

Group Facilitators



Rosa



Jimmy



Rolando



Kathy



Cindy



Marcia

To register or for more information, please contact Kayla at 416-603-1827 x 2205