

## Social and Emotional Program Contents

Please tick the following you would like your child to develop in.

Understanding another person's <b>perspective</b>	
Gaining a <b>'filter'</b>	
How to give <b>compliments</b>	
Understanding and showing <b>kindness</b>	
Understanding and showing <b>empathy</b>	
Understanding the basics of <b>creating and maintaining friendships</b>	
Understanding <b>personal space</b>	
Understanding how to <b>self-reflect</b>	
Understanding <b>feelings and emotions</b>	
Understanding how to <b>independently solve conflict</b>	
Reading <b>body language and facial expressions</b>	
Learning strategies to cope with <b>anxiety and/or worry</b>	
Learning strategies to <b>self-regulate</b> with Zones of Regulation	
Learning strategies to <b>regulate anger and frustration</b>	
Learning strategies to cope with <b>shame and embarrassment</b>	
Learning <b>interoceptive awareness skills for emotional regulation</b>	
Learning strategies to <b>accept "No" as a response</b>	



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Please tick the following you would like your child to develop in.

Learning to <b>accept responsibility and accountability</b>	<input type="checkbox"/>
Understanding the A and B choice strategy - teaching <b>right from wrong and natural consequences</b>	<input type="checkbox"/>
Understanding safe body awareness- Going through "only for me" book- <b>empowering children against sexual assault</b>	<input type="checkbox"/>
Understanding <b>Autism</b>	<input type="checkbox"/>
Learning strategies to gain and promote <b>self-confidence and self-worth</b>	<input type="checkbox"/>
Learning strategies to cope with <b>Grief and Loss</b>	<input type="checkbox"/>
Understanding <b>Relationships</b> (appropriate for children 10-12 years of age)	<input type="checkbox"/>
Understanding and developing <b>healthy strategies</b> when wanting to <b>control or take over a situation</b>	<input type="checkbox"/>
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