



TRINITY COLLEGE
South

eNews

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Trinity College South Social Skills Groups

There is no substitute for the experience children gain from interacting with their peers. However, outside of classroom activities, recess and lunch can be busy environments and some children find it difficult to interact.

For students having difficulty a Social Skills Group offers children having difficulty the opportunity to improve their social skills in areas like being friends, expressing themselves and their feelings, being caring and being understanding and considerate of others.

Trinity College South has run a Social Skills Program for the past three years that includes Cognitive Behaviour Therapy (CBT) based programs like 'Fun Friends', 'Stop Think Do', 'Cool Kids' and 'What's the Buzz?'

Research has shown these groups to be beneficial many ways including:

- Children encouraged to think in terms of others feelings and needs are more positive and pro-social with peers.
- Children whose parents and teachers talk with them more often about emotions are better able to develop empathy.
- Children benefit when adults offer them positive ways to interpret the events that are a part of their daily lives.
- Children need practice to develop social skills and small groups can offer a safe place to do so.
- Children's social competence with peers is an important aspect of their social development. Teachers and parents who are aware of the elements of social competence in children can encourage and nurture these skills.

During 2012 the Social Skills Program will run on Thursdays. Janine Tuffery will oversee the program and Louise Brook will work with the groups each week. A session is approximately 25 minutes once a week and an appropriate time negotiated with class teachers. A letter will come home with your child to let your child know if they can participate. For further information email Janine Tuffery at tufferja@trinity.sa.edu.au.

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Montessori Preschool - South – North – Blakeview – Gawler River – Senior - STARplex