



# Knights of the Round Table



A classroom-based social skills program

## Developing Positive Social Behaviours

(Progressive units from Prep – Yr.6)

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The legendary King Arthur and the Knights of the Round Table operated on the premise that all members had equal status and individual strengths, with nobody assuming leadership or superiority within the group. Under the same premise, this social skills program seeks to identify individual strengths, foster co-operative interactions, and model positive social behaviours in a classroom and group environment. Social skills do not always develop easily or naturally. Identifying, discussing and developing social skills is of great importance, as many difficulties in student interactions and in classroom behaviour can stem from a lack of social awareness or competence. Good social skills are critical to successful functioning in life. The “Knights of the Round Table” social skills program brings out the best in each child, developing and celebrating their leadership potential, and the positive contributions they can make in a social setting.

These 4, 6 or 8 week programs focus on:

- Communication skills – listening, speaking and being assertive
- Working co-operatively with others
- Problem solving – conflict resolution and negotiation
- Appreciating individual strengths and differences
- Friendships – joining in, making friends and keeping friends
- Taking turns, sharing, winning and losing
- Coping with teasing, bullying, exclusion and peer pressure
- Understanding and reading body language and emotions
- Using the STOP – THINK – DO approach to impulse control
- Developing social competence, confidence and self-esteem

Classroom sessions will involve group discussions and activities, role plays, games, and interactive tasks. Group work provides a social learning environment where children can share their thoughts and experiences and develop social skills in a realistic setting. With a qualified facilitator, children benefit from receiving constructive interpersonal feedback in a supportive and enjoyable setting.

Increased demands on family life make it imperative that schools and parents work together to facilitate the social learning process. At the conclusion of the program, a brief outline of the topics covered each week will be provided, together with a list of skills taught during each session, and suggested ways in which these skills can be encouraged and developed at home.

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**DATES:** “In-house” programs available during school hours, Monday - Friday  
**COST:** \$250 per hour (includes program preparation, parent notes & travel)  
**CONTACT:** To book a 4, 6 or 8 week program for specific year levels, contact Alison Brown – Mob: 0408 177982

*Alison Brown is a registered psychologist, an experienced teacher and a parent. In providing group programs for children, she brings experience from both an educational and psychological background. Having taught for seven years at Methodist Ladies’ College, Melbourne, and worked as a school psychologist at Kincoppal-Rose Bay, Sydney, she has first-hand experience in recognising and catering for the social, emotional, academic, and organisational needs of students. Alison runs a private practice in Melbourne, working particularly in the areas of parenting, counselling and gifted children.*

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