



Knights of the Round Table



A social skills program for children

Developing Positive Social Behaviours

(Age: 8 - 10 year olds)

Alison Brown – Psychologist (AMAPS)

Grad.Dip (Psych), B.Ed (Psych), Dip.T

Working in groups and taking part in structured classroom environments is not always easy for children. Many find the routines and discipline difficult to maintain. Others seek (and create) their own challenges, some of which interfere with a controlled classroom environment, or impact negatively on social interactions. Children possess a great range of skills and abilities. When carefully guided, these skills can be channeled in a positive direction, bringing out the best in each child. The ‘Knights of the Round Table’ social skills program identifies and focuses on each child’s personal strengths. Through positive role plays, challenges and games, this 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.

This 4 week course focuses on:

- Looking at personal strengths
- Setting realistic goals
- Making choices, decisions and problem solving
- Using the STOP – THINK – DO approach to impulse control
- Conflict resolution and negotiation
- Developing effective communication skills
- Developing social competence and confidence

Participants will be involved in 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 accurate interpersonal feedback from their peers in a supportive and enjoyable setting.

DATE: Tuesday mornings
TIME: 11.30am – 12.30pm
VENUE: Swinburne University Psychology Centre – 33 Wakefield Street, Hawthorn
COST: \$240.00 (covers 4 x 1 hour sessions plus handouts, parent letters and verbal feedback)
(group sizes restricted to 6 participants – extra sessions scheduled on demand)

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, and worked as a school psychologist, 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. (Email: alisonbrown@psychologyandchildren.com.au – Phone/Fax: (03) 9819 7600)

“Knights of the Round Table” – social skills (Age: 8 - 10 years)

I wish to enrol my son / daughter _____

in the *Social Skills* workshop to be held at Swinburne University Psychology Centre

Child’s School: _____ Year level: _____

Parents’ Names: _____

Address: _____

Phone: _____ Mobile: _____ Cost: \$240 (cash or cheque only)

Signed: _____ Mail to: P O Box 305, Kew East 3102

(Please phone to confirm availability of places) Phone/Fax: (03) 9819 7600 Email: alisonbrown@psychologyandchildren.com.au