

# Social Emotional Skill Building

THIS GROUP WILL BE PLAY AND ACTIVITY BASED INCLUDING: BIBLIOTHERAPY (READING COORDINATING BOOKS AND ACTIVITY), ACTIVITIES, ART THERAPY, PEER RELATIONS, ETC. WE WILL FOCUS ON EMOTIONAL REGULATION, INTERACTING WITH OTHERS, HOW TO EXPRESS NEEDS AND WANTS, HOW TO SEE AND HEAR OTHER'S NEEDS AND WANTS, MINDFULNESS, COPING SKILLS, DEESCALATION, WHAT TO DO WHEN: IN COMMON HARD SITUATIONS FOR THE AGE GROUP. EACH SESSION WILL HAVE A TOPIC AND AGE REQUIREMENTS. SESSIONS WILL BE FOR AGES 5-8 OR 9-11.

## DATES & TOPICS

Sept. 14th (A): Self Esteem

Sept. 21st (B): Self Esteem

Oct. 18th (A): How to Be a Good Friend

Oct. 26th (B): How to Be a Good Friend

Nov. 2nd (A): Great Listener

Nov. 9th (B): Great Listener

Nov. 16th (A): Ask for Help

Nov. 30th (B): Ask for Help

Dec. 7th (A): Perspective Taking & Point of View

Dec. 14th (B): Perspective Taking & Point of View

**AGES:**  
**GROUP A:**  
5-8  
**GROUP B:**  
9-11

**Wednesday @ 4:00pm-5:00pm**  
REGISTER AT [WWW.TANQUEVERDEPEDS.COM](http://WWW.TANQUEVERDEPEDS.COM)