



Child First Family Services
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Social Communication Skills Group

This social skills curriculum is for children (ages 8-18) who struggle with how to start conversations with others, how to maintain conversations, and end them. In addition, a review of how to read nonverbal social cues and learn strategies to “Fake it” to maintain healthy interactions with others will be reviewed. The program is an 8 week group for one hour and fifteen minutes for each session. Facilitator will meet with parents for 15 minutes following the group and parents will receive information related to each session via by email including activities and concepts to continue incorporating within the home. Children will be grouped by age and developmental levels.

Curriculum:

Session 1: This session will discuss necessary tools you need to stay focused to be able to actively be present in a social situation and create conversation starters in the future. This is Whole-Body Listening to develop active auditory skills.

Session 2: This session will focus on nonverbal social cues. This will cover vocal intonation, facial expressions, body language including physical proximity, and idiomatic or slang expressions, and other cues to be aware of when interacting with others.

Session 3: This session continues to discuss nonverbal social cues to include real photographs, voices, and short mini-video clips of various social situations and expressions.

Session 4: This session discusses expected and unexpected behaviors and how to be a Social Detective. We will be viewing short videos and role playing various scenarios.

Session 5: This session is how to generate language to sustain a conversation to include discussion on small talk, asking questions, and classic social greeting questions.

Session 6: This session will target inferences and conclusions of conversations.

Session 7: This session will discuss how anxiety impairs our ability to socialize as we would like and students are provided strategies to reduce the student’s stress and anxiety.

Session 8: This session will continue with anxiety strategies to include yoga, deep breathing strategies, and muscle relaxant strategies.

Cost: \$50 per session. Scholarships considered based on need and availability.

Please inquire about schedule. We want to accommodate your schedule so please be prepared to share the day of week that works for your student and the group you are interested in attending. We will also be emailing you a student profile so that we are grouping children appropriately for maximum benefit.