

THE HEALTH HUB'S SOCIAL SKILLS & EMOTIONAL REGULATION GROUP IS ABOUT:

Essential Practice Of Social & Emotional **Regulation** **And Behaviour** In A Fun & Supportive Environment.

SOCIAL & PLAY SKILLS IN A FUN ENVIRONMENT



- Identify and experience situations which result in emotional reactions
- Use experiences and feelings as springboards to understand reaction
- Learn the importance of problem solving, turn taking, compromise, negotiation and communication
- Promote participation and teamwork
- Acquire skills for making friends and engaging in conversation
- Learn coping strategies for failure, and fear of participation
- Celebrate steps to social skills success

SKILLS BOOSTER PROGRAMS

The Health Hub
NEXT PRACTICE ALLIED HEALTH

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