

PLAY IT MY WAY

Social/Emotional Skills Workshop

For Pre-Kinders transition to school



Building the Skills to start school STRONG!

Cope with change

Confidence

Emotional Regulation

Healthy friendships

Lower anxiety

Better outcomes in learning

6 week Program with two qualified facilitators

Parent Resources & At-home Activities

Individual Reports & recommendations Included



@myfeelingsandmehere



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Social/Emotional Skills Workshop

The Social and Emotional workshop was designed to meet gaps in early emotional development core social skills of self awareness, self management, social awareness, relationships skills and responsible decision making.

The sessions will cover:

- Identifying Emotions
- Listening and Speaking
- Making Friends
- Problem Solving
- Independence and Growth
- Parent/Child connection



- 45 min, play based and strength focused Sessions
- On site for children to feel comfortable at school
- Meeting peers that will start school together
- Opportunity for parent community to be established.

For expressions of interest, contact us at

info@myfeelingsandme.com.au



MORE
RESOURCES

