



## Stepping Stones – Courses for Bright and Gifted Children

We have a range of different courses and workshops to assist children in developing their social skills and also the skills needed to operate successfully at school and in other learning environments.

### Social Skills Workshops

#### Making and keeping friends

This workshop will look at the values of friendship, different levels of friendship and help to develop skills that will assist the children interact with others in a happy productive way. We will look at things like personal space, good listening skills and the give and take in conversations and play between friends

#### Managing big Emotions

This workshop will focus on the big emotions that bright children often find hard to manage. Through books, and activities we will look at practical strategies to regulate behaviour when worried, angry, stressed or nervous. We will look at the role the brain plays in how we behave and also the use of strategies like breathing and relaxation in managing our actions.

#### Resilience

Handling disappointment, teasing and the frustrations that go with making mistakes is an essential part of growth and learning. This workshop will assist the students with a range of strategies to use when their world isn't going as they would like. Strategies to manage the teasing or meanness that can occur in the playground. Different ways to respond when they are faced with challenging tasks. Mindfulness exercises to use when overwhelmed by what they are doing or

#### Each of the courses will involve

- \*Structured activities that are enjoyable whilst helping the students develop new skills.
- \*Interactive games, role plays and activities that promote positive interaction.
- \*Making and using a variety of visual supports to assist in putting strategies into practice.
- \*Materials for parents and schools to assist in supporting the new skills
- \*Primary student courses include a parent session at the end.

### School Skills Workshops

#### Primary school skills

Each school year brings both excitement and new challenges. The best way to enjoy these is to be well prepared. New teachers, new routines and new friendships are all part of this experience. This one day workshop will teach strategies to support students in the development of skills for: Getting along with others

- \*Frustration and anger management
- \* Handling mistakes and asking for help when needed
- \* Being organized and responsible
- \* Stress reduction

#### Starting High School (offered in January School Holidays)

Starting high school is an adventure and like all adventures it can be a bit daunting. The best way to enjoy an adventure is to be well prepared. New teachers, new routines and new friendships are all part of this experience. In order to be able to take advantage of all that high school has to offer and to manage your time and your own stress levels, this jam packed one day workshop will look at: \*understanding your learning style \* developing new friendships \* designing your perfect home study environment \* time management skills \* organisation and filing \* note taking and study skills \* managing your workload \* maintaining a good school/leisure balance \* keeping everything in perspective \* talking to teachers and asking questions \* stress reduction strategies!

#### High School Skills

In order to be able to take advantage of all that high school has to offer and to manage your time and your own stress levels, this jam packed one day workshop will look at: \*understanding your learning style \* designing your perfect home study environment \* time management skills \* organisation and filing \* note taking and study skills \* managing your workload \* maintaining a good school/leisure balance \* keeping everything in perspective \* talking to teachers and asking questions \* stress reduction strategies!

FOR FULL DETAILS OR TO BOOK VISIT OUR EVENT SITE : <http://www.australiangiftedsupport.com/services/social-skills->



Our aim is to develop an individualized social skills program that is tailored to meet the needs of each child. Teaching will take place in small group settings, providing students with multiple opportunities to practice their skills while interacting with their group peers. The program will provide structured activities that are enjoyable whilst allowing the students to develop new skills. Stepping Stones uses strategies that draw upon the most current research techniques and knowledge from educational and academic leaders from around the world. We combine this knowledge and our own teaching and counselling experience to create a balanced program that aims to provide students with meaningful and practical strategies that they can use independently across a range of settings.

## **BENEFITS OF PARTICIPATING IN A STEPPING STONES SOCIAL SKILLS COURSE**

As a result of undertaking this course **MY CHILD** will

- Develop an understand of how emotions affect behavior
- Learn strategies for managing behavior
- Develop a broader emotional vocabulary
- Understand the link between behavior and consequences
- Learn the difference between reacting and responding
- Learn about the brain's role in behavior
- Learn more about themselves
- Meet others who struggle with emotions or friendships like they do
- Develop a range of skills to make and keep friends
- Have the opportunity to develop new friendships
- Practice group and social skills with other bright children
- Improve the social skills necessary for school success
- Interact with others more positively
- Learn that there are others like themselves
- Have fun.

As a result of your child doing this course **PARENTS** will

- Learn a range of strategies to assist your child with their emotional experiences
- Gain a greater understanding of the heightened emotions of gifted people
- Have the opportunity to speak with other parents of children similar to yours
- Receive copies of a variety of visual supports that can assist families manage emotional overload and behaviours
- Learn more about themselves
- Have access to a specialist range of book resources for borrowing or purchasing
- Learn lots of very simple practical tips and strategies that can assist all members of the family
- Receive copies of and links to a variety of articles giving insight into the social and emotional traits of gifted people.