



# Little navigators

## **SOCIAL SKILLS GROUPS**

All social skills group sessions are run by Little Navigator Program therapist and are held within classrooms while teachers are present. Sessions occur on a weekly or biweekly basis and run approximately 30 minutes long. After each session, caregivers receive a newsletter. The newsletter provides information on the social skill discussed, social skill related activities that can be practiced at home, resources, and the social skill topic for the next lesson.

- Welcoming and Introductions
- Listening and Following Directions
- Asking for What We Want and Need
- Identifying Feelings (happy/sad)
- Identifying Feelings (anger/frustration)
- Identifying Feelings (worried/anxiety)
- Identifying Feelings (emotional regulation)
- Having Fun with Friends (empathy and respect for others)
- Problem Solving ()
- Personal space (respecting others space and having others respect our space)
- Strangers vs. Tricky Behavior
- Goodbyes

For questions, please reach out to Cruz, Little Navigators Program Manager at [cruz@thecompasscenter.org](mailto:cruz@thecompasscenter.org)