

# School Readiness Program

A social skills program for preschoolers

## What will my child learn?

Our program is perfect for pre-schoolers preparing to start school who are needing ideas to support the new school environment and routine including how to:

- recognise and label emotions
- sharing and taking turns
- follow the group plan
- recognise and use non-verbal communication skills
- use whole body listening
- Our program uses the award winning We Thinkers! series using evidence-based materials to strengthen perspective taking and self awareness.



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Children will also benefit from gaining pre-literacy skills including:

- identifying and writing their name
- developing phonological awareness skills
- letter recognition
- Our program uses evidence based approaches, because our team loves The Science of Reading.

## About your facilitator

Anne-Marie graduated from the University of Melbourne with a Bachelor of Teaching, and RMIT with a Bachelor of Social Science. She is an experienced teacher who loves The Science of Reading, and has trained many educators and speech pathologists in best practice methods of teaching reading and writing. She understands that emotional intelligence is as important as academic success. She has experience in the school system and has worked privately for many years working with families of neurodiverse children achieve their best both socially and academically. She has a special interest in working with children with autism and ADHD.

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**Tuesdays in Term 4**

**Group 1 - 9:30am - 11:00am**

**Group 2 - 11:30am - 1:00pm**

## SENSE OF BELONGING

As pre-schoolers become members of a broader community when transitioning into school, understanding the impact of their behaviour on their friendships with peers equips them with skills to build and maintain healthy relationships.

## RESILIENCE

Understanding how to self-regulate helps any person to manage conflict with kindness and increase their overall resilience. Pre-schoolers will explore strategies, using varied scenarios, to help them consider alternative perspectives and point of views from their peers. Play based scenarios are strategically modelled to demonstrate how to build social observational skills. Kids will learn to recognise and label emotions, share and take turns, follow the group plan, recognise and use non-verbal communication skills and use whole body listening.



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## CONFIDENCE

Using the award winning We Thinkers program pre-schoolers can work towards milestones that support learning as part of a group. By engaging socially with other group members, children will explore the steps of regulation that help them to communicate with confidence including, modelling emotional control, sensory regulation, self-awareness, and problem-solving abilities through play-based activities.

## LEARN THROUGH EVIDENCE BASED AWARD WINNING PROGRAMS

It is commonly accepted that language is a social practice. Our School Readiness Program uses evidence based approaches to assist pre-schoolers to learn about their social world and build confidence through casual talk, in a child safe space. They also benefit from pre-literacy skills that will build confidence for a great start to school. Using language play and sophisticated questioning techniques, educators will harness the power of talk to stimulate and extend pre-schooler's language and thinking. This includes encouraging pre-schooler's learning and understanding about regulation and positive social skills through the provision of a universal common language, including expressing ideas, feeling and understandings and respecting the perspectives of others.

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