



**Find  
 your  
 strength.**



## **GROUP PROGRAMS**

### ***Small Talk!***

#### **A Preschool Social Skills Group**

A group designed to help preschool-age children use language to improve social and play skills, through theme based activities.

**Groups:** 3-5 year olds

**Run by:** A Speech-Language Pathologist

**Skills targeted include:**

- Greeting
- Turn-Taking
- Asking and responding to questions
- Non-verbal skills including joint attention and body orientation
- Use of language to negotiate and self-advocate
- Appropriately gain the attention of others
- Offering ideas within play, and accepting the ideas of others
- Beginning games with rules
- Feelings
- Pretend Play
- Parent education component to facilitate carry-over strategies at home

### ***Mighty Mates***

#### **A Social Skills Group**

A social skills therapy group designed to help children improve their peer social interactions and understanding of social rules.

**Groups:** Mighty Mates 1: Ages 5 to 6

Mighty Mates 2: Ages 7 to 9

**Run by:** A Speech-Language Pathologist and Occupational Therapist

**Skills targeted include:**

- Turn-taking skills
- Conversation building skills (e.g., starting and maintaining a conversation)
- 'Thought Bubbles'
- Expected and Unexpected behavior
- Keeping your body and brain in the group
- Cooperative play skills
- Facilitating appropriate body/space awareness in social situations
- Self-regulation skills
- Dealing with Losing
- Dealing with Teasing

### ***Breaking Out!***

#### **A Social Skills Group**

A social skills therapy groups designed to help adolescents improve their peer interactions and perspective taking in the community.

**Groups:** Ages 11-13

**Run by:** A Speech-Language Pathologist and Occupational Therapist

**Skills targeted include:**

- Conversation building skills
- Perspective taking
- Expected and Unexpected behavior in a variety of locations
- Prosody (e.g., appropriate volume and pitch)
- Money management (e.g., purchasing items, getting the right change)
- Safety in the community
- Parent education
- Facilitating appropriate body/space awareness in social situations

## Move-N-Groove

Improve motor skills with team building games and building a strong foundation to participate in age appropriate activities

**Groups:** Ages 6-10

**Run by:** An Occupational and/or Physical Therapist

### Skills targeted include:

- Team problem solving
- Motor planning
- Core strength
- Coordination
- Balance
- Body safety awareness
- Proper breathing and pacing
- Stretching
- Parent education to facilitate carry-over of strategies at home

## InterAAction!

### A Social Group for AAC users

A group designed to help children who use augmentative-alternative communication devices interact and use language to improve social skills.

**Groups:** Group 1: Ages 8-12

Group 2: Ages 13-18

**Run by:** A Speech-Language Pathologist

### Skills targeted include:

- Greeting
- Turn-Taking
- Use of core vocabulary
- Commenting
- Asking and responding to questions
- Use of language to direct the actions of others
- Playing language-based games
- Parent education and homework component to facilitate carry-over at home

## Engine Kids

A self-regulation curriculum designed for children who have difficulty maintaining an arousal level that supports their learning and interactions. *Curriculum based on concepts from The Alert Program, "How Does Your Engine Run?"*

**Groups:** Engine 1: Ages 5 & 6

Engine 2: Ages 7 & 8

**Run by:** An Occupational Therapist

### Specific skills targeted will include:

- Identifying one's own level of alertness and arousal
- Learning strategies for self-regulation
- Experimenting with different sensorimotor strategies and environmental modification and identifying their affect on arousal level
- Increasing awareness of changes in "engine speed" throughout the day
- Incorporating strategies into daily routines and activities
- Parent education component to facilitate carry-over of strategies at home

**For more information on this program or to schedule a screening, please contact us at 781.860.1742**

Find us



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