



STOP, THINK, DO

SOCIAL SKILLS PROGRAM



SUITABLE FOR: DATES & LOCATION

Children Aged 6 – 8 years
(2 day program)

Peakhurst - Tues 15/1, Thurs 17/1
1.30pm – 5.30pm
Learning Links Peakhurst
12-14 Pindari Rd, Peakhurst

OR

Liverpool - Thurs 10/1, Fri 11/1
9.00am - 1.00pm
Learning Links Liverpool
54-56 Macquarie St (North)
Liverpool

OR

Maroubra - Wed 9/1, Fri 11/1
9.00am - 1.00pm
Learning Links Maroubra
3rd Floor, Bowen Library, 669-673
Anzac Pde
Maroubra

OR

Bella Vista - Wed 9/1, Thurs 10/1
9.00am - 1.00pm
Learning Links Bella Vista
6a/7 Meridian Place
Bella Vista

SUITABLE FOR: DATES & LOCATION:

Children Aged 9 – 11 years
(2 day program)

Peakhurst - Mon 14/1, Wed 16/1
1.30pm – 5.30pm
Learning Links Peakhurst
12-14 Pindari Rd
Peakhurst

OR

Liverpool - Thurs 10/1, Fri 11/1
1.30pm – 5.30pm
Learning Links Liverpool
54-56 Macquarie St (North)
Liverpool

OR

Maroubra - Tues 15/1, Thurs 17/1
9.30am - 1.30pm
Learning Links Maroubra
3rd Floor, Bowen Library, 669-673
Anzac Pde
Maroubra

OR

Bella Vista – Wed 9/1, Thurs 10/1
1.30pm – 5.30 pm
Learning Links Bella Vista
6a/7 Meridian Place
Bella Vista

PROGRAM DETAILS:

The aim of the 'Stop, think, do' program is to develop self control, perceptual and communication skills, and cognitive problem solving skills. It is theorised that children with social-behavioural problems are often stuck at one of these steps.

Dependent, immature children are often stuck at STOP as they tend not to think or do much for themselves. Shy, anxious children are stuck at THINK as they often think too much about what could happen. Impulsive, aggressive children are stuck at DO because they do and do and rarely stop to think.

The program aims to train all children to move through all steps with positive feedback, self esteem enhancement and support from adults and peers. Topics covered in the program include:-

Self control; Feelings; Cognitive problem solving; Consequential thinking; Decision making; Choice making and Behavioural skills.

PROGRAM COST:

'Stop, think, do'- \$225 (8 hours)



Learning Links ph 8525 8222 schoolholidays@learninglinks.org.au