

PLAY AND LEARNING TO SOCIALISE (PALS)

SOCIAL SKILLS PROGRAM FOR 4-6 YEAR OLDS



WHAT IS PLAYING AND LEARNING TO SOCIALISE (PALS)?

PALS is an evidence-based social skills program for 4-6 year olds, to help children develop a range of social behaviours that will help them build friendships and get along with others. The early school years are when children start to make friends, learn to co-operate with others and begin to solve social problems. Like all skills, some children develop social skills more easily than others.



The program is suitable for young children who may need additional support in social situations or for those preparing to start preschool or kindergarten.

WHAT IS INCLUDED IN THE PROGRAM?

The program consists of small-group sessions (up to 6 children per group), and is delivered by a psychologist with the use of puppets, story-telling, games, roleplay and activities to teach the children the various skills.

Learning Links runs the program over 2 or 3 days (1.5 - 2 hours/day) in the school holidays.

HOW WILL MY CHILD BENEFIT?

The PALS Social Skills Program aims to:

- help children relate to others.
- teach children constructive problem-solving skills for social situations.
- promote skills for school adjustment

The sessions will teach the children a range of essential social skills including problem-solving skills, greeting others, talking and listening, taking turns at play and sharing, empathy and understanding feelings, overcoming fear and anxiety, asking for help, managing frustration and calming down.



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JULY SCHEDULE

Location	Age	Day 1	Day 2	Day 3	Time
Bella Vista	4-6 years	Monday 11 July	Tuesday 12 July	N/A	9.00am - 11.00am
Gledswood Hills	4-6 years	Monday 4 July	Tuesday 5 July	Wednesday 6 July	9.30am - 11.00am
Liverpool	4-6 years	Monday 11 July	Tuesday 12 July	N/A	9.00am - 11.00am
Peakhurst	4-6 years	Monday 11 July	Tuesday 12 July	Wednesday 13 July	9.30am - 11.00am

COST

The PALS program total cost is \$559.
Parent interview: \$214
Program cost: \$345



NDIS funding can be used for this program.

CHILD AND PARENT INTERVIEWS

Prior to your child's position in the school holiday program being secured, a child and parent interview will be booked with a Learning Links psychologist (either face to face at a Learning Links centre or online via Zoom) to assess the suitability of the program for your child's needs.

HEALTH AND SAFETY

Learning Links continues to follow the most up to date government guidelines to ensure the health and safety of children, families and staff. School Holiday Programs will be limited to small groups of 3-6 children to maintain effective hygiene and social distancing practices wherever possible.

MORE INFORMATION

For more information or to book, visit our website or send us an email:

-  Visit www.learninglinks.org.au/school-holiday-programs to enquire online
-  Email schoolholidays@learninglinks.org.au

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