



SKILLBUILDERS GROUP PROGRAMME

GETTING ORGANISED

For Years 2 - 3

Designed and run by our Occupational Therapists, this group aims to help children develop organisational skills within the home and school.

Some of the topics covered within the group include:

- Self Regulation: filtering distractions, coping and calming skills
- Problem solving: goal setting, problem solving scenarios, recognising errors and correcting them
- Flexible and positive thinking

For more information please contact us on 9332 2223 or 0418 940 946 (Caryn).

