

## Year 6 Girls' Social Skills & Resilience Group

Our senior students will very quickly be going to secondary college and have also begun their journey into adolescence. We have a nurse from Family Life coming out to talk with students about the physiological changes that will occur during puberty. The Year 6 Girls Social Skills and Resilience workshops will assist our young women to discuss the changing social situations that can occur as they grow and develop, including how adolescents interact, build new friendships and maintain peer relationships. Due to the influx of hormones, changing expectations and new experiences involved in becoming a teenager, young people often struggle with emotional expression and self-regulation. This can lead to misunderstandings, embarrassment, friendship and family conflict. The workshops will provide our young women with strategies to assist them to communicate effectively and self-regulate their emotions. These skills will be invaluable for our young people as they embark on the next stage of their education.

### Session Information:

Group Rules and Basic  
Communication Skills

Listening and non verbal  
communication

Thoughts, Feelings and  
Emotions

Making assumptions  
about others

Expressing your feelings

Managing strong  
emotions, such as Anger

Group and self-  
awareness

Conversations

Standing/speaking up  
for Ourselves

Putting it all in action



**Time and Duration:** 1 hour each week

**Group size:** Maximum 10 students

**Where:** Seaford Park Primary School

**Who:** Jess Dehaan (Mental Health Social Worker) will facilitate.