



# MOSAIC SOCIAL SKILLS

Social skills are the tools we think with and are necessary to function appropriately in our daily lives. Although each individual thinks about and interprets situations differently, we all need the ability to use social thinking to analyze specific situations and apply that information, in order to have successful interactions with other people.

Our social skills program focuses on helping children develop critical social skills that they are not picking up from their natural environment. We are able to give our clients the opportunity to learn social skills in a structured yet naturalistic setting, with the idea in mind that those skills will then be generalized into their everyday lives and across all settings.

Some of the key components of our curriculum include: initiating peer interactions, turn-taking/ sharing, following rules, conflict resolution, social awareness, recognition and utilization of non-verbal cues, emotional regulation, perspective-taking, and maintaining age-appropriate conversations.

Classes meet once a week for an hour and have between a 1:3 and 1:6 staff to child ratio depending upon the client's skill levels.

## Topics discussed for ages 3-5 & 6-8:

- Increasing pretend play and imagination skills
- Personal space and body proximity
- Initiating and responding to peers
- Team work/cooperative play/conflict resolution
- Greetings and introductions
- Body talk and self-regulation skills
- Recognition of non-verbal language
- Turn taking

## Topics discussed for ages 9-11:

- Conflict resolution/problem solving
- Conversational skills
- Team work
- Personal Space
- Perspective taking

## **NEW! Smart but Scattered: Executive Function for Social and Academic Success Ages 11-18**

This program incorporates a model of executive function skills developed by Peg Dawson, EdD and Richard Guare, PhD authors of the Smart but Scattered books. Participants will learn compensatory strategies to assist with navigating the hidden curriculum of the social and academic world of school using cognitive habilitation and educational materials. Parents will be part of this program and in addition to reading the Smart but Scattered book, will learn strategies to support their child's learning and social success.

## **Improv Social Skills Group Ages 11-18**

In this class ,we will learn how to say "Yes, and", the first rule of improv. We will learn how to "risk to fail" in order to overcome our own discomforts and fears, and gain confidence in our abilities at listening to and communicating with others. We will learn how to observe non-verbal communication and find out what it feels like to put ourselves into someone else's shoes. We will take big risks, make lots of mistakes, and laugh a lot!

To register, please call or email one of our four clinics:

**Bellevue:**  
 (425) 644-6328  
 bellevuescheduling@mosaicrehab.com

**Seattle:**  
 (206) 388-3751  
 frontdesksea@mosaicrehab.com

**Issaquah:**  
 (425) 392-2346  
 issaquahscheduling@mosaicrehab.com

**Mountlake Terrace**  
 (425) 673-5220  
 mltclinic@mosaicrehab.com