

Children's Classes for Ages 5-12

Second Step: Teaching children social and emotional skills through empathy training, problem solving skills, and anger management

Do you want your child to learn how to identify what emotions he is feeling? Maybe your goal is to help him gain techniques on how to solve problems without fighting about it? What about more information on how to get along better with others? Whatever the reason, this class is for your child!

Topics Taught Through Second Step

Empathy Skills:

- Identifying your own feelings and those of others
- Communicating those feelings
- Active listening

Problem Solving Skills:

- Creating positive solutions
- Interrupting politely
- Dealing with something that isn't yours
- Peer Pressure

Anger Management:

- Calming down
- Self-talk
- Dealing with teasing and name-calling
- Keeping out of a fight

Children will be provided with informational handouts, letters, and progress reports to bring home to parents. An incentive program is used and a snack given each week. Information is learned and practiced through discussion, role play, movie clips, visuals, and hands on activities.

Age: 5-6 year olds, 7-9 year olds, 10-12 year olds

Time: One hour per week

Duration: 8 weeks

Cost: \$20.00 per child

Call (435) 752-8880 for dates and times

**All classes are held at the Child and Family Support Center
CALL TODAY TO REGISTER**