

# Intoduction to Play and learn social skills (PALS) and the programme information



PALSS understands that children of all ages, regardless of intelligence and language skills, may have difficulties making friends. A small group consisting of no more than 6 children, work together through the programme, which consists of activities and discussions addressing pragmatic and language skills, including:

- Difficulty initiating and participating in play
- Difficulty initiation and participating in conversation
- Making friends
- Understanding social situations
- Interpreting and applying facial expressions and body language
- Learning and increasing social language abilities
- Increasing self-awareness
- Problem Solving
- Relationship Building

The 10 program sessions are:

- greeting others
- taking turns: talking and listening
- taking turns at play
- sharing
- asking for help
- identifying feelings
- empathy
- overcoming fear and anxiety
- managing frustration
- calming down and speaking up

The positive outcome for the programme is children's language and social interaction is enhanced to a higher level.