



# Skills Group Introduction Newsletter



## What to Expect

In Skills Group our student will learn about self-awareness and self-management in a small group setting. They will learn about mindfulness and how having a calm mind and body helps us learn.

During Skills Group meetings they will also learn:

- How to identify different emotions;
- That emotions and problems come in various sizes;
- The 3 parts of the brain that are used to process emotions;
- Self-regulation skills to add to their coping skills toolbox;
- The role of thoughts, feelings and actions in day to day life;
- How to identify different thinking traps that impact emotions and reactions.



Each week you will receive an email with a newsletter explaining the knowledge and skills learned that week. Learning new skills takes practice to become competent in applying it in day to day life situations. With ongoing support and coaching from the adults in their life, your student can become better at applying these life long skills that can be utilized in any setting and are beneficial at any age!

### SELF-AWARENESS

The ability to pay attention to your thoughts, feelings, and actions. You can recognize your strengths and challenges.

### SELF-MANAGEMENT

The ability to successfully manage, or regulate, our emotions, thoughts, and behaviors to fit the situation.

### COPING SKILLS TOOLBOX

A set of strategies that can be used to get through stressful times and handle emotions when they get really big.

