



# BROTHERHOOD

February - April 2024



## Group Overview

This 7-week Social Skills Group Workshop supported young males (ages 8-11) with increasing their awareness of self, building self-esteem, and learning coping skills as they related to the Zones of Regulation.

## Weekly Goals

Each week, the children were supported in learning concepts to build upon skills. Various objectives were met:

- Learning and building familiarity with the Zones of Regulation and the emotions associated with each zone.
- Connecting with the zones by personally identifying the emotions of each Zone that they experience on a regular basis.
- Gaining an awareness of how past experiences have shaped them.
- Increase awareness of emotions with the use of media, and identify coping skills for negative emotions.
- Identify and connect thoughts, behaviours, feelings, values, and attitudes to their daily experiences.
- Gain empowerment and self-confidence through the support of peers.

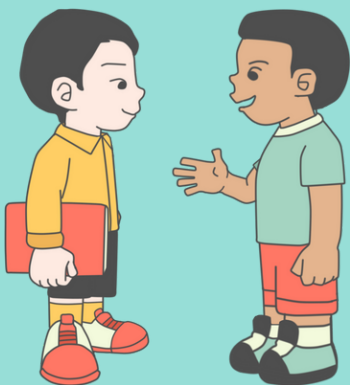


## Activity Highlights

Each week, the children engaged in various activities to build awareness of their thoughts, feelings and behaviours.

Activities they enjoyed were:

- Games
- Art Activities
- Celebrations (ice cream)
- Easter Egg Hunt
- Free Play
- Stretch Breaks
- The Use of Media



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## Here are some things you can do to reinforce growth:

- Please provide a weekly check-in with your young person to build communication.
- Talk with your child about the importance of treating other people with respect and how utilizing the “Zones of Regulation” will support.
- Watch a TV show or a movie together and talk about the various ways the characters interacted with one another and coped with their challenges. Explore how they might cope in that circumstance and what healthy coping skills look like.
- Casually label your feelings and coping strategies when challenges arise.
- Help your young person to become sensitive to their behaviours or language by identifying their emotion as it relates to the zone and the impact it has on their behaviours.
- Support your young person with managing their emotions by reminding them of their personal coping skills learned and practiced in the group.
- Remember that you are a powerful role model for your child. Demonstrate appropriate coping strategies, for them to observe, try and thrive.

