

## Preschool Pals

Preschool Pals is designed to prepare our preschool aged learners for the mainstream preschool and kindergarten setting. This group will take place in our brand new preschool room, set up with centers focusing on cognitive, motor, self-help, classroom routines, communication and social skill development.



## Skills For Life

We have built out a mock apartment space for our middle and high school learners to gain daily living skills. The individuals in this club will learn how to cook following specific recipes (measurement), do dishes, do their laundry (sorting, washing, drying, folding, hanging). We encourage them to bring their own clothes! They will learn the entire process of making a bed and cleaning their work area. For those that are interested, we will also be teaching basic social media skills.



## Fit Club

We're extremely excited to roll out our new Fit Club! We decided to offer this option after several of our families approached us asking where our kids can get fit. Exercise is important for physical and mental health in general. For individuals with developmental delays, it has the added benefit of increasing the skills in which they are lacking such as balance and coordination. Vigorous exercise is associated with decreases in stereotypic self-stimulatory behaviors, hyperactivity, self-injury, aggression, and destructiveness. It can also improve social opportunities with less emphasis on verbal interactions and can help moderate medication side effects. Exercise promotes weight loss, can help with greater and earlier tendency to be overweight. It establishes routine (who doesn't like routine?) and increases levels of happiness and improves self-esteem. Our club will focus on 3 different levels of fitness. Individuals will learn basic fitness skills such as core strength and cardio exercise to strength training in a fun and motivating environment.

## Social Groups



### Intro to Social Thinking®

Have you been thinking about a Social Thinking® Social Club for your child or teen? Not sure if he/she is ready?

Schedule an intake today for our Intro to Social Thinking®. This group is developed specifically for individuals who could benefit from learning about Social Thinking®, but are lacking in the prerequisite skills needed to learn from it. The group will be working closely with a Speech and Language Therapist as well as a Board Certified Behavior Analyst.

### Social Thinking®

It's back! We'll be holding Social Thinking® Group again in our spring semester. Come out and learn all about SuperFlex® and his Unthinkables®, as well as the many strategies that Social Thinking® offers (i.e. how to read the unwritten social rules). Schedule your intake today!



### Just Another Friday Night

Two times per month we will be planning an outing for our kids on a Friday night. Kids will participate in fun activities such as going to the mall, holiday shopping, laser tag, bowling, going to a movie, etc.

Dates and times will vary with each activity. We will have meeting spots at the venue, as well as our office and will transport to the activity.

Social Thinking® is what we do when we share space with others **and** perform daily activities that involve our social interpretation and related reactions. We consider the context; take in the thoughts, emotions and intentions of the people with whom we are interacting and use that information to determine how we respond. How we think about people affects how we behave, which in turn affects how others respond to us, which in turn affects our own emotional internal and external responses. It's an incredibly complex process that most of us take for granted. –Michelle Garcia Winner, SLP

**For more information: [www.ClubED.org](http://www.ClubED.org) or  
703.689.0019**