



“Superflex ...”

“A Superhero Social Thinking Curriculum”

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Ages 5-7: Saturdays, 9:15-10:00 am

Ages 7-9: Saturdays, 10:30-11:15 am

Children with ADHD, Anxiety, High Functioning Autism, and Asperger syndrome would greatly benefit from these customized, creative, fun groups designed to teach appropriate social thinking skills and flexible thinking. At each session your child will be given strategies to help him/her map out the following social behaviors:

- ☺ Cognitive flexibility
- ☺ Being part of a Group
- ☺ Perspective taking
- ☺ Problem solving
- ☺ Learning to understand: unexpected/expected behaviors
- ☺ Empathy
- ☺ Whole body listening

Children will learn “flexible thinking” strategies to take on the “Team of Unthinkables” that sometimes enters our brains.

Generally, groups consist of 3-5 children and meet for 45 minutes, one time per week. Sessions run for eight weeks.

For more information or a consultation to see if this group will meet the needs of your child please contact:

Danielle Betz @ St. Mary’s Kids at Roslyn 516-621-2681

The works of Michelle Garcia Winner and her Social Thinking Curriculum help to inspire this group.