

# Creative Kids Club

*Trailblazers Group (Ages 11 - 12)*

## OVERVIEW & PURPOSE

Creative Kids Club is a therapeutic group that focuses on providing kids the opportunity to build social skills and confidence within a small group environment. In group, participants are provided opportunities to build creativity, resilience and adaptability using art, play, yoga, mindfulness training, music and experiential learning. These groups are designed intentionally to provide a gentle and safe learning environment to give each participant space and opportunity to build their skills so they can build connections within their world. This group runs consecutively for 9 weeks, allowing for participants to continue to build skills each week.

## OBJECTIVES:

1. Participant will build social skills through play, art and integrated interventions.
2. Participant will increase overall levels of social awareness.
3. Participant will build emotional identification skills.
4. Participant will increase levels of confidence and ability to build peer relationships.
5. Participant will increase levels of frustration tolerance within social situations.
6. Participant will build overall levels of creativity and resiliency that will increase ability to navigate through stress, anxiety and/or conflict.

## STRUCTURE OF GROUP:

Each group will follow a similar structure which will include art, discussions, games, small group and larger group activities, yoga and meditation, and opportunities to reflect and share with the group. This format provides numerous opportunities for each participant to try new things and build upon skills in various ways.

## WEEKLY THEMES:

1. Introductions: Building safety and familiarity within the group along with getting to know each other.
2. Growth Mindset: Introduction into Growth Mindset and how to use it.
3. Social Awareness: How do I fit in within the world around me?
4. Feelings: There are lots of different kinds of feelings, and all feelings are okay.
5. Boundaries: Gaining understanding and confidence in setting and respecting boundaries.
6. Sharing and Respect: What do these words mean? How can I do this?
7. Empathy: Learning how to identify and understand the emotions of others.
8. Teamwork and Collaboration: Learning how to play with others, take turns and share.
9. Saying Goodbye: Review of skills and celebration of the time together.