

## Penguins Group

Students enrolled in this group are often ready to learn the following 3 cores social skills:

1. **Emotional Regulation** (recognize, label, and regulate their feelings demonstrate empathy toward others, read others emotions).
2. **Verbal Communication** (listening, sharing ideas, asking questions, answering questions, greetings, telling simple stories etc.)
3. **Playing Together** (play skills, turn-taking, solving problems, standing your ground, knowing to ask for help, talking it out)

### Penguins' Curriculum Outline

#### Chatterbox

- Asking and Answering Questions
- Talking with friends
- Sharing ideas
- Showing off
- Sharing problems
- Listening to others
- Telling stories
- Greeting others



#### Playing

- Pretend/imaginative play
- Learning to wait turns/Turn-taking
- Learning to share toys
- Playing by the rules
- Inviting someone to play
- Joining ongoing activities

#### Emotional Regulation

- Reading five facial expressions
- Practicing self control
- Reading five universal body gestures
- Identifying how you feel
- Sharing how you feel