

Why a social skills group?

For all sorts of reasons some children find it much harder to think socially and use their social tools suitably when it really counts; making friends, rolling with the punches, joining in, reading others, coping with not getting their way, taking turns, thinking positively and dealing with day-to-day frustrations.

The verdict is in. A body of well regarded studies reveal that teaching social thinking to young people with social delay does improve their ability to interact socially.

The value of a social skilling group is that kids can learn these vital living skills through direct teaching, role-play practice and social activities in the context of a small friendly group.

A *What's the Buzz?* group either consists of 4 or 5 children with one facilitator, or 7 or 8 children with two facilitators. Children selected are about the same age so everyone has the opportunity to build friendships in a safe, structured and encouraging environment.



Testimonials

"What's the Buzz? teaches invaluable life lessons disguised as fun and play for kids. We have been amazed at the transformation in our six year old son's social skills." *Heather, mother*

"Our daughter loved this program. We think it has been effective as she's jumped forward in leaps and bounds. Her understanding of herself and others, and her social confidence has blossomed." *Bennett, father*

"Luke has made enormous gains. We are seeing him resolve conflict in new ways, develop more resilient thinking and build positive relationships with peers. Thanks to the lesson notes and parent tips we have the confidence to continue with this at home." *Sara, mother*

Mark Le Messurier

Mark is a teacher, counsellor and coach to young people and their parents. He is the author of 10 publications and runs a private clinic at Wayville. Mark says, "None of us can fix kids up. All we have is the desire to participate in trusting relationships with them, and teach a few key ideas in the right moments."

Over the last 3 years *What's the Buzz?* A social skills enrichment programme for primary students has found its way into dozens of countries and hundreds of schools and organisations. This 16 lesson highly structured, role-play and play-based program was designed to teach children how-to think socially and how-to make friendship work. It engages children into feeling friendship together, it encourages them to see it, taste it, smell it and laugh with each other.

What's the Buzz? for Early Learners: A complete social skills foundation course is brand new and will be available early in 2015. It follows the same celebrated play-based and role-play format as its predecessor.

What's the Buzz? for Early Learners is built to awaken social consciousness in youngsters aged from 4 to 7 years. Over 16 lessons children are immersed in a variety of essential relational skills, stimulated by the experiences of the much-loved character, Archie. In each lesson the children can help Archie solve the very same social dilemmas that occur in their everyday lives. As they do this, through activity, discussion, role-play and quizzes, they'll learn how-to become a better friend and a more flexible social thinker.

Link - http://marklemessurier.com.au/main/products/book_wtbl.shtml

What's the Buzz?



A UNIQUE FRIENDSHIP EXPERIENCE A social skills enrichment and confidence building program

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Link: http://www.marklemessurier.com.au/main/products/book_wtb.shtml

Website: www.whatsthebuzz.net.au

Mark Le Messurier

What's the Buzz?

69 Goodwood Road

Wayville 5034

What does the course offer?

First term

- meeting people and exiting
- getting attention
- following instructions
- being friendly
- competition, winning and losing
- identifying feelings
- feelings and the warning signs
- thinking positively. Celebration and interim certificates

Second term

- feelings and ideas to create wellbeing
- empathy, responding to others
- handling worry
- dealing with disappointment
- responding to bullying
- the connecting art of conversation
- learning to 'fit in'
- giving and receiving compliments.
Celebration and achievement certificate

When and Where?

Children's sessions are scheduled for Tuesdays, Wednesdays or Thursdays beginning at either 4pm or 5pm. Sessions run for 16 weeks (one semester)

At - Fullarton Park Centre, 411 Fullarton Road, Fullarton

Sessions usually begin in week 2 of the school term and conclude in week 9.

A 'Parent Only' session is scheduled each term as well. 'Parent Only' sessions are held at:
69 Goodwood Road
Wayville 5034

What can parents do to help?

A parent's role is invaluable. Each week parents can follow up on what their child has learnt in the session by reviewing the lesson notes from the book, *What's the Buzz?* In addition, each lesson offers comprehensive 'home tips' so parents can continue to work with the social skills and social thinking well into the future at home.

Can parents sit in on sessions?

In order to protect the confidentiality of all, parents are not invited to children's sessions. We guarantee to supply ample feedback. Actually, one of the strengths of *What's the Buzz?* sessions is the friendships, exchange of information and support parents have found in one another over coffee while sessions take place.

Do children need a psychological assessment to attend?

An assessment can be helpful, but it's not a requirement.

Will Mark speak to my child's teacher?

Teachers like to know when a student is attending. Usually, they contact us if they wish to. It is important to hand the 'TEACHER surveys' and brochures to your child's teacher so they know your child is participating.

How does reporting my child's progress work?

Besides the two formal 'Parents Only' meetings we will continue to talk with you. This may be briefly following a session, by phone or by email. We warmly invite your participation.

Are refunds available for missed sessions?

Refunds are not available for missed sessions. However, it is very helpful to us, and to all participants, to know in advance if your son or daughter cannot attend a session.

Is this programme filled with "badly behaved" children?

Absolutely not! This programme promotes the skills linked to friendship building and relies on the creation of safe and friendly emotional tones. Success hinges on the careful

selection of children who have degrees of social, emotional and behavioural challenges, but above all are likely to form a bond, likely to learn and likely to enjoy one another's company.

Is this group suitable for my child?

Young people who attend *What's the Buzz?* usually need a little help with:

- Friendship skills
- Emotion; being too shy, anxious or too reactive
- Empathy (showing it in the moment when needed)
- Reading the social 'feelings' of others
- Dealing with their own feelings appropriately
- Positive problem solving – resilience building
- Lonely feelings
- Overreacting to losing and disappointment
- What to do with their worry

Enrolment and cost

Arrange enrolments through Sharon (8332 0698). The cost is \$675 per term, plus a one off cost (\$80) for the book, *What's the Buzz?* It contains lesson notes and practical follow up suggestions for parents. The course runs for two terms. Progressive payment plans are available, and please ask your school if they're prepared to contribute to your child's participation in *What's the Buzz?* This is common. In addition, National Disability Insurance Scheme (NDIS) funding is available for those who self-manage their fund.

Can I enrol for just one term?

Sorry, this is not possible. The programme is designed to be a 16 week course that runs over 2 school terms. The objective is for children to have an extended period of time together to consolidate learning and build friendships between one another.

