

**YOUNG
MINDZ**



SOCIAL SKILLS

EDITION 1

Support Social Skills

Pass The Ball

Encourage eye contact and communication skills.

- Utilise ball games such as kicking or throw-and-catch.
- Incorporate a question-and-answer format while playing with the ball.
- When catching the ball, ask a question and make eye contact.
- When the other person catches the ball, they can answer the question.
- Use the ball as a tool to facilitate pauses, similar to natural communication.
- If they feel comfortable, they can ask a question before throwing it back.

Q's Ideas

- What would you rather Q's
- What superpower would you have?
- 5 things if stranded on an island
- 2 truths, 1 lie game
- What dog, cat, bird, etc. would you be?

Board Games

Board games are a great tool for enhancing and supporting social skills.

They encourage communication skills, turn-taking, sharing, cooperation, problem solving, rule following, sportsmanship, and resilience.

Team Building Activities

- **Puzzles:** work on a large puzzle together over a number of sessions
- **Escape Room:** solve puzzles & work together to "escape" within time limit
- **Community Service:** park or beach clean up or helping at a food bank
- **Team Sports:** find a sport interest and sign up to local team
- **Art Projects:** create art, furniture or craft together
- **Cooking/Baking:** cook or bake together, or have a cooking competition

Kindness Challenge



You are challenged to complete 8 acts of kindness.
Tick the numbers off as you complete them to receive a prize at the end.

1 Give someone
a compliment.

5 Pick up rubbish
in a park.

2 Learn 5
new things
about someone.

6 Ask 3 people about
their day at a
nursing home.

3 Write a thank you
letter to a custodian
thanking him or her.

7 Pick something
to donate.

4 Offer to carry an
elderly persons
groceries to their car.

8 Pick a flower
and give it
to someone.

Chosen Prize...

Pondering Points

Philosophical questions to get you thinking and sharing about life, the universe, and everything in between.

Is there an issue in society that concerns you?

What is a fond memory you have?

What is the kindest thing you have done for someone else?

When was a moment that has changed your life?

Where is a place that makes you happy?

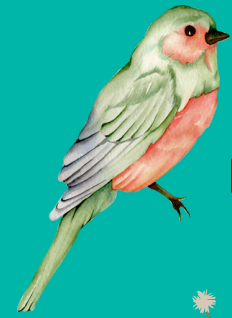
Who is a person that means the world to you?

Nature Scavenger Hunt

DIRECTIONS: Work as a team or race to see who can find the most items. Remember not to touch or gather items but capture them through a photograph if possible.



Nest



Bird



Brown Leaves



Dandelion



Fungi



Footprints



Flower



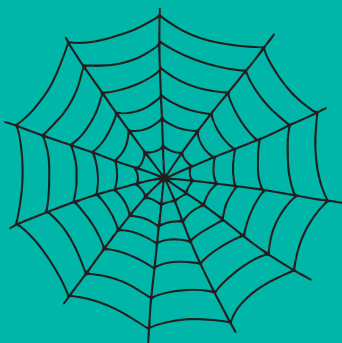
Vine



Fern



Tree Stump



Web



Berries



Pine Cone



Feather



Insect

CONTACT US

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LOCATIONS

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