



PEERS® FOR YOUNG LEARNERS

A SCHOOL-BASED SOCIAL SKILLS PROGRAM



This program is a 16-week neuroaffirming, evidence-based program designed to teach students how to make and keep friends.



Students attend weekly 60-minute sessions, while parents receive weekly written coaching strategies and handouts.



Groups include puppet show lessons, role-play demonstrations, and practice, while parents learn strategies to support success.

PARTICIPANTS WILL LEARN ABOUT:

- ✓ Listen and follow directions
- ✓ Ask for and use friends' names
- ✓ Greet friends
- ✓ Share and give turns to friends
- ✓ Ask for turns during play
- ✓ Cool down when frustrated or angry during play
- ✓ Be flexible and cooperative during play
- ✓ Be a good sport
- ✓ Maintain play interactions with peers
- ✓ Ask friends to play
- ✓ Join ongoing game play
- ✓ Transition to new activities during play
- ✓ Ask for help and help friends
- ✓ Maintain appropriate body boundaries

MORE INFO

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PEERS®

初阶社交技能课程

面向小学阶段学生的社交技能成长计划



这是一项为期16周、基于循证科学依据研发的校本社交技能学习小组，目标是帮助儿童发展并维持友谊。



学生每周需参加60分钟的小组课程，学习并练习在现实生活中具有生态效度的社交技巧；同时，家长每周会通过电子邮件收到相关讲义和辅导策略，学习如何帮助孩子在校外生活中持续使用这些社交技巧发展友谊。



小组教学通过手偶或社交故事讲解社交规则与技巧，通过角色扮演进行演练，并通过互动游戏练习使用来帮助熟练掌握。

小组成员会学习以下技能：

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|--------------------|-----------------|
| ✓ 倾听并遵守指令 | ✓ 成为有风度的玩伴 |
| ✓ 询问并使用朋友的名字 | ✓ 与同伴保持游戏互动 |
| ✓ 与朋友打招呼 | ✓ 邀请朋友一起玩 |
| ✓ 与朋友分享并轮流 | ✓ 如何加入别人正在进行的游戏 |
| ✓ 在游戏中请求轮流 | ✓ 从游戏中转换到新活动 |
| ✓ 在玩耍中感到沮丧或生气时冷静下来 | ✓ 寻求帮助并帮助朋友 |
| ✓ 在游戏中保持灵活与合作 | ✓ 保持恰当的身体边界 |

获取更多信息：

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