

# Aspiring Youth Social Skills Groups

Aspiring Youth Social Skills Groups provide an active learning environment for children and teens to improve social skills, establish friendships and boost self-esteem.

Winter 2018



## Explorers: ages 8-10

This group is our standard group for upper elementary students and utilizes our "Aspire!" social thinking curriculum. Topics include conversation initiation, expected/unexpected behavior, compromise/flexibility and other similar topics. Experiential games and activities are incorporated to strengthen social learning.

Seattle: Mondays | Boys | 4:30-5:45pm | 1/22 – 3/26 (except 2/19)

Kirkland: Wednesdays | Boys | 4:45-6pm | 1/17 – 3/28 (except 2/14)

**New!** West Seattle: Thursdays | Boys | 4:30-5:45pm | 1/18 – 3/29 (except 2/22)

Seattle: Thursdays | Girls | 5-6:15pm | 1/18 – 3/29 (except 2/22)

## Navigators: ages 10-12

The Navigators group covers transitions to middle school, starting conversations, anti-bullying, building friendships, handling frustration, being flexible and other similar topics. Choice activities include challenge course, art work, comedy improv and outdoor games.

Seattle: Mondays | Boys | 4:30-5:45pm | 1/22 – 3/26 (except 2/19)

Kirkland: Wednesdays | Boys | 4:45-6pm | 1/17 – 3/28 (except 2/14)

**New!** West Seattle: Thursdays | Boys | 4:30-5:45pm | 1/18 – 3/29 (except 2/22)

Seattle: Thursdays | Girls | 5-6:15pm | 1/18 – 3/29 (except 2/22)

## Teen Crew: ages 13-18

This group provides an opportunity for students to gain community and self-esteem in a fun setting. The group begins with a discussion of issues relevant to teens such as friendship, social pressure, communication with teachers and other topics. Following discussion, students choose from outdoor team games or comedy improv activities.

Seattle: Tuesdays | Boys | 5:30-6:45pm | 1/16 – 3/27 (except 2/20)

Seattle: Tuesdays | Girls | 5:30-6:45pm | 1/16 – 3/27 (except 2/20)

Kirkland: Wednesdays | Boys | 4:45-6pm | 1/17 – 3/28 (except 2/14)

Seattle: Thursdays | Girls | 5-6:15pm | 1/18 – 3/29 (except 2/22)

## Girls Rule!

This group is gender-specific and covers many of the social topics geared towards girls, including social cue recognition, anti-bullying, friendship initiation, listening skills and similar topics.

Kirkland: Wednesdays | Girls 8-18 | 4:45-6pm | 1/17 – 3/28 (except 2/14)

## Indoor Rock Climbing: ages 8 - 18

This group provides a great opportunity to improve focus and physical health. Teamwork and communication are also skills developed in small groups at the climbing gym.

Seattle: Saturdays (@ Seattle Bouldering Project) | All gender | 12:30-1:45pm | 1/20 – 3/31 (except 2/24)

Seattle: Sundays (@ Seattle Bouldering Project) | All gender | 12:30-1:45pm | 1/21 – 4/1 (except 2/25)

For additional information visit:  
[www.aspiringyouth.net](http://www.aspiringyouth.net)  
Contact:  
[info@aspiringyouth.net](mailto:info@aspiringyouth.net)

**Fees:** Groups are **\$600 for 10 weeks** (unless otherwise noted). Group fees include parent consultation calls.  
**\*Monday groups are 9 weeks (\$540) for Winter 2018**



### **Pre-D&D (Ponies & Dragons): ages 8-18**

D&D directly works on social skills such as verbalization, comprehension, imagination, problem-solving, observation, cooperation and taking the perspectives of others. However, the rules and settings are generally more appropriate for older players. This pre-D&D group uses a simplified Role Playing Game system and more accessible setting (Tails of Equestria) to allow players of all ages to build those same skills.

**New!** Bothell: Fridays | All gender | 6:00-7:15pm | 1/19 – 3/30 (except 2/16)

### **Dungeons and Dragons: ages 13-18**

D&D begins with a check-in, and students then engage in *Dungeons & Dragons*—the antidote to video games. The game teaches patience, listening skills, teamwork and communication.

Seattle: Tuesdays | All gender | 6:45-8pm | 1/16 – 3/27 (except 2/20)

Kirkland: Wednesdays | All gender | 4:45-6pm | 1/17 – 3/28 (except 2/14)

**New!** Tacoma: Wednesdays | All gender | 6:45-8pm | 1/17 – 3/28 (except 2/14)

Bellevue: Fridays | All gender | 6:15-7:30pm | 1/19 – 3/30 (except 2/16)

**New!** Bothell: Fridays | All gender | 7:15-8:30pm | 1/19 – 3/30 (except 2/16)

### **Tabletop Games: ages 8-18**

Group members will be invited to bring their favorite table top game to group to join others in fun gameplay while learning about social skills in the Aspiring Youth curriculum. Primary games include Magic the Gathering, Pokemon, Blokus, Spot It!, and many more. There will be basic supplies for each game and we encourage group members to bring their own decks or game supplies. Both experienced players and individuals who are new to the games are welcome to join. Facilitators and other group members will lead instructional courses for each game so members can expand their knowledge of tabletop gaming. Come enjoy friendly matches and learn about new, exciting games!

Seattle: Mondays | All gender | 5:45-7pm | 1/22 – 3/26 (except 2/19)

**New!** Seattle: Saturdays @ SBP | All gender | 11:15am - 12:30pm | 1/20 – 3/31 (except 2/24)

*\*Saturday group meets at the Seattle Boulderling Project West Wall Cafe*

### **Activity League:**

Sports offer a unique opportunity for our students to develop in both body and mind, as they work to build their athletic abilities as well as the nuanced social skills needed to form a cohesive team.

**New!** **Kinetics/Movement, ~10-14** (\$250 for 10 weeks if your child is already registered and paid for another group)

In Kinetics group, we'll explore different types of movement including yoga, dance, Zumba, aerobics, and more. Together, we'll learn about keeping our bodies and minds healthy and happy through exercise. Beyond moving together, we'll work on breathing exercises to help find calm and self-regulation. We'll also spend time working on social skills by discussing our experience with the day's exercise and encouraging each other.

Seattle: Wednesdays | All gender | 4:30-5:45pm | 1/17 – 3/28 (except 2/21)

*Contact us for more information on signing up.*

**Bowling Club, 8-18** (\$250 for 10 weeks if your child is already registered and paid for another group)

Saturdays @ Kenmore Lanes | All gender | 3:00 – 4:15pm | 1/20 – 3/31 (except 2/24)

Optional shuttle from Ryther leaving at 2:30pm and returning at 4:45pm for pick-up. Parents not using the shuttle will drop-off and pick-up at Kenmore Lanes at 3pm and 4:15pm respectively.

*Contact us for more information on signing up.*

