

# 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 2019**



## 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 | 1/7 – 4/1 (except 1/21, 2/18)  
Kirkland: Wednesdays | Boys | 4:45-6pm | 1/9 – 3/20 (except 2/13)  
West Seattle: Thursdays | Boys | 4:30-5:45pm | 1/10 – 3/21 (except 2/21)  
Seattle: Thursdays | Girls | 5-6:15pm | 1/10 – 3/21 (except 2/21)

## 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 | 1/7 – 4/1 (except 1/21, 2/18)  
Kirkland: Wednesdays | Boys | 4:45-6pm | 1/9 – 3/20 (except 2/13)  
West Seattle: Thursdays | Boys | 4:30-5:45pm | 1/10 – 3/21 (except 2/21)  
Seattle: Thursdays | Girls | 5-6:15pm | 10/4 – 12/13 (except 11/22)

## 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 | 1/8– 3/19 (except 2/19)  
Seattle: Tuesdays | Girls | 5:30-6:45pm | 1/8– 3/19 (except 2/19)  
Kirkland: Wednesdays | Boys | 4:45-6pm | 1/9 – 3/20 (except 2/13)  
Seattle: Thursdays | Girls | 5-6:15pm | 10/4 – 12/13 (except 11/22)

## 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 | 1/9 – 3/20 (except 2/13)

## 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 | 1/12– 3/23 (except 2/16)  
Seattle: Sundays (@ Seattle Bouldering Project) | All gender | 12:30-1:45pm | 1/13– 13/24 (except 2/17)

For additional information visit:

[www.aspiringyouth.net](http://www.aspiringyouth.net)

Contact:

[info@aspiringyouth.net](mailto:info@aspiringyouth.net)

**Fees:** Groups are **\$650 for 10 weeks** (unless otherwise noted). Group fees include parent consultation calls.

**Multiple group discount:** \$350 for 10 weeks starting with second group when enrolled and paid in full for first group.



*Additional group information on reverse side*

**Girls Indoor Rock Climbing: ages 8 - 18**

This gender-specific 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 | 2:00-3:15pm | 1/12– 3/23 (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. 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 | 1/7 – 4/1 (except 1/21, 2/18)

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

D&D directly works on social skills such as verbalization, comprehension, imagination, problem-solving, observation, co-operation 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 (Tales of Equestria or similar) to allow players of all ages to build those same skills.

Kirkland: Wednesdays | All gender | 4:30-5:45pm | 1/9 – 3/20 (except 2/13)

Bothell: Fridays | All gender | 4:30-5:45pm | 1/11 – 3/22 (except 2/15)

**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 | 6:45-8:15pm | 1/8– 3/19 (except 2/19)

Kirkland: Wednesdays | All gender | 6:00-7:30pm | 1/9 – 3/20 (except 2/13)

Bellevue: Fridays | All gender | 6:15-7:45pm | 1/11 – 3/22 (except 2/15)

Bothell: Fridays | All gender | 6:00-7:30pm | 1/11 – 3/22 (except 2/15)

**Social Swim, 8-18**

Swim Social is a group that uses pool games and activities to help build social skills. Participants do not need to be skilled swimmers; they simply need to enjoy hanging out at the pool. Through fun aquatic games and activities, group members work on conversation skills, frustration tolerance and flexible perspective taking. Some of the activities occur in the pool and some deck side. Group meets at Montlake Terrace pool.

Saturdays @ Montlake Terrace Pool | All gender | 1:00 – 2:15pm | 1/12– 3/23 (except 2/16)

**Bowling Club, 8-18**

Bowling Club is a group that focuses on social skills while participating in recreational bowling. 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 Lynnwood Bowl and Skate at 3pm and 4:15pm respectively.

Saturdays @ Lynnwood Bowl and Skate | All gender | 3:00 – 4:15pm | 1/12– 3/23 (except 2/16)

