

Become a Highway Hero



A highway hero is a child who:

- **Socially** knows how to be friendly, makes friends, resolves friendship issues, knows when and how to stick up for themselves.
- **Emotionally** understands their feelings and the impact on thinking and behaviour, calms down quickly, asks for help when in overwhelm and learns to de-catastrophise patterns of thinking and emoting.
- **Supports** their learning behaviours through planning and organising their time and resources, persists through tough and boring work requirements, becomes and stays motivated, identifies and avoids distractions

Bookings for the 8 week social skills program via our website www.gymworksot.com.au