



HIGHWAY HEROES

Social and Emotional Training for Kids at Gymworks OT

Gymworks Occupational Therapy will be implementing the Highway Heroes – Smart Skills for Life Program developed by Occupational Therapist, Helen Davidson and Speech Pathologist, Claire Orange in 2016.

Highway Heroes aims to develop children's proactive skills (forming friendships, gaining inclusion, thought/mood management) and reactive skills (dealing with play refusals, friendship difficulties, teasing and bullying) by using tools, resources and activities under the metaphor of traveling along life's highway where one inevitably will encounter bumps and hazards. By acquiring and learning "highway tools" children become a Highway Hero.

The Social Highway – Friends, Teasing & Bullying

<p>Module 1 -Sticking Up 4 Me; Beating Bullying & Taming Teasing</p>	<ul style="list-style-type: none"> ● Identifying Bullying ● The PIGS Bullying Choices ● Types of Bullying & Straight Talk ● Taming Teasing ● The Triple A's 4 Teasing
<p>Module 2- Connecting 4 Friendships; Playground Resilience & Wisdom</p>	<ul style="list-style-type: none"> ● Friends and the Friendliness SPICE ● The Friendliness SPICE ● The Triple A's 4 Refusal ● The Triple A's 4 Friendship Flare Ups ● Assert with Straight Talking

The Learning Highway – Growth Mindset, Staying-power & Classroom Grit

Module 3 - Tricks 4 Getting Things Done; The Secrets of Staying-power and Grit	<ul style="list-style-type: none">● Filling the Tank 4 The Learning Highway● The Triple A's 4 Getting Things Done● The Triple A 4 Approach and HEN● The Triple A 4 Apply and Pop● Goal Setting
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The Emotional Highway – Feelings, Moods, Self-Regulation & Resilience

Module 4 - Strategies 4 Managing Me; Mood Management and Resilience	<ul style="list-style-type: none">● Filling the Tanks 4 The Learning Highway● Mood, Drivers and Maps● Thinking about Our Thinking● The Triple B's 4 Calming Down● The Map 4 Resilience
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What do you need to bring?

- Water bottle
- Home Fun Folders
- Wear appropriate clothing for participation in gym activities
- Glasses if required

Please remember to check the lost property box located in the pigeonholes in the entry.

How the sessions run

The sessions run for 60 minutes. Please arrive 5 minutes before the start of your session. We will do a combination of activities in the gym and some pencil based activities to reinforce concepts being taught. Children are given a task to do at home each week and it is expected that your child will complete those tasks with you to reinforce and practise the concepts being taught. If your child is unable to attend a session, we are not able to arrange another class and no refunds are given. Your OT will send you an email with the lesson content and activity to complete at home.

Cost and Payment Options

Program fee is \$960.00 which includes 8 x 1 hour therapy sessions (8 X \$120) during the term. Included in this is a parent booklet and home activities. Please read our Payment Guide for

more information on invoices and receipts.

All account enquiries to accounts@gymworksot.com.au

Payments can be made via

BSB transfer to ANZ account BSB 016 141 Account 9082 79013.

We can't wait to see you all for our Highway Heroes Program at Gymworks OT

If you have any questions, please don't hesitate to get in touch.

