



PALS

Playing and Learning to Socialise

breakthru is calling for Expressions of Interest for the PALS program in 2019

PALS is a **FREE** social skills program for children aged between 3 and 6 years of age.

This successful program is designed to teach young children about basic social interactive skills including;

- Greeting others
- Sharing
- Taking turns at play, talking and listening
- Identifying feelings
- Asking for help
- Managing anger and frustration
- Empathy
- Calming down and speaking up
- Overcoming fear and anxiety

The PALS program is delivered during school terms and runs for 6 weeks with each weekly session lasting for 30 to 45 minutes.

Each session is presented by a qualified Family Support Worker using interactive teaching techniques through stories acted out by puppets, video scenarios, role-play activities and songs.

For further information, please contact **breakthru** on;

1800 767 212 and ask to speak with an FMHSS Family Support Worker in Taree

or

email: hello@breakthru.org.au