



# Kindergarten Readiness and Adjustment Group

This group meets once a week for six weeks, and is designed to help children who may have difficulty with taking the big step into kindergarten.

## Focus is on the following skills:

- Handling transitions
- Working cooperatively in a structured group
- Following directions
- Handling consequences
- Listening skills
- Eye contact
- Sharing and turn taking
- Observing body space boundaries
- Stress management

## The child will:

- Share and give feedback regarding feelings, thoughts, and behavior
- Learn effective and ineffective ways of relating
- Learn how they are perceived by others
- Learn the importance of cooperation
- Celebrate their uniqueness, originality, and creativity

**For more information, please call us at (703) 876-8480 Ext. 10**

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