



## SKILLBUILDERS GROUP PROGRAMME

# THREE R'S -REGULATION, RESILIENCE & RELATIONSHIPS

**For four children- PP/Yr 1, Yr 1/2, or Yr 2/3**

These groups provide children with strategies to assist them in dealing with friendship issues, bullying and teasing, as well as helping with emotional self regulation in the playground.

Designed and run by Occupational Therapists, it uses a combination of approaches including 'Zones of Regulation', Alert Programme, 'Highway Heroes' and 'Ready Rocket', depending on the children in the group.

For more information please contact us via [Penny@skillbuilders.com.au](mailto:Penny@skillbuilders.com.au).

