



The Social Skills Groups

New groups forming now.
Fall groups beginning the
week of September 10.

Social Skills Groups are held at:
The Social Skills Place, Inc.
464 Central Avenue Suite 6
Northfield, Illinois 60093

Date and times:

Groups are offered Mondays,
Tuesdays, Wednesdays and
Thursdays.
The groups meet once each week.

Elementary School
Middle and Junior High School
High School and College

Please call and register soon.

Founder:
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Visit us at:
www.socialskillsplace.com

Please Note:

We begin new groups as soon as
we have enough children or
adolescents to form a new group.

Dates and times of the groups
are flexible.

The Power of Happiness and Making Friends

According to Dr. Martin Seligman positive psychologist Professor at the University of Pennsylvania, The science Positive Psychology suggests it leads to long life, health, resilience and good performance. Happiness seems to have magical properties. It is possible to lift our biological set range of happiness, at least to some extent if we work at it. Using the ideas from Positive Psychology we can get both children and adults to live at the top of their set range of positive emotion.

Feeling happy and happiness in general helps us to make and keep our friends. Children and adults gravitate to those who are upbeat and feeling good. Children and adults who feel like this are nicer and attract people to them.

Do your happiness homework and help your children to do the same.

Here are three activities that have been found to be most effective in boosting our set range of positive emotion:

- **Take Note of what is good in your life.** Too often we focus on what is not going well for us. But whatever we think about we seem to bring about, so help yourselves and your children switch focus to what is going well in your lives and their lives.

Literally, studies show that people who spend a few minutes every evening talking about or writing down what went well each day show a significant increase in frame of mind leading to ... well-being.

- **Tone Up and Focus on strengths.** The children should think about, talk about and write down the things they are good at. This will make them feel good.
- **Give Gratitude.** Have the children appreciate things in their lives. I recommend they do this three times a day, morning, midday, and at bed time. Have the children say out loud something that they are grateful for and appreciate in their lives three times a day. Dr. Seligman suggests that we write a letter of thanks to someone who has been particularly good to us or has had an important impact on our life.

Thought for the day... Children have never been good at listening to their parents, but they never fail to imitate them.

- Dan Millman

...So please do your happiness homework and help your children to do the same.

Some ideas taken from Dr. Martin Seligman the Director of the University of

Pennsylvania Positive Psychology Center.

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