

Help your child:

Make friends  
and  
Succeed socially.



## The Social Skills Groups

### Things change... New location

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

### Dates and times: Elementary School

Monday's 4:30PM-5:15PM  
Wednesday's 4:30PM-5:15PM  
Thursday's 4:00PM-4:45PM

### Middle School Jr. High

Wednesday's 5:30PM-6:20PM  
Thursday's 5:30PM-6:20PM

### High School/College

Monday's 6:30PM-7:30PM  
Thursday's 7:00PM-8:00PM

### Kids Divorce Group

Tuesday's 5:30PM-6:20PM

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### Newsletter

### A lesson in Social Cognitive Theory

**Tenet 3:** Individuals are more likely to model behavior observed by others they identify with.

In the Social Skills Groups, the children and adolescents are instructed to appreciate something in their lives three times a day. That is the way to help them to focus on "**Cool**" thoughts. The thoughts that make us feel good. "Hot" thoughts make us feel bad. Hot Thoughts are things we say to our self to keep us angry. Calling someone a name or saying a Put Down are Hot Thoughts. "Hot" for example, "That boy was mean to me. I must be bad in some way." "It is that boy's fault."

If we could appreciate three times a day and help our children to do this as well, we will feel better. This will help us all to refocus our thoughts and attention to Happy. These thoughts serve us better than negative thinking and identifying with negative in ourselves.

Furthermore, we attract people into our lives with our thoughts. If we have good thoughts, we will attract other people with good thoughts, "Cool" thoughts. If we are angry, "Hot Thoughts," we tend to attract, identify with, or create anger in others.

Too often, instead of working on our own changes, we decide which our friends need to change. This is a type of resistance to make changes within ourselves. If children and adolescents can begin to "give more" to others and expect less from their peers for example, they will see changes coming from the other side of the friendships. It works like a mirror in a sense. The other kids show us what we need to change in ourselves.

Questions to Ask Yourself:

- Am I being people-friendly or people-hurtful right now?
- Is my thinking hot or cold?
- Are my thoughts upsetting me and making me feel bad?

What **Cool Tool** could I use to feel better? This is a way we can begin to change our perception of our social environment.

Begin to appreciate things in your life three times a day, Morning, Noon and Night.

1. I appreciate my family.
2. I appreciate my good health.
3. I appreciate the food on my plate.
4. I appreciate the beautiful day.
6. I appreciate my loving dog or cat.

Susan Stern, LCSW