

Who is it for?

Anybody!

We facilitate What's the Buzz? so that young people can learn and improve upon the social and emotional skills that help them navigate the social world. We often work specifically with kids with:

- Autism
- ADHD/ADD
- OCD and anxiety disorders
- Complex trauma
- Global Developmental Delay
- Intellectual disabilities
- Trouble making & keeping friendships
- Non-neurotypical brains and behaviours

FAQs

Can I claim the program with NDIS?


Yes! What's the Buzz? is claimable under core supports if you are self or plan managed.


Where do you run What's the Buzz?

- Thebarton Community Centre
- Woodcroft Morphett Vale Neighbourhood Centre

How do I book?

Book online! Visit our website:
serenitysupport.com.au/booknow

 admin@serenitysupport.com.au

 0478 076 968

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What's the Buzz?

A social and emotional skills
program by Mark Le Messurier
and Madhavi Nawana Parker



Programs

Early Learners

Ages 5 - 7

- Lesson 1: Meeting friends and discovering differences
- Lesson 2: Joining in
- Lesson 3: Sharing and taking turns
- Lesson 4: Cooperation
- Lesson 5: Waiting
- Lesson 6: Making it better
- Lesson 7: Winning and losing "gracefully"
- Lesson 8: Fact or Opinion
- Lesson 9: Working with feelings
- Lesson 10: Angry feelings
- Lesson 11: Building healthy bodies, happy minds and steady feelings
- Lesson 12: Honesty - "telling the truth"
- Lesson 13: Saying "no"
- Lesson 14: Empathy
- Lesson 15: Worry
- Lesson 16: Saying Goodbye

Primary Students

Ages 8 - 11

- Lesson 1: Meeting people and exiting
- Lesson 2: Seeking attention
- Lesson 3: Peer pressure
- Lesson 4: Being friendly
- Lesson 5: Competition – winning & losing with grace
- Lesson 6: Feelings; yours, mine and everyone's
- Lesson 7: Feelings and the warning signs
- Lesson 8: Feelings and thinking positively
- Lesson 9: Feelings and wellbeing
- Lesson 10: Empathy
- Lesson 11: Anxiety - name it and work with it
- Lesson 12: Handling disappointment
- Lesson 13: Bullying & how to deal with it
- Lesson 14: The "art" of conversation
- Lesson 15: Self-awareness, building emotional intelligence and identity
- Lesson 16: The value of giving encouraging feedback

Teenage Students

Ages 13 - 17

- Lesson 1: The ins and outs of friendships
- Lesson 2: What is a friend?
- Lesson 3: Getting attention
- Lesson 4: Well-being and social media
- Lesson 5: Empathy
- Lesson 6: Resilience
- Lesson 7: Dealing with disappointment (Loss & Grief)
- Lesson 8: Handling anxiety
- Lesson 9: Responding to dominating behaviours
- Lesson 10: Being hurt, trolled or abused online
- Lesson 11: Maintaining relationships; feedback and compliments
- Lesson 12: Effective listening
- Lesson 13: Competition, winning and losing
- Lesson 14: Charity; acts of kindness
- Lesson 15: Perseverance
- Lesson 16: Self-identity



Facilitated by

Serenity
Social & Support Services



VISIT OUR WEBSITE:

www.serenitysupport.com.au/whatsthebuzz

for our upcoming start dates