

ACADEMY OF SOCIAL
COMPETENCY



4+
PRIMARY
COURSE

READY-TO-TEACH PROGRAM FOR TRAINERS

CREATED BY:

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Registered Psychotherapist,
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COURSE GOALS:

Forming effective communication skills, teaching good manners, developing the skills of understanding one's self and other people.



LEARNING OBJECTIVES:

- Develop verbal and non-verbal communication skills
- Establish goodwill
- Develop the ability to work in a group
- Form listening skills
- Develop the ability to recognize and control emotions
- Educate the norms of etiquette
- Develop imagination and creativity
- Activate the process of introspection
- Deliver an aesthetic attitude to a personal image





FOR: AGES 4 - 7

- Full course: 20 lessons (once a week)
- Length of each lesson: 45 - 60 minutes
- Duration: 5 months
- Audience size: 4 - unlimited

COURSE MAP:

- Body language: ways of bodily expressing the basic emotions (joy, sadness, fear, anger, surprise, disgust); non-verbal channels of communication (gestures, facial expressions, intonations)
- Social skills: building contact (smile, eye contact, listening skills); collaboration with peers; the polite words (greetings, farewells, apologies, gratitudes); foundations of benevolent communication and compliments
- Appropriate look: personal hygiene and appearance requirements; elements of a personal image; self-acceptance
- Good manners: basic rules of conduct when attending parties; the etiquette of accepting gifts; cultural behaviour in public transportation; phone communication
- Dining etiquette: minimal table setting requirements, use of a napkin and cutlery; correct table behaviour

A STEP-BY-STEP METHOD MANUAL:

- Timed Lesson Plan
- Detailed Trainer's Guide
- Visual materials

COURSE INCLUDES:

Warm ups, role-playing, physical activities
and individual assignments.

