

ACADEMY OF SOCIAL
COMPETENCY



2+
EARLY
DEVELOPMENT
COURSE

READY-TO-TEACH PROGRAM FOR TRAINERS

CREATED BY:

**NAIRA
VELUMYAN**



PhD in Psychology,
Registered Psychotherapist,
Etiquette Expert, Business Coach

COURSE GOALS:

Activating communication skills, developing empathy, establishing awareness of own emotions, fostering attention and imagination, teaching good manners



LEARNING OBJECTIVES:

- Develop receptive and expressive skills
- Foster imagination and creativity
- Teach cooperation with peers
- Form listening skills
- Promote self-regulation
- Activate the process of emotional awareness
- Intensify play and fine motor skills
- Instill the norms of hygiene and politeness
- Practice impulse control and attention





FOR: AGES 2-4

- Full course: 20 lessons (once a week)
- Length of each lesson: 35-50 minutes
- Duration: 5 months
- Audience size: 4 - unlimited

COURSE MAP:

- Body language: recognizing, expressing and regulating emotional states (joy, sadness, fear); sensitivity to intonations, facial expressions and gestures; self-control and relaxation
- Social skills: listening; peer interaction and collaboration; empathy; sense of self and group identity; curiosity and observation; positive communication framework; sharing and taking turns; two-channeled attention
- Appropriate look: personal hygiene; self-help skills
- Good manners: courteous behavior (greetings, farewells, gratitudes); basics of complimenting
- Dining etiquette: minimal table setting requirements; use of a napkin and cutlery; elements of proper table behavior

A STEP-BY-STEP METHOD MANUAL:

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

COURSE INCLUDES:

Role-playing, physical activities,
individual and peer assignments.

