

Date: February 27, 2019

Dear Parents or Guardians,

Occupational Therapy services are being provided by Alberta Health Services in your child's classroom. The classroom teacher has requested whole class sessions which your child will be part of. These sessions will focus on developing concepts and strategies in:

**Regulation of energy level and emotions to support positive social interactions and participation in the classroom.**

- Social Thinking ® concepts including expected vs. unexpected social behaviours, perspective taking (how does my behaviour impact others) and flexible thinking will be introduced to support common language around positive peer interactions at school.
  - Expected social behaviour: what we are “supposed to do” when we are around others. Doing what is expected is different based on where we are, or who we are with. When we do what is expected, others have good thoughts about us, and want to be around us.
- Working memory, inhibitory control and flexible thinking (executive functioning skills that are pre-cursors to self-regulation) will be targeted using activities and class discussions.

Sessions will occur between March and June 2019.

If you have any questions or concerns or do not wish for your child to participate, please contact your child's classroom teacher.

Thank you,

Denise Beckstead, B.Sc.O.T.(c)  
Occupational Therapist  
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