

iClub Core Concepts – iCan House

GROUP PARTICIPATION

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| <ul style="list-style-type: none">● Space Invaders (Respecting Personal, Talking, Relationship, and Object Space)● Manners● 4 Part Listening● Contributing to the Group | <ul style="list-style-type: none">● Team Building● Self-control● Rules and Consequences● Unwritten Rules and Consequences |
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RELATIONSHIPS

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| <ul style="list-style-type: none">● The Trust Circle- Understanding strangers, acquaintances, friends, best friends, and family● Starting and Maintaining Friendships | <ul style="list-style-type: none">● Reciprocity● Family Relationships● Respect● Your relationship with YOURSELF |
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SPORTSMANSHIP

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| <ul style="list-style-type: none">● Rules of Sportsmanship● How to be a Good Sport vs. a Bad Sport● Chill Mode vs. Reaction Mode | <ul style="list-style-type: none">● Giving and Receiving Feedback● Rule-Meisters and Sore Losers- the Pathway to Good Sportsmanship |
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EMOTIONAL CONTROL

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| <ul style="list-style-type: none">● Emotional Vocabulary● Tipping Point Volcano● Finding the Positive | <ul style="list-style-type: none">● Communicating your Emotions● Calm Down Strategies and Tools● Reactions |
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FLEXIBILITY

- Flex Brain vs. Rock Brain
- Dealing with Change
- Making Mistakes
- Picking Your Battles and Letting Go
- Trying New Things

CONVERSATION SKILLS

- Conversation Mountain- the natural pattern of conversations
- Small Talk and Wonder Questions
- Follow up questions, Comments, and Elaboration
- Verbal Filter
- Humor and Sarcasm
- 5 Point Communication: Words, Voice Volume, Body Language, Tone of Voice, and Facial Expressions

EMPATHY & PERSPECTIVE

- What is Empathy? Recognizing & Identifying Emotions in Others
- What is Perspective? Recognizing Others Point of View
- Honesty
- Giving and Receiving Compliments
- Opinions
- First Impressions

INDEPENDENCE & PROBLEM SOLVING

- Problem Solving: Feather, Pebble, and Brick Problems
- Identifying Problems and Solutions
- Navigating School
- Dealing with Bullying and Cyber-Bullying
- Self-Advocacy: Expressing Wants and Needs
- Asking for Assistance
- SMART Goals
- Hygiene
- Organization and Prioritizing