

# TRIPLE S PROGRAM



**SOCIAL AWARENESS/VOLUME 1**

**BEHAVIOUR MODIFICATION/VOLUME 2**

**Includes detailed Teachers' Guides, Worksheets, Activity Ideas, Laminated Posters, Facial Expression Cards and other resources for social success**

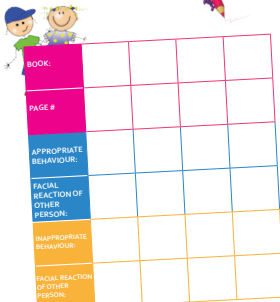
**Learning objective:** To continue discussing appropriate behaviours and the recognition of other people's facial reactions, by studying characters in picture books, with a focus on, "*What I want other people to think of me.*"

In order to reinforce the learning objective above, examine three picture books where children are interacting, and write down on **worksheet #55** anything the child has noticed regarding the children's behaviour and their facial expressions. The teacher can focus on specific elements of the book by posing focused questions to the child, e.g. "What are these two children doing on this page? Are they playing nicely, or are they fighting?" "Do you think the girl reacts appropriately when her brother spoils her Lego creation?" "What is the boy's facial reaction? How does the mother react?" "How would you feel if this would happen to you?" "Do you feel that the girl's behaviour is appropriate for her age? Would you be able to advise the child to react in a more positive manner?"

Revisit the topic of positive choices by reflecting on the worksheet and discuss some good ideas one could practise when one is upset.

Combine this session with **worksheet #56**, or the poster (in the **Trials Program**). Most

## MY BOOK CHART



**WHAT I WOULD LIKE PEOPLE  
TO THINK OF ME...**



### The how and why:

In a classroom, where maturity and proper conduct is required, children with a lack of social awareness may be behaving in an odd manner. This odd behaviour i.e. a bad mood, minor acts like a stern look from the teacher, a show from a friend or unrelated issues, may, too, very well be the upshot to all this unsatisfactory behaviour. Once children have the awareness of what others think about them whilst behaving strange or foolish, coupled with an understanding in managing bad moods in the classroom (like how to express frustration appropriately), there will be an appreciable change in their behaviour.

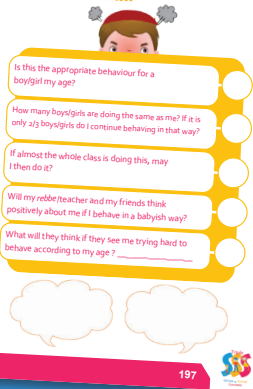
The how to:

[illegible]

**WHEN I AM IN A BAD MOOD...**  
I would sometimes...



## I LOOK AROUND IN THE CLASSROOM...





# SOCIAL AWARENESS

## WORKBOOK

English worksheets



Includes detailed Teachers' Guides and Worksheets for social success

### Volume 1

By: Rifky Sternlicht, London  
Founder and Director of the Triple S Program

### Inside this book:

General awareness  
Emotional awareness of self  
Emotional awareness of others  
**Observing facial expressions**  
Anger management  
**& much more.**



# BEHAVIOUR MODIFICATION

## WORKBOOK

English worksheets



Includes detailed Teachers' Guides and Worksheets for social success

### Volume 2

By: Rifky Sternlicht, London  
Founder and Director of the Triple S Program

### Inside this book:

Expressing desires and feelings  
**Communication skills**  
Flexible thinking  
**Eye contact**  
Personal boundaries  
**Personal hygiene**  
Appropriate way of complaining  
**& much more**

## TRIPLE S PROGRAM

Triple S (strive for social success) is a social, behaviour and communication curriculum for private teachers and *melamdim* working with children aged 7-14, helping them integrate with their peers and enjoy an improved social, emotional and behavioural experience.

- Yiddish and English format
- suitable for boys and girls
- adaptable to be used with adults

By Rifky Sternlicht, founder and director of the **Triple S Centre**. With her hands-on experience as a teacher/mother, as well as a foster mother to a few children – plus extensive studying of OT, ABA, CBT, Innate Health, Mrs Sternlicht has created her own unique methods and curriculums to help parents and teachers overcome their child's struggles at home or in class.

**Triple S will equip you with the tools for lasting change BS"D.**

### Find out about the author's additional programs:

**The Triple E- (encourage and enhance emotions)- Program** is a structured curriculum for private teachers and therapists working with children aged 9+ to adults, to help them overcome low self esteem, anxiety, stress and/or fears.



### **TEACHERS TRAINING - TRIPLE B (boosting best behaviour)**

This course is beneficial to current heads, teachers and sem leavers. Many options available.



### **PARENTING - TRIPLE B (boosting best behaviour)**

Reclaim the calm in your home by understanding and helping your angry/annoying/anxious child through tools you'll learn in our Triple B parenting program. Many options available.

### **SUPPORT SESSIONS**

From children to adults, support sessions are offered in person or over the phone.

**UK: +44203 941 2928 | USA: +1 929 966 9404**  
**triplescentre@gmail.com | triplescentre.com**