The PEERS Program
Promoting Children’s Early Empathic Relationships in School

What is PEERS helping your child learn?

Unit 1: Moral Code
- Sept. 19th - 23rd: Respecting you & me.
- Sept. 26th - 30th: Our beliefs.
- Oct. 3rd - 7th: Our class community.
- Oct. 11th - 14th: Our stories.

Unit 2: Emotional Awareness
- Oct. 24th - 28th: What am I feeling?
- Nov. 1st - 4th: Sharing our feelings.
- Nov. 7th - 10th: Why do I feel this way?

Unit 3: Managing Emotions
- Nov. 21st - 30th: Helping myself.
- Dec. 5th - 9th: Asking for help.
- Dec. 12th - 16th: Helping others.

Unit 4: Perspective Taking
- Feb. 6th – 10th: Interpreting interactions.

Unit 5: Problem Solving
- Mar. 5th - 9th: What is the problem?
- Mar. 12th - 16th: How do we work it out?
- Mar. 19th - 23rd: Did it work?

Unit 6: Friendships
- Apr. 10th - 13th: What makes a good friend?
- Apr. 16th - 20th: How do we make friends?
- Apr. 23rd - 27th: How do we stay friends?

The PEERS Research Team

Please contact Wendy if you have any questions about the PEERS Program (780-492-7147 or hoglund@ualberta.ca). You can read more about us on our website: http://www.psych.ualberta.ca/~hoglund/PEERSlab/