

YOUR PROGRAM GUIDE

Stronger Skills. Brighter Futures.

Skill Builders helps children and young learners develop essential interpersonal skills, personal growth, and emotional well-being.

Interpersonal Skills

Build positive relationships, work together, and communicate with confidence.

Personal Development

Discover your strengths, set meaningful goals, and grow a positive sense of self.

Emotional Well-Being

Understand emotions, practice coping skills, and meet challenges with resilience.

How the program works

Engaging Sessions: Interactive activities, discussions, and practice scenarios. Skill Development: Age-appropriate learning across three key domains. Real-Life Application: Practice at school, at home, and in the community. Continued Growth: Keep building confidence, connection, and emotional resilience.

Find your next step

Explore current programs at <https://app.itsco.health/p/skillbuilders> or contact support@itsco.health with a brief program question.

DOMAIN 1 OF 3

Interpersonal Skills

Develop the ability to interact effectively with others. Children learn to build positive relationships, work collaboratively, resolve conflicts, and understand communication cues, helping them navigate social situations with confidence and empathy.

Collaboration

Working together to achieve common goals.

Building Positive Relationships

Initiating, developing, and maintaining healthy relationships.

Conflict Resolution

Managing disagreements constructively.

Active Listening and Communication

Listening attentively and communicating effectively.

Verbal and Nonverbal Cues

Recognizing and interpreting communication signals.

Problem-Solving

Identifying challenges and exploring possible solutions.

Try it together

Take turns planning a shared activity. Practice listening to each idea, choosing a plan together, and asking for help when you need it.

DOMAIN 2 OF 3

Personal Development

Focus on self-improvement and personal growth. Children explore their values, set and work toward goals, build self-esteem, and learn to advocate for themselves, developing a positive self-image and a clear sense of direction.

Gratitude

Recognizing and appreciating the good in life.

Self-Esteem

Building a positive self-image and confidence.

Goal Setting and Self Reflection

Identifying goals, planning steps, and reflecting on progress.

Values Exploration

Understanding core values and aligning actions.

Self Advocacy

Expressing needs, desires, and boundaries effectively.

Try it together

Choose one small goal for the week. Name a first step, celebrate the effort, and reflect together on what you learned.

DOMAIN 3 OF 3

Emotional Well-Being

Focus on understanding and managing emotions. Children learn to identify their feelings, develop coping skills, practice mindfulness, and navigate emotional challenges with resilience and calmness.

Thinking Traps

Recognizing and challenging unhelpful thought patterns.

Emotional Identification

Naming and understanding emotions accurately.

Emotional Regulation

Managing emotions in healthy and constructive ways.

Coping Skills

Building strategies to handle stress and challenges.

Tolerating Frustration/Disappointment

Developing resilience when things are hard.

Mindful Practices

Using mindfulness to stay present and calm.

Try it together

Make room for a daily feelings check-in. Name an emotion, notice how it feels in your body, and choose a calming activity together.