



899 Frost Road, Twinsburg, OH 44241

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## **H. U. D. D. L. E.**

**H**elping teammates \* **U**nderstanding behaviors \* **D**eveloping friendships  
**D**irecting emotions \* **L**eading by example \* **E**njoying our time together

**Client Population:** H.U.D.D.L.E. is for children ages 9-12 who would benefit from learning to be a team player. Children will learn a variety of skills and strategies to help them become great teammates out on the field and with their peers. Good for children in full inclusion school environments with ASD, anxiety, ADHD, mild language deficits and/or social/pragmatic deficits.

**Targeted Skills:** H.U.D.D.L.E. is a unique program combining speech and language therapy and occupational therapy. Targeted skills include communication skills, reading social cues, gross and fine motor skills, eye-hand coordination, visual motor skills, social skills, problem solving, leadership skills and more.

**How:** The group begins with gross motor activity/brain break to get group at appropriate arousal level (yoga, progressive muscle relaxation, sensory based exercises). It continues with a weekly interactive group lesson with multi-sensory activities and questions/discussion and a gross motor activity/game to work on fine and gross motor skills, along with incorporation of lesson of the week.

### **Week 1: Teamwork**

- What it means to be a good sport
- Why it is important
- Roles within a team

### **Week 2: Communication**

- What does it look like
- Why is it vital to being a part of a team?

### **Week 3: Organizational skills**

- What is your team's strategies?
- What is the game plan to be successful?
- What is the group's ultimate goal?

### **Week 4: Self-Discipline**

- What is it?
- Why is it important in a team setting?
- Why is it important to the contribution of the team?
- How is it important outside of a sports setting, how can you generalize it?
- Accountability

### **Week 5: Conflict-Resolution**

- Learning to compromise and negotiate for the benefit of everyone
- Why is it important?
- What does it look like?

### **Week: 6- Putting it all together**

- Role playing scenarios, followed by ice cream social (allergies permitting)

**For current program information including cost, please contact our office  
at 330-963-8600 or by email at [groups@kidslinkohio.com](mailto:groups@kidslinkohio.com)**