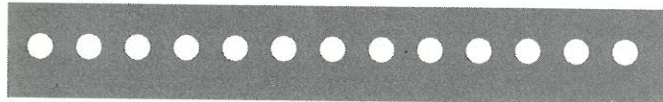


Skillstreaming the **Elementary** **School Child**



Student ***Manual***

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Introduction to Skillstreaming

Have you ever felt angry, left out, or that something is unfair . . . but not known what to do about it?

Skillstreaming is a way to learn how to handle these and many other kinds of problems. It will teach you to deal with problems in ways that are helpful to you and to other people, like your parents, teachers, and friends.

Skillstreaming will help you learn:

- ★ How to get along with others
- ☯ Ways to stay out of trouble
- ✦ Ways to make friends
- ➔ Ways to handle your anger

In Skillstreaming, the plans you will use to handle problems are called "skills." The teachers of your group will guide you in learning these skills.