

Dragons of the Spectrum PLUS (DOTS+) Social Skills Program

The *Dragons of the Spectrum PLUS* (DOTS+) is a neuro-affirming, role-playing social skills program designed for returning participants who have already completed the original DOTS program. DOTS+ builds upon the core principles of connection, confidence, and collaboration from the DOTS program—while introducing more advanced skills, such as leadership, self-reflection, and peer feedback.

In DOTS+, participants take turns becoming the Game Master, where they plan and lead their own story-driven adventures for the group. Through this playful leadership role, they continue to grow their communication, perspective-taking, and emotional regulation skills in a highly supported and fun format.



Explicit Social Skill Focus

Self-awareness & communication
Teamwork & leadership
Perspective-taking & theory of mind
Reflection & emotional regulation

Embedded Social Skills

Listening & adaptability
Conflict resolution & turn-taking
Negotiation & group decision-making
Critical thinking & social problem-solving

What Makes DOTS+ Unique?

- Structured and manualised learning program
- Built for returning players ready for more independence and challenge
- Emphasises leadership, reflection, and creative problem-solving
- Players design and run their own game sessions with support
- Encourages peer feedback, flexible thinking, and social adaptability
- Offers an affirming environment that supports neurodivergent strengths and fosters deeper social connection

What is Involved?

The Dragons of the Spectrum Program PLUS was designed to run for 10 weekly sessions (120 minutes each), with group sizes consisting of 3-4 members. The program is ideal for children aged 10+ with social communication needs and is suitable for children with Autism Spectrum Disorder (Level 1-2), ADHD, or related profiles. Participation in DOTS+ requires a 'Program Pack' (includes all the necessary resources to participate in the program: dice, tokens, skill cards, Adventurer's Guide activity book).

How to Register

To find a DOTS+ group near you, please visit <http://www.dragonsofthespectrum.com.au>