

## Dragons of the Spectrum (DOTS) Social Skills Program

### What is the 'Dragons of the Spectrum'?

The *Dragons of the Spectrum* (DOTS) is a fun, story-based social learning program designed for children aged 10+. Built around a simplified tabletop role-playing game, DOTS helps children build social confidence, emotional awareness, and peer connection in a safe, neuro-affirming environment.



Each session features targeted social-emotional learning followed by a collaborative fantasy adventure. Participants create their own characters and work together to solve challenges, explore new environments, defeat enemies, and engage with playful but meaningful social tasks—using the skills they've just learned.

#### Explicit Social Skill Focus

Self-awareness & emotional language  
Conversation skills & asking for help  
Coping strategies & regulation  
Assertiveness & flexibility

#### Embedded Social Skills

Turn-taking & collaborative planning  
Perspective-taking & empathy  
Group decision-making  
Conflict resolution & reflection

### What Makes DOTS Different?

- Structured and manualised learning program
- Combines evidence-informed social learning with fantasy role-play
- Designed for neurodivergent children, especially those with Autism, ADHD, and PDA
- Celebrates individual strengths, diverse communication styles, and creativity
- Offers structured skill development through cooperative storytelling
- Promotes real-world generalisation through weekly take-home missions

### What is Involved?

The Dragons of the Spectrum Program 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>