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# Dragons of the Spectrum PLUS (DOTS+)

## Social Skills Program

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**Website:** [www.SocialPlayAcademy.com](http://www.SocialPlayAcademy.com)

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

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.

### 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?

- **Duration:** 10 weekly sessions (120 minutes each)
- **Group Size:** 3-4 participants per group
- **Format:** Typically facilitated after-school, during school terms
- **Eligibility:** Ideal for children aged 10+ who have completed the DOTS program. Suitable for children with Autism Spectrum Disorder (Level 1-2), ADHD, or related profiles.
- **Program Pack:** Participation in DOTS+ requires a 'Program Pack' (includes all the necessary resources to participate in the program: dice, tokens, skill cards, Game Master's Guide activity book).



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## **What Skills Does DOTS Promote?**

### **Explicit 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

## **How to Register**

To find a DOTS group near you, please visit: [www.dragonsofthespectrum.com.au/find-a-group](http://www.dragonsofthespectrum.com.au/find-a-group)