
Dragons of the Spectrum PLUS (DOTS+)

Social Skills Program

Website: 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