
Dragons of the Spectrum (DOTS) Social Skills Program

Website: www.SocialPlayAcademy.com

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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.

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?

- **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+ with social communication needs. 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, Adventurer's Guide activity book).



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What Skills Does DOTS Promote?

Explicit 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

How to Register

To find a DOTS group near you, please visit: www.dragonsofthespectrum.com.au/find-a-group