



THE PROGRAM:

This is an engaging and hands-on program that focuses on teaching children about mindfulness and gratitude so that they can learn positive strategies to respond effectively to different situations.

SKILLS TAUGHT:

- Learn to navigate big emotions
- Develop self-awareness
- Develop an understanding of gratitude and practice techniques
- Use positive affirmations
- Learn and practice a range of mindfulness techniques
- Develop strategies to increase focus and be present in the moment

DETAILS:

Time: 4pm - 5pm

Frequency: 5 Sessions + report

Ages: 9-11 yr olds

Location: Bundoora Clinic

