

★ My ★ Magical ★ Belt ★

THE EMOTIONAL REGULATION WELL-BEING BOOK SERIES AND COPING TOOL SET FOR KIDS...MADE FUN!



THE PROGRAM:

This group program utilises books and tools to help children develop their emotional wellbeing by learning how to manage their feelings and cope with challenging situations.

SKILLS TAUGHT:

- Build self-awareness and emotional intelligence
- Learn to navigate big or challenging emotions
- Learn to use coping tools and strategies effectively
- Develop resilience

DETAILS:

Date: Term 1 2025, Day to be confirmed

Time: 4pm-5pm

Frequency: Weekly for 8 Sessions + report

Ages: 7-9 yr olds

Location: Bundoora Clinic

