

BEST

Resilience

BOOTCAMP S

**4 KIDS**

'Playground Survival 101'

Learn. Apply. Succeed.

BEST Resilience Bootcamps 4 Kids is a clinically proven, fun, interactive program where kids learn the playground skills they need to survive and THRIVE.

We invite your child to the **April 2018 School Holidays'** BEST Resilience Bootcamp - **'Playground Survival 101'**

If your child needs a **social skills top-up**, **'Playground Survival 101'** teaches a bunch of practical and effective skills that kids love to use. Your child will learn all about:

- ✓ *Making and keeping friends with The Friendliness S.P.I.C.E.*
- ✓ *How to get into games*
- ✓ *Dealing with nasty friendship issues*
- ✓ *Knowing the difference between bullying and teasing*
- ✓ *Stepping up to the challenges of bullying with The Six Step Stickup 4 Me*
- ✓ *Responding effectively to teasing with The Triple A's 4 Teasing*

& many, many more skills

10 hours of discussions, role plays, interactive exercises and team games teach **specific skills** that are the **solutions to specific difficulties**.

Sessions are facilitated by a BEST Programs' accredited and qualified teacher.

Group size: 12

2 age groupings:
School years 3 - 4
School years 4 - 6

3 program time options

10 hours:
over 4 sessions

Location:
South of the River
Melville area TBA

Cost: \$545
(incl gst)

Visit www.bestprograms4kids.com to choose 1 of the following 3 options for the April 2018 school holidays:

1 School year 4-6: Session time: 9.30 - 12
Dates: Mon 16, Tue 17, Thur 19, Fri 20

2 School year 4-6: Session time: 1.30 - 4
Dates: Tue 17, Thur 19, Tue 24, Thur 26

3 School year 3-4: Session time: 9.30 - 12
Dates: Tue 17, Thur 19, Tue 24, Thur 26

Inclusions:

- ✓ 10 hours social skills tuition in a group of 12 peers (maximum number per group)
- ✓ 4 books: 'What to do About Friends, fitting in & all that stuff' & 'What to do About Bullying, teasing & all that stuff' (2 Kids' & 2 Parents' Guides)
- ✓ Children's workbook
- ✓ Parent Guide to optimising 'Playground Survival 101' – downloadable pdf
- ✓ Children's Certificate of Achievement
- ✓ Parent e-report on their child's progress
- ✓ 10% discount on future BEST Resilience Bootcamps (more launching in 2018)