

BEST *Resilience* BOOTCAMPS

Learn. Apply. Succeed.

4 KIDS

BEST Resilience Bootcamps teach kids practical, evidence-based TOOLS they need to socially & emotionally thrive - NOW & for the rest of their lives - & it's fun (LOTS)!

JULY & SEPTEMBER/OCTOBER HOLIDAYS

- 1) 'Playground Survival 101' – School Years 3-6
- 2) 'Emotional Intelligence 101' – School Years 3-6

SEPTEMBER/OCTOBER HOLIDAYS ONLY

EXCLUSIVELY FOR YR 6 STUDENTS:

3) 'Time2Move'

Transitioning from primary to high school

Strong. On-track. Succeed

'Playground Survival 101': (School Yrs 3-5)

What to do About Bullying, Teasing & all that stuff & What to do About Friends, fitting & all that stuff

✓ <i>The difference between bullying & teasing</i>	✓ <i>Make more friends</i>
✓ <i>Being bully-proof</i>	✓ <i>Be more friendly</i>
✓ <i>Get into more games</i>	✓ <i>Handle teasing</i>

'Emotional Intelligence 101': (School Yrs 3-5)

What to do About Feelings, moods & all that stuff

✓ <i>Becoming an optimistic thinker</i>	✓ <i>Being able to calm down</i>
✓ <i>Developing a positive mindset</i>	✓ <i>Keeping a cool head</i>
✓ <i>Bouncing back from difficulties</i>	✓ <i>Managing moods</i>

'Time2Move': (Exclusively School year 6)

Transitioning from primary to high school: Strong. On-track. Succeed.

✓ <i>Practical strategies for change</i>	✓ <i>Goal setting</i>
✓ <i>Emotional self-management</i>	✓ <i>Developing a positive mindset</i>
✓ <i>Get the BEST start to high school</i>	✓ <i>Social confidence</i>

Group size: 10 max

School years 3-6
July & Sept/Oct

School year 6:
September/October

10 hours: over
4 sessions

Location:
TBA: central to CBD

Cost: \$545 (incl gst)

MORE INFO & ENROL:
bestprograms4kids.co

Programs developed by Australia's leading children's social & emotional wellbeing experts

1	<u>Playground Survival 101:</u> (School yrs 3-5) July 3, 4, 5, & 6 10 -12:30 October 2, 3, 4 & 6 2 - 4:30
2	<u>Emotional Intelligence 101:</u> (School yrs 3 – 5) July 9, 10, 11 & 12 10 -12:30 Sept 24, 25, 26 & 27. 10 - 12:30
3	<u>Time2Move:</u> (School yr 6 only) September 24, 25, 26 & 27 2 – 4:30 October 2, 3, 4 & 5 10- 12:30

Inclusions:

- ✓ 10 hours in a group of 10 peers (max)
- ✓ 2 Kids' & 2 Parents' Guides for each of 'Playground Survival 101', 'Emotional Intelligence 101' & 'Time2Move'
- ✓ Participant's Big Ideas Books (workbooks)
- ✓ Parent e-guide on content
- ✓ Professional program facilitator
- ✓ Participant's Certificate
- ✓ Parent feedback

Further information & registrations: www.bestprograms4kids.com



e: helen.davidson@bestprograms4kids.com

Helen Davidson 0410 387 787