

## Mater Health and Wellness Calm Kids Kindy Program

Occupational Therapists from Mater Health and Wellness will be running a group program at Emily Foord Kindergarten in Stafford in term 2, 2018. This program will be for kindergarten aged children and will be focussed on developing social-emotional well-being and introducing strategies for self-regulation.

The dates and times for this group will be as follows:

- 9<sup>th</sup> May 9.15 am
- 23<sup>rd</sup> May 9.15 am
- 6<sup>th</sup> June 9.15 am

Cost for the 3 sessions is \$150. There will be one therapist to 4 children. The group runs for 60 minutes (45 minutes with the children and 15 minutes to speak to parents and complete documentation at the end).

The group will cover:

- Learning about emotions and basic emotional literacy
- Learning what to do when things don't go our way or when we get angry
- Introduction to a program used to improve self-regulation skills
- Calming activities such as yoga and meditation
- Learning about kind and unkind friendships
- Turn-taking activities and other direct social skills practice
- What makes a good listener

### Bookings:

To book your child into this group please contact Mater Health and Wellness on telephone 07 3163 6000. For any direct questions about the group and/or your child's suitability please email Sarah Cavallaro at [Sarah.Cavallaro@mater.org.au](mailto:Sarah.Cavallaro@mater.org.au)