



# Calm Kids Program



- For 5 -7 year old children in their first or second year of primary school. The calm kids program is a 6 week program that teaches children about feelings and emotions and provides strategies to assist with regulation in a small group setting.

## Aim of Calm Kids Program

- Help children to understand and recognise feelings and emotions
- Teach children about regulation levels
- Practice a variety of practical skills to assist with regulation
- Develop a toolbox of strategies that children can use in their daily environment to help them feel calm

The group is facilitated by an Occupational Therapist and Allied Health Assistant with experience in early childhood intervention.

**Where:** The LEAP Centre, 23 Moorefield Park Drive Wodonga

**Cost:** \$58.50 per week from your child's NDIS plan

*(this may need to change depending on participant numbers)*

**When:** Thursdays 3.45 – 4.45pm

The children will be provided with a small afternoon tea at the beginning of each session. Please advise of any dietary restrictions.

Please call The LEAP Centre on (02) 6024 1809 or email [admin@leapcentre.com.au](mailto:admin@leapcentre.com.au) to register or find out more details.



# Calm Kids



# Program

- For 5 -7 year old children in their first or second year of primary school. The calm kids program is a 6 week program that teaches children about feelings and emotions and provides strategies to assist with regulation in a small group setting.