

About the Chill Skills founders Lisa Hemmings & Allan O'Keefe

Allan and Lisa have been running "Chill Skills for Kids" classes in rural Victoria for over 7 years.



A natural therapist, Lisa started teaching relaxation to adults twelve years ago. Some of the parents from the classes asked Lisa to

work with their children, she did and the results were wonderful, "The kids loved the stories and using their imagination to help them relax, they felt better and happier afterwards". From those experiences and their training, Allan and Lisa consulted with experts and researched effective strategies to create the relaxation program, "Chill Skills for Kids". The program draws on evidence based practices including Cognitive Behaviour Therapy (CBT), Mindfulness, Creative visualisations and systematic teaching of relaxation techniques.

"Using the valuable feedback from the kids and their parents we are always striving to ensure positive outcomes for the kids and their families". "Helping kids relax is our passion". Allan has Diplomas in Counselling & Community Services, He works as a counsellor and with families. Lisa has Diplomas in Counselling, Remedial Massage, Visual Art, a Cert 1V in Aromatherapy and Business and is a

From the parents

"My 5 year old son Jack doesn't get angry with himself as much, I can see that he stops and thinks before he reacts. He is really enjoying coming to the classes and likes listening to the calming stories".
Tammy, Victoria.

From the kids

"I liked the Chill Skills classes because I now know what to do to get rid of the sick butterfly feelings that I get in my body. I like doing the slow movements and imagining I'm a tree and I liked imagining starlight around me".
Leah, Age 8, Victoria.

About our products

"My daughter, aged 3 wasn't sleeping well. I didn't know what to do, so I tried playing your Meditation for Kids CD to her at night. She loves it and is now sleeping well, it's amazing! Her favourite track is Tree Magic".
Kristy, Vic.

find a Chill Skills for Kids Coach

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Chill Skills

Helping kids relax



Chill Skills for Kids classes

Ages
5-7 years
8-12 years

The Chill Skills for Kids program is a gentle, fun way for children to learn how to;

- Learn about positive self-talk
- Find different ways to be calm and relaxed
- Build self-esteem
- Create confidence
- Identify and manage emotions



How long do the classes run for?

- Run as a 6 week program during school terms
- Each class usually runs for 1 hour
- Most kids come back to do Chill Skills for at least two terms, with many continuing for over a year

How many kids are in a class?

- Numbers are limited to 4 to 6 kids per class

What brings kids to Chill Skills?

- Parents seeking safe, natural solutions to help their kids deal with stress and anxiety



What do we do in a class?

- Movement, such as gentle stretching and yoga
- The kids learn how to imagine their worries away
- Listen to a relaxing story; this assists their nervous system to wind down
- Activities such as clay, plasticine or drawing, which assists with self-expression
- We talk about how worry can store in the body, and how to use Chill Skills to release it
- The kids learn about emotions and how to identify them
- The kids learn about positive self-talk, e.g. how to create a positive thought, such as “ I am confident” or “I am calm”

What are the age groups of the classes?

- Classes are age specific to ensure your child gets the most out of each class. There are two age groups;
⇒ 5 - 7 years and 8 - 12 years

INDIVIDUAL SESSIONS

These sessions are personalised sessions for the child

The outcomes of these sessions are;

- The parent and child learn a relaxation routine for the child together, based on what works for the child
- If appropriate, they receive a relaxation routine to do at home



About the individual sessions

These sessions are run following the same steps as Chill Skills classes

- The difference is that the parent is participating
- The child is getting individual attention
- In some sessions it may be best to initially work with the child only and then bring the parent back later in the session