

# LEARN TO TEACH CHILL SKILLS TO KIDS



**Chill Skills for Kids is a unique, child centred program that helps kids learn how to relax. This program has been effective for children exposed to family violence, trauma, children with mental health and stress related issues.**



It is designed to equip professionals & therapists with an effective program that helps children manage issues including, stress, anxiety, negative self-talk, low self-esteem and insomnia.

For children, the Chill Skills for Kids program is engaging and a gentle, fun way to learn how to:

Identify & manage emotions...Create self-awareness

Learn about positive self-talk.....Build self-esteem

Find different ways to be calm & relaxed.....

Identify emotions in the body and ways to release them.....Express themselves through therapeutic creative activities.....Create confidence.

## What you will learn from this training:

On completion of this training course participants will be able to:

- Identify and apply the “Chill Skills” process
- Identify and demonstrate practical skills and strategies to help children learn to relax and express themselves
- Deliver various meditation styles and mindfulness to children
- Design and conduct your own “Chill Skills” class
- Tailor “Chill Skills” classes to different age groups



## Training package includes

Resource kit consisting of:

- Meditation for Kids CD's
- Program manual
- Activity manual
- Program lesson plans
- Yoga cards for kids
- Admin forms

### **If you are a Psychologist or Clinical Social Worker;**

This program meets Medicare requirements for Focused Psychological Strategies so rebates are available to eligible participants. Skills and relaxation training also conforms to FAHCSIIA standards under the HCWA funding.

## Supporting vulnerable children in our Community.

Primary Care Connect have partnered with Chill Skills to deliver the "Chill Skills for Kids" program to children aged between 5-12 years old who have or are experiencing Family Violence.

The program draws on evidence-based practices including Cognitive Behaviour Therapy, Mindfulness, Creative visualisations and systematic teaching of relaxation techniques to assist children to connect to calm and confidence. Sessions are delivered in small groups of up to six children and the program runs for six weeks.

Chill Skills co-founders Allan O'Keefe and Lisa Hemmings have delivered the programs while training and supporting PCC staff towards becoming program facilitators. One on one sessions have also been provided to children who were unable to participate in the group environment.

The programs have led to improved outcomes for the children who have attended. Parents have noted the children are more calm, are able to express their feelings in helpful ways, better able to concentrate and work at school and they feel more confident and positive about themselves.



### Testimonial

I think that Chill Skills is an incredibly unique program in that it offers children a safe and healing space beyond the playground, school classroom or their own bedroom. It nurtures their understanding of the connections between the mind and body through practical and creative activities, while empowering them with the coping skills to manage with situations in their life that are uncomfortable and often beyond their control (e.g. domestic violence). The kids develop so much over the 6 weeks, such that seeing the positive changes in their attitudes and behaviours from the start to the finish of the program is very inspiring and a credit to both the kids and their resilience. As well as a caring environment fostered as part of the Chill Skills journey.

Name and position supplied  
Local community organisation, Shepparton, Vic.

**When:** Thursday 26<sup>th</sup> & Friday 27<sup>th</sup>  
November, 2020

**Where:** Mooroopna Education &  
Activity Centre, 23 Alexandra  
St, Mooroopna VIC 3629

**Times:** 9.30am – 4.30pm

Morning & afternoon tea provided, please  
advise of any dietary requirements.

**To Register:**

Lisa - Tel: 0409 449 432

Email: [chillskillsforkids@gmail.com](mailto:chillskillsforkids@gmail.com)

**Training package (2 day training) - \$850**

[www.chillskills.com.au](http://www.chillskills.com.au)

Facebook: Chill Skills