

# 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 “Chills 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.

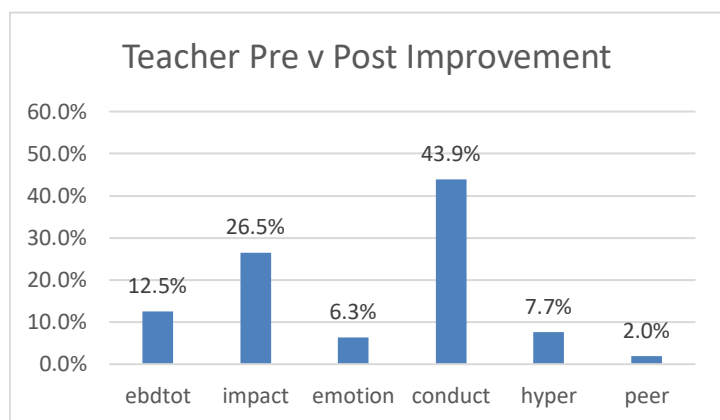
Primary Care Connect have partnered with Chill Skills to deliver the "Chill Skills for Kids" program to children aged between 5-12 years old who have or are experiencing Family Violence.

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.

## SDQ Evaluation Outcome for Primary School Children in 2020 after attending the Chill Skills for Kids program



The graph above shows improvement for children after attending the Chill Skills for Kids program in the following areas:

**Ebdtot** = Emotional behaviours difficulty total, (overall stress for the child)

**Impact** = Impact of any difficulties on the child's life

**Emotion** = Emotional distress

**Conduct** = Behavioural difficulties

**Hyper** = Hyperactivity and concentration difficulties

**Peer** = Difficulties getting along with other people



**When:** Monday 17<sup>th</sup> October – Monday 28<sup>th</sup> November, 2022 (7 sessions)

**Where:** Online

**Times:** 7pm- 9pm each Monday

**To Register:**

Lisa - **Tel:** 0409 449 432

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

**Training package (2 day training) - \$850.00**

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

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