

Testimonials



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 resources

"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.

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Chill Skills

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Chill Skills
for Kids Classes

Ages 5-7 years
Ages 8-12 years

Chill Skills





What brings kids to Chill Skills?

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

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

- Find different ways to be calm & relaxed
- Create positive self-talk
- Build confidence
- Improve self-esteem
- Understand self-awareness
- Acknowledge feelings in the body and learn ways to release them
- Express themselves through creative activities



What the kids do in a session

- **Gentle movement**
- Show the kids how to **imagine** their worries away
- **Listen to relaxing** stories
- Various styles of **mindfulness** & meditation to suit different age groups
- **Therapeutic creative activities** to help with **self-expression**
- **Talk** about how worry can store in the body, and how to use Chill Skills to release it
- Learn about acknowledging and interpreting **emotions**
- Using journals, learn about creating **positive self-talk**



Program Structure

- Chill Skills for Kids is a 6 week program for a small group of children
- Classes are age specific to ensure your child gets the most out of each class
- There are two age groups:
 - 5 to 7 and 8 to 12 years
- Numbers are limited to 6 to 8 children per class
- Sessions usually run for 1 hour
- Example relaxation routines are provided for the kids to take home
- Classes are generally, run to coincide with school terms
- Kids can make positive change after attending for one term. Many kids come back and do Chill Skills for at least two terms, with some continuing for over a year. Often because they enjoy it and make friends.