

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.....

Acknowledge 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

When: Tuesday 23rd August - Tuesday 3rd September, 2024 (7 sessions)

Where: Online

Times: 7pm- 9pm each Tuesday

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

Register by emailing your completed form to:

Lisa - **Tel:** 0409 449 432

Email: chillskillsforkids@gmail.com

Training package (2 day training) - \$875.00

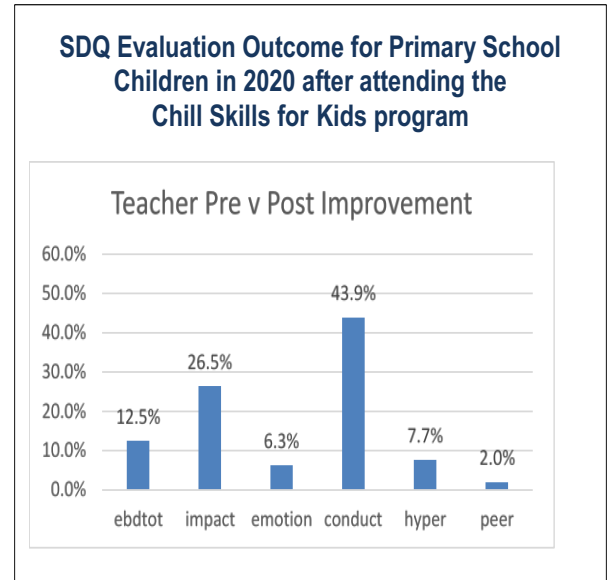
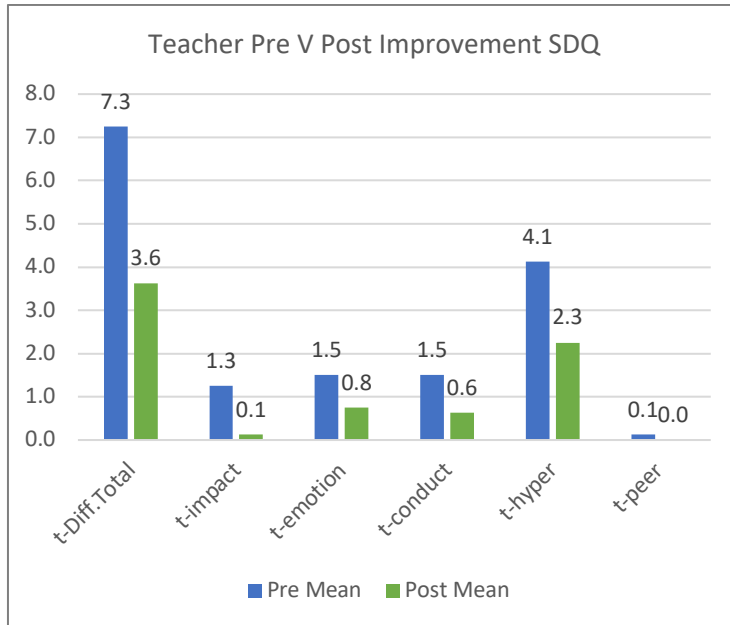
www.chillskills.com.au

facebook: [@chillskillsforkids](https://www.facebook.com/chillskillsforkids)

Statistical Outcomes presented

The graph below demonstrates the statistical outcome of improvement as based on the teacher pre and post-Strength and difficulties Questionnaire (SDQ).

SDQ Evaluation Outcome for Primary School Children in 2022
After attending the Chill Skills for Kids program



The graph's 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

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.

What Kid's think of Chill Skills

"I liked the Calm mantra"

"It was the best!"

"I really liked the yoga"

"It was really fun and it calms me"

"I really liked listening to the story and music"

"I wish I could do it for the rest of the year"