



Chill Skills Facilitator Training

2 Day Training



Chill Skills for Kids is a 6-week program for a small group of children led by a Chill Skills for Kids trained facilitator.

Chill Skills for kid's classes involve a range of fun activities to help kids learn how to relax, explore their imagination and learn valuable life skills.

What we do in a session

- **Gentle movement**
- Show the kids how to **imagine** their worries away
- Various styles of **mindfulness & meditation** to suit different age groups of children
- **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, the children learn about creating **positive self-talk**

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 include

- Program manual
- Activity manual
- Program lesson plans
- Yoga cards for kids
- Admin forms
- Small singing bowl
- Cost \$875

When: Wednesday 2nd & Thursday 3rd April 2025

Where: Mooroopna Education & Activity Centre, 23 Alexandra Street, Mooroopna, Vic, 3629

Times: 9.30am – 4.30pm

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

"I liked the Calm mantra"

"I really liked listening to the story and music"

"It was really fun and it calms me"

"It was the best!"

What Kid's think of Chill Skills

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



Download the free Chill Skills app