



# Chill Skills for Kids Facilitator Training

## Online via Zoom

This training will run over **7 weeks**



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

**Start Date: 7<sup>th</sup> August 2025**

**Day: Thursdays – 7 weeks**

**Time: 7pm – 9 pm**

"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**