



# Brain Boost

Wellbeing sessions for children aged 5-10 years old

This **6-week** program uses fun activities to support children to learn skills in:

- stress reduction
- muscle relaxation
- self-regulation
- sharpening senses
- increasing concentration
- acceptance, gratitude and optimism
- forming positive relationships with themselves and others.

**Brain Boost** group sessions are held weekly at **Uniting Communities** and last for **30 minutes**.

While your children are attending Brain Boost, we invite you to join us for afternoon tea. This will give you an opportunity to connect with others facing similar parenting questions and challenges.

**Date/time**

**Location**

**Contact**

**Facilitated by**