

EMOTIKIDS

Emotional intelligence and wellbeing program for kids



"The kids love the hands-on activities and they enjoy meeting other children!"
- Sarah, program facilitator

Would your child benefit from:

- understanding and identifying their emotions?
- strategies to express their emotions in a positive way?
- learning about positive self-talk and building confidence?
- developing practical tips and tricks to help calm themselves?

Emotikids is a free six-week program run every school term for children aged 5-7 years old. This program is delivered in small groups or in one-on-one sessions.

For more information please call (03) 5820 0444 or email shep@ccds.org.au