



SKILLBUILDERS GROUP PROGRAMME

# MINDFUL MOVEMENT

**For Ages 8+**

Mindful Movement is designed and facilitated by our Occupational Therapists.

This group will teach children to use movement, breathing, mindfulness and positive thinking to aid in calming/regulating their body and brain.

Also children will learn to focus on interoception (the awareness of how their body feels inside) so that they can be more aware of their emotions and also learn to release muscle tension stress, and be able to achieve a feeling of calm within their bodies.

The group will promote physical strength and relaxation, emotional regulation and mental wellbeing.

For more information please contact us on 9332 2223  
or email [Penny@skillbuilders.com.au](mailto:Penny@skillbuilders.com.au)

**SKILLBUILDERS**  
Building Kids' Skills for Living and Learning

