



AGES  
**6-12**

# KIDS WELLNESS HOLIDAY camp



 **APR 15-18**  
FROM 9 AM - 3 PM



**ACTIVATE INTERNAL MOTIVATION**  
**SHIFTING NEGATIVE MINDSET**  
**MIND BODY CONNECTION**  
**DEVELOP OPEN COMMUNICATION**

 **SHOP 18/369 VICTORIA AVE**  
**CHATSWOOD**

**EARLY BIRD DISCOUNTS**  
available **\$150/DAY**

**FRUIT.SNACKS INCLUDED**

## ACTIVITIES:

**DAY 1 (15/04)**  
• MINDSET SHIFTING  
• MEDITATIONS  
• VISION BOARDS  
• "BIGGER ME" THEATRE  
• GAMES/PRIZES

**DAY 2 (16/04)**  
• PROCRASTINATION  
• INTERNAL MOVITATION  
• ACTION REMINDERS  
• TALENT SHOW/VIDEO  
• GAMES & PRIZES

**DAY 3 (17/04)**  
• RELEASING ANGER  
• ANXIETY STRATEGIES  
• BREATHWORKS  
• LEGO CLUB  
• GAMES/PRIZES

## FACILITATORS



**Arie Zhang**  
• Wellness Teacher  
• Children Mindfulness Practitioner  
• Children Yoga Teacher  
• Transformational Hypnotherapy Practitioner

**April Sia**  
• MFA in Film Production (HKAPA)  
• Registered Play Therapist (APPTA)  
• Certified Autism Specialist (IBCCES)  
• Certified Expressive Arts Therapist

DM for registration

**DAY 4 (18/04)**  
• BUILDING BOUNDARIES  
• FEAR OF EXPRESSIONS  
• "FRIENDSHIP" TALKS  
• CONFRONTATION THEATRE  
• GAMES/PRIZES

and more!

