

Bolstering The Boys (BTB) Self-Regulation program

Self-Regulation is more than just controlling behaviour it takes executive function, emotional-regulation, behavioural regulation and lots of practice for many. Some children are born with the ability to self-regulate easier than others and delayed gratification is a skill that comes naturally. Yet we can build the skills to bolster self-regulation.

BTB will offer opportunities in a farm environment to build skills to recognise a thought, an impulse, movement, behaviour and a feeling all while gaining an understanding of why these impact on our daily outcomes.

In the BTB program the boys will learn how to look for the why of behaviours and why we need self-regulation.

- Theory of mind
- Empathy
- Social relations

Using natural environment and situations BTB will offer experiential learning to build on skills such as:

- taking turns
- communication
- dealing with challenges
- appropriate time and place awareness

Our experienced staff will use compassion and empathy to work through problems that may arise on the farm either in activities or with other participants to build resilience in themselves, self-efficacy and self-love.

Self-Regulation can be hard and through having opportunities on the farm we give space for the boys to have choice. Having choice can be difficult as both activities may be desirable. Other times a choice may be a desirable task and a necessary task. These choices build opportunity for skills towards increased executive function.

A lack of self-regulation can lead to poor decision making and learning thus affecting how we fit in and get treated. All adding to the cycle of negative self-talk and enhanced anxiety so a large part of the BTB program will look at striving compassionately towards our self-growth.



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BTB is ideal for 8- to 14-year-old boys. No animal experience necessary

Private payment plan, Community scholarship,

Or NDIS Plan or Self-managed funding

\$600 for 8 week program 2 hours per week.

Program developed and overviewed by

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