



Well-being & Resilience Program

At Little Life Warriors, we believe that just like a rainbow needs both sun and rain to shine, children need a mix of support and challenges to grow strong. That's why we're proud to be the licensed provider of the Standing Strong™ children's wellness and resilience program in Bundaberg—a proven, evidence-based program designed to help kids thrive.

Why Resilience Matters

Resilience is more than just bouncing back from tough times—it's about developing the confidence, skills, and mindset to navigate life's ups and downs. In a world where kids face increasing pressures, resilience helps them:

- ✓ Build self-belief and a positive mindset
- ✓ Develop emotional awareness and healthy coping strategies
- ✓ Strengthen friendships and social skills
- ✓ Manage stress and anxiety in a safe, supportive way
- ✓ Feel empowered to face challenges with courage

What Makes Standing Strong™ Unique?

This program provides a fun, engaging, and uplifting environment where children learn through movement, discussion, and creative activities. It's designed to boost confidence, resilience, and well-being, helping kids feel more capable in all aspects of life.

If you want to give your child the tools to stand strong, stay positive, and shine bright, book them into a Standing Strong™ session today!



Standing Strong is a multi-award winning health and wellbeing organisation providing uplifting and empowering wellbeing programs for young people aged 5–18yrs. Every Standing Strong program incorporates three core components of:

- STRONG** Body – Movement
- STRONG** Mind – Mindset
- STRONG** Heart – Mindfulness

"It takes sunshine and rain to make a rainbow. There would be no rainbows without sunshine and rain."



Each session focuses on one of 40 topics available and includes practical, discussion based, written, creative and mindfulness activities.

Growth Category

- Making New Friends
- Power of Reflection
- Cyber Smarts
- Leaving Your Comfort Zone
- Finding Your Voice
- Embracing Individuality
- Building Self Awareness
- Setting Boundaries
- Dealing With Copying
- Understanding Anger

Self-Care Category

- Body Appreciation
- Being Your Own Best Friend
- The Power of Gratitude
- Creating Kindness
- Friendship Changes
- Nutrition
- Embracing Self Care
- Boosting Self Esteem
- Importance of Self Love
- Working Through Stress



Motivation Category

- Building Confidence
- Choosing Happiness
- Making Decisions
- Attitudes Matter
- Giving Back
- Finding Motivation
- Reaching Goals
- Building Resilience
- Boosting Self Belief
- Values Matter

Support Category

- Dealing with Bullying
- Embracing Failure
- Finding Forgiveness
- Dealing with Change
- Loneliness vs. Being Alone
- Working Through Worry
- Dealing with School Pressure
- Understanding Dishonesty
- Understanding Jealousy
- Dealing with Sadness

Strong Little Ones 5-7years

Strong Juniors 8-10years

Strong Tweens 11-13years

Strong Teens 14-17years

Little Pre-Prep Warriors
3-5years

For More Information and Bookings:



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