

Little Pre-Prep Warriors Well-being & Resilience Program

Empowering Little Warriors Ages 3–5 Through Play, Connection & Confidence

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.



What is the Little Pre-Prep Warriors Resilience Program?

The Standing Strong Pre-prep Resilience Program at Little Life Warriors is a unique, child-led experience designed for children aged 3–5 who are preparing for their first year of school. Through play-based learning, movement, storytelling, and emotional expression, children build strong foundations in self-regulation, social connection, and confidence — all while having fun!

We focus on the Standing Strong core values:

- Strong Heart connecting with kindness and empathy
- Strong Body taking care of and trusting our bodies



Why It Works

Our program is:

- Play-based because play is how young children learn best
- Developmentally appropriate tailored for the unique needs of 3–5 year olds
- Neuroaffirming celebrating neurodiversity and honouring all ways of
- being
- Relationship-focused supporting connection, safety and co-regulation
- Emotionally safe creating predictable routines, choice, and voice foreach child
- Facillitated by an Early Childhood Teacher with 28years experience and Registered Play Therapist

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

STANDINGSTRONG

Topics We Explore

Topic	Focus Skill
1. My Strong Body – Taking Care of Me	Healthy habits, self-care, body awareness
2. My Big Feelings - Learning About Emotions	Naming and expressing emotions safely
3. Brave Like Me - Building Confidence	Trying new things and believing in self
4. Calm and Strong – Finding My Calm	Self-soothing, mindfulness, grounding
5. Friends and Kindness – Playing Together	Social skills, sharing, empathy
6. I Can Do It – Problem Solving and Growth Mindset	Resilience, persistence, problem-solving
7. Safe and Strong - Setting Boundaries	Consent, body safety, assertiveness
8. Goodbye and Hello – Handling Changes	Transitions, routines, separation
9. Our Rainbow World - Celebrating Differences	Identity, inclusion, and belonging

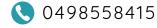


- Group or Individual Program Available
- No referral needed
- Private or NDIS
 Funded











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