



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 Mind - thinking clearly and bravely
- ❤️ 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 for each child
- Facilitated by an Early Childhood Teacher with 28 years experience and Registered Play Therapist



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



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



For More Information and Bookings:



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