


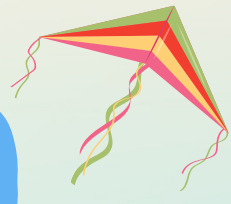


AGES
6-12

KIDS WELLNESS HOLIDAY camp



 **18-22 DEC**
FROM 9 AM - 3 PM



REDUCE ANXIETY
SELF-REGULATE EMOTION
POSITIVE SELF-TALK
MIND BODY CONNECTION



 **SHOP 18/369 VICTORIA AVE**
CHATSWOOD

EARLY BIRD DISCOUNTS
available

\$150
/DAY

ACTIVITIES:

DAY 1 (18/12)
• FEARS/ANXIETY
• MEDITATIONS
• HEALTHY COOKING
• GAMES & PRIZES

DAY 2 (19/12)
• INDEPENDANCE
• CREATIVE THINKING
• TALENT SHOW/VIDEO
• GAMES & PRIZES

DAY 3 (20/12)
• EMOTIONAL REGULATION
• YOGA MOVES
• POURING ART
• GAMES & PRIZES

FACILITATORS



DM for registration

DAY 4 (21/12)
• MIRACULOUS BEES
• LEGO CLUB/MOVIE MAKING
• GAMES & PRIZES

DAY 5 (22/12)
• TIME MANAGEMENT
• ORGANISATION SKILLS
• THEATRE/DRAMA
• GAMES & PRIZES

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



and more!